

University of Patanjali

Haridwar, Uttarakhand.

DIPLOMA IN NATUROPATHY & YOGA THERAPY (DNYT)

Syllabus of DNYT





University of Patanjali

Haridwar, Uttarakhand.

**Syllabus of
DIPLOMA IN NATUROPATHY & YOGA THERAPY**

**DNYT
For the year 2022-23**

NAME of PROGRAM: DIPLOMA IN NATUROPATHY & YOGA THERAPY

Preamble

The Mother Nature has all resources to maintain health and harmony of all the living organisms in this world. But we, human beings in the name of civilization, modernization and technical advancement, adopted and habituated to unnatural life style and going against Natural Laws of Health.

In this Era of Modernization, the prevalence of psychosomatic disorders, Infections and Auto immune diseases are in rage. The covid-19 Pandemic is an example for that; we are losing our Innate Immunity due to our wrong life style habits.

Naturopathy & Yoga in like “Two wheels of a Cart”. A holistic approach to health & well-being. Naturopathy & Yoga in essentially lifestyle and spiritual discipline based on an extremely subtle sciences, which focuses on establishing harmony between body & mind, thought & action and restrains & fulfillment. Naturopathy & Yoga is an ancient art of science for Healthy living which includes Visual - Neuro Anatomy and scientific communication between Mother Nature and Human Beings. It’s a holistic approach to Health & Well-being.

Revered Yog Rishi Pujya Swami Ramdevji and Ayurveda Shiromani Pujya Acharya Balkrishnaji have given the clarion call “Back to Nature” and propounded the path of Natural food to health and happiness through Yoga & Naturopathy practices. With the Growing mass following more Indians are eager to go back to ancient roots of wisdom. Asceticism, Health care, Integral educations and Entrepreneurship are its major domains of teachings- learning’s.

University of Patanjali, Haridwar proposed to start DNYT Program with the vision to prepare highly skilled, trained competent and dedicated Naturopathy & Yoga Therapists.

1. Title of the Programme

"Diploma in Naturopathy & Yoga Therapy" (DNYT)

2. Aim of the Programme

To produce high quality Naturopathy & Yoga therapists for clinical setups & wellness centers.

3. Objectives of the Programme

- To impart knowledge about Naturopathy & Yoga with its concepts.
- To educate the disease prevalence and role of Naturopathy & Yoga therapy in preventive and educative aspects.
- To Train items in technically in natural treatment modalities & procedures.
- To produce high quality caliber therapist to serve society
- To bring peace and harmony in the society by introducing natural way of life and also creating job opportunities.

4. Duration:

The minimum duration of the program will be one year (2semesters) 6 months each.

5. Eligibility

The candidate should have completed 12th Standard from any stream of recognized board.

6. Scheme of Teaching and Evaluation

		Semester I									
S.No	Course Code	Subject	Periods per Week			Evaluation Scheme				Course Total	
			L	T	P	Seasonal			SEE		
						Credit	CT	TA			
1	DNYT-CT101	Biology	5	1	-	100Hrs	6	20	10	70	100
2	DNYT -AECCT102	Sanskrit	5	1	-	100Hrs	6	20	10	70	100
3	DNYT -DSE103	Philosophy of Nature Cure	5	1	-	100Hrs	6	20	10	70	100
4	DNYT-CT104	Yoga Philosophy	6	-	-	100Hrs	6	20	10	70	100
36 Hrs. per week/06 Hrs. per day						400Hrs	24	Total		400	
Semester II											
1	DNYT-CT201	Human Physiology	5	1	-	100Hrs	6	20	10	70	100
2	DNYT-DSE202	Naturopathy Therapies	2	-	4	100Hrs	6	20	10	70	100
3	DNYT-DSE203	Holistic Therapies	2	-	4	100Hrs	6	20	10	70	100
4	DNYT-CP204	Yoga Therapy	2	-	4	100Hrs	6	20	10	70	100
36 Hrs. per week/06 Hrs. per day						400Hrs	24	Total		400	

CT- Core Theory, CP- Core Practical, AECCT-Ability Enhancement Compulsory Core Theory. AEECT- Ability Enhancement Elective Core Theory, DSE - Discipline Specific Elective, GE- Generic Elective, L - Lecture, T- Tutorial, P- Practical (practice/ field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record,

7. Attendance

A candidate shall be considered to have satisfied the requirement of attendance if he/she attends not less than 80 per cent of the classes actually conducted up to the end of the Phase in that subject in each semester.

8. Scheme Of Examination

The examination shall be held as per the date of Examination notified by University: There should be one Internal & One External for each subject

9. Internal Assessment

There shall be an internal assessment which follows broadly the principles enunciated by the University in each subject for which 20 per cent of the marks are set apart these will be added in the final grade in the University examinations.

10. Criteria for Pass

To be eligible for promotion of the course, the candidate has to complete and pass in all the subjects in both the semesters. The candidate is declared to have been successful provided he/she secures minimum 50% and above in subjects.

11. Declaration of Class

A candidate who passes all the subjects in the first attempt only be eligible for a class. No class or rank shall be declared for candidate who does not pass any examination in the first attempt.

12. Grading system

The students will be assigned a grade in each course based on his or her combined performance in the sectional work and the final examination. Grade distinction and grade point of each grade is as follows:

Grade Distinction			
Marks Obtained	Grade	Grade Point	Class
Less than 50%	F	0	Fail
50 % to 54 %	C	1	Pass
55% to 64 %	B	2	Second class
65% to 74%	A	3	First class
75% to 100%	O	4	Distinction

Subject Title: Biology

Subject code: DNYT – CT101

Total Number of Hrs.: 100 hours	Theory: 100 hours			Practical: --
Credits: 6	6			---
6 hours/week	6			
SCHEME OF EXAMINATION				
TOTAL MARKS: 100				
Theory: 100				Practical: --
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment
70	20 +10 = 30	--	--	--

GOALS AND OBJECTIVES

Goal:

The goal of introducing biology to DNYT students is to make them understand about living world, process of evolution, classifications of animal and plant kingdoms, bio-diversity & ecosystem.

Course Objectives:

- To know about basic knowledge of life on earth, living world and characters of living.
- To understand about normal cell & its organelles their structure and functions.
- Comprehend histological structures of various tissues and organs and co-relate structure and function in order to understand diseased states.
- Brief knowledge about the organisms and its organ system.
- To impart necessary knowledge of eco system, organisms and population

Course Outcomes (Cos) :

After completion of the program, the student must be able to:

- **CO 1** - Locate and identify body structures, organs and their functions.
- **CO 2** - Identify the microbes causing ill health and effected populations.
- **CO 3** - Understand some common features of living organisms and their habituations.

THEORY

1. Cell: structure & functions

1. Definition of cell, types of cell-prokaryotic and eukaryotic, Structure of cell. Cell components- plasma membrane, cytoplasm, and nucleus.
2. Cell organelles (structure and function with diagram)
Endoplasmic reticulum, Golgi complex, Lysosomes, Peroxisomes, Mitochondria, Ribosomes, Centrosomes

2. Tissue

- a. Epithelium
- b. Connective tissue- Areolar tissue, adipose tissue, cartilage, bone, blood.
- c. Muscular tissue
- d. Nervous tissue

3. Vital Organs & its functions

- i. Heart
- ii. Lungs
- iii. Liver
- iv. Kidneys
- v. Spleen
- vi. Testis
- vii. Ovaries

4. Environmental Issues

- a. Air pollution and its control
- b. Water pollution and its control
- c. Solid wastes and Biomedical Waste Disposal
- f. De forestations
- d. Global warming's
- e. Ozone depletion

5. Human Health & Disease

- a. Immunity
- b. Cancer
- c. Drugs and Alcohol abuse
- d. Common Disease in Human

TEXT BOOKS:

1. Biology text book for class XI : CBSE Board.
2. Biology text book for class XII : CBSE Board.
3. Environmental Studies for Undergraduate Courses – Erach Bharucha for University Grants Commission

Subject Title: Sanskrit

Subject code: DNYT – AECCT102

Total Number of Hrs.: 100 hours	Theory: 100 hours	Practical: --		
Credits: 6	6	---		
6hours/week:	6	-----		
SCHEME OF EXAMINATION				
TOTAL MARKS: 100				
Theory: 100		Practical: --		
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment
70	20 +10 = 30	--	--	--

GOALS AND OBJECTIVES

Goals:

The goal of teaching Sanskrit to DNYT students is to provide a comprehensive knowledge of Sanskrit in order to be able to study, understand, comprehend and utilize the knowledge contained in Indian traditional texts in their professional practice, especially in the field of Yoga.

Course Objectives:

- Demonstrate knowledge of complete Sanskrit script;
- Describe kinds of nouns, verbs, pronouns, etc. with examples;
- Illustrate kinds of gender, number, and declensions employed in Sanskrit,
- Demonstrate skill in pronunciation of different kinds of Sanskrit words, phrases and sentences.

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to

- **CO 1** - Read and understand Sanskrit with respect to script and basic grammar.
- **CO 2** - Familiarize themselves with various texts and compositions such as Madhurashtakam, Vaidyakeeyasubhashitasahityam, etc.;
- **CO 3** - Speak fluently in Sanskrit after having learnt the various peculiar pronunciations.

THEORY

1. Basic orientation

- Introduction to language and subject; Devanagari script – alphabets i.e., vowels, consonants, vowels & consonant combination; Two consonant combinations, special conjunct consonants and pronunciation associated with their articulation; Formation of writing; Introduction to Sanskrit grammar, story of Panini & his works; Concept of place of letters & mechanism of birth of each letter.; Basic rules for recognition of nouns and collection of Sanskrit word genders.

2. Spoken Sanskrit with special words

- Mama nama – bhavatah, bhavatyah nama kim?; Sah, saa, tat – kah, kaa, kim; Eshah, esha, etat – kah, kaa, kim; Aham, bhavan, bhavati; Asti- naasti, aam, na, va; Prepositions- atra, tatra, ekatra, sarvatra, anyatra, kurta; Verbs- gachati, pathati, khadati, gachaami, pathami, khadami, gachatu, patahu, khadatu etc.; Plural formations of all nouns in all genders; Plural formation of all pronouns in all genders; Sapta kakara- kim, kurta, kati, kadaa, kutah, katham & kimartham.; 6th and 7th case practice with questioning & answers

3. Genders, verbs, pronouns and declensions

- Introduction to genders- masculine, feminine and neuter genders.
- 24 forms of a noun in all genders and its declensions; practice of other similar declensions. Usage of the 24 forms of all nouns.
- Verb roots with meaning. Nine forms of verbs for three persons and three numbers. Practice all the verb roots and their forms for correct pronunciation. Usage of prefixes and how they change the meaning of the verb root and how to find them in dictionary.
- Pronouns: introduction to pronouns; declensions of pronouns; corresponding translations of pronouns into English, forming sentences with pronouns; different aspects of pronouns being used as demonstrative pronouns and as interrogative pronouns and details of distance specification.
- Questioning words with its 24 declensions in all genders and practice of all of them with nouns and pronouns.
- Introduction to write a simple sentence. Sentences in singular, dual and plural. Practice of question and answers

4. Prepositions, Tenses and Cases

- Prepositions and its meaning with usage in sentence, asking question and answers.
- Introduction to time and its all variations. Practice of numbers 1-100 with writing practice with Sanskrit symbols.
- Days in Sanskrit with question and answers
- Introduction to tense- present, past and future tenses. Practice of conversion of one tense into another tense

Recommended books:

1. Vyakarna Pravesh
2. Darshan Pravesh

Reference books:

1. Samskratabhasadipika, SriSurasaraswati Sabha (R) Sringeri, Bangalore 2003.

Subject Title: Philosophy of Naturopathy

Subject code: DNYT – DSE 103

Total Number of Hrs.: 100hours	Theory: 100 hours	Practical		
Credits: 6	6	--		
6hours/week	6	--		
SCHEME OF EXAMINATION				
TOTAL MARKS: 100				
Theory: 100		Practical: --		
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment
70	20 +10 = 30	--	--	-----

GOALS AND OBJECTIVES

Goals:

The goals of introducing philosophy of Naturopathy to the DNYS students is to make them understand philosophical basis of the system of Naturopathy, including concepts of health, causes and pathogenesis of disease and brief introduction to the various therapeutic modalities used in Naturopathy.

Course Objectives:

- Elucidate the history of Naturopathy including major contributors to the field and their work;
- Understand the evolution and composition of the human body according to different schools of medicine such as Naturopathy, Yoga, Ayurveda, Homeopathy, Modern Medicine, etc.
- Firmly establish his/her diagnostic and therapeutic thought processes in the fundamental principles of Naturopathy:

Course Outcomes (Cos) :

At the end of the course, the student will be able to:

- **CO 1** - Demonstrate basic knowledge of the various therapeutic modalities utilized in Naturopathy;
- **CO 2** - Describe the various principles of Naturopathy with respect to the body, health, disease and therapy.

THEORY

1. Fundamental Principles, Concepts and Theories of Naturopathy

- i. Concepts of Panchamahabhoota and Naturopathy
- ii. Foreign matter and toxin accumulation in the body and its importance of elimination through different ways and channels
- iii. Unity of Disease, Unity of Cure and way of treatment
- iv. How Nature Cures – the Natural Healing mechanisms & Concept of Vitality and Vital Economy
- v. Arogya Raksha, Panchatantra and their importance in maintenance of health prevention and treatment of disease through lifestyle modifications
- vi. Shareera Dharma – Ahara, Nidra, Bhaya and Maithuna
- vii. Inflammation – Naturopathic perspectives & Natural immunity and how to acquire Natural Immunity in diseases

2. Naturopathic Nutrition and Dietetics.

1. Eliminative diet
2. Smoothing diet
3. Constructive diet.

Text books

1. S.D. Dwivedi: Naturopathy for perfect health.
2. Dr. Nagendra Neeraj: Mera Ahara Mera Swasth
3. Wellness Upachara Paddhathi or Integrated Yoga.

Subject Title: Yoga Philosophy

Subject code: DNYT – CT104

Total Number of Hrs.:100hours	Theory: 100 hours	Practical:		
Credits: 6	6	-----		
Hrs./Week: 6hours/week;	6	----		
SCHEME OF EXAMINATION				
TOTAL MARKS: 100				
Theory: 100		Practical: --		
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment
70	20 +10 = 30	--	----	---

GOALS AND OBJECTIVES

Goal:

The goal of teaching Yoga philosophy to DNYT students is to understand the intricacies of Yoga as a philosophy, its relation to ancient texts, other religious thoughts like Buddhism, with reference to Patanjali Yogasutras.

Course Objectives:

- Explain the basic understanding of Yoga as a philosophy
- Describe the various schools of philosophy which had an influence on Yogic text like Buddhism.
- Comprehend the concept of Brahman according to Vedanta,yoga.

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Perform and demonstrate various Asanas, Pranayama, Kriyas and Meditations;
- **CO 2** - Describe various philosophies of Yoga and apply them therapeutically, relating to a patient's life situation or personality.

THEORY

1. Concept of mind. Obstacles and Kleshas in the context of Patanjali Yoga Sutras

1. Concept of Chitta, Chittabhomi, Chitta-vrttinirodhapaya (Abhyasa and Vairagya), Chittavikshepas (Antarayas) and Chitta-prasadanam
2. Obstacles and hindrances of Sadhana (Vyadhi, Styana, Samsaya, Pramada, Alasya, Avirati, Bhranti, Alabdha, Bhumikatva, Anavasthi)
3. Cultivating positive attitudes
4. Kriya Yoga (Tapas, Svadhyaya, IsvaraPranidhana); Pancaklesah (Avidya, Asmita, Raga, Dvesa, Abhinivesah); Methods of destroying Kleshas (Pratiprasava and Dhyana)

2. Hatha Yoga its philosophy and practices

1. Hatha Yoga, its meaning, definition, aim & objectives and misconceptions
2. Concept of Mitahara, Pathya and Apathya
3. Relationship between Hatha Yoga and Raja Yoga

3. Pratyahara and Samadhi in Hatha Yoga and Gheranda Samhita

1. Concept of Pratyahara, Dharana and Dhyana their techniques and benefits
2. Concept of Samadhi in Hatha Yoga Pradipika, Samadhi Lakshanam and Hatha yoga siddhi lakshanam
3. Concept of Bindu, its evolution and techniques to preserve it

Recommended books:

1. Yog ke moolbhut Sidhhant by Yogrishi Swami Ramdevji Ji, Divya Prakashan, Haridwar.
2. Patanjali Yog Darshan by Yogrishi Swami Ramdevji Ji, Divyayog Prakashan, Haridwar.
3. Yog Sadhana by Yogrishi Swami Ramdevji Ji, Divyayog Prakashan, Haridwar.
4. Yoga Rahasya by Yogrishi Swami Ramdevji Ji, Divyayog Prakashan, Haridwar.

Subject Title: Human Physiology

Subject code: DNYT – CT201

Total Number of Hrs.: 100 hours	Theory: 100 hours	Practical: --		
Credits: 6	6			
Hrs./Week: 6 hours/week	6			
SCHEME OF EXAMINATION				
TOTAL MARKS: 100				
Theory: 100		Practical: --		
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment
70	20 +10 = 30	--	--	--

GOAL AND OBJECTIVES

Goals:

The goal of teaching Physiology to DNYT students is aimed at giving the comprehensive knowledge of the normal functions of the organ systems of the body facilitate comprehension of the physiological basis of health and disease.

Course Objectives:

- Explicate the normal functioning of all the organ systems and their interactions for well-coordinated body functions;
- appreciate the relative contribution of each organ system to the homeostasis;
- Explain the physiological aspects of normal growth and development;
- Illustrate the physiological response and adaptations to environmental stresses;
- List physiological principles underlying pathogenesis and disease management.

Course Outcomes (Cos) :

After the completion of the programs, the students should be able to.

- **CO 1** - Conduct experiments designed to study physiological phenomena;
- **CO 2** - Interpret experimental/investigative data;
- **CO 3** - Differentiate between normal and abnormal data from results of tests, which he/she has done and observed in the laboratory.

THEORY

1. Digestive system

- i. Introduction, functional anatomy of digestive system.
- ii. Stomach: Functional anatomy of stomach; Functions of stomach.
- iii. Functions of liver and gall bladder; Composition, function of bile.
- iv. Small intestine: function and mechanism of secretions of small intestine
- v. Large intestine: Functional anatomy and functions of large intestine
- vi. Gastro-intestinal movements: Mastication, deglutition and vomiting, Movements of stomach; Movements of small intestine; Movements of large intestine and defecation; Regulation of movement

2. Nerve Muscle Physiology

- i. Neuron: Structure of neuron; Properties of nerve
- ii. Muscle: Classification of muscles; Skeletal muscle functions;
- iii. Smooth muscle functions
- iv. Cardiac muscle functions

3. Excretory system

- i. General introduction, organs of excretion with special emphasis on evolution of excretory mechanisms
- ii. Skin-structure and functions and temperature regulation

4. Cardiovascular system

- i. Heart sounds: Description, Clinical significance of heart sounds
- ii. Blood pressure: Definition and factors influencing BP
- iii. Circulations: Blood vessels, Physical principles of blood flow, Coronary & capillary circulation

5. Respiratory system

- i. Introduction, functional anatomy of respiratory system
- ii. Mechanism of respiration: Inspiration and expiration; Role of respiratory muscles and thoracic cage.
- iii. Characteristic of hypoxia, cyanosis, asphyxia, hypercapnia, dyspnea, apnea, and orthopnea and periodic breathing

6. Blood

- i. Hemoglobin and its types; Anemia- definition and classifications;
- ii. Jaundice- definition and classifications; Spleen- structure and function
- iii. Blood groups: ABO and Rh system; Lymph and tissue fluids: Formation and functions of lymph; Physiology of reticular system

TEXT BOOKS

1. Pranayama Rahasya by Yogrishi Swami Ramdevji Ji, Divyayog Prakashan, Haridwar
2. Ross & Wilson Anatomy and Physiology in Health and Illness by Allison Wynn Grant, Anne Waugh, and Kathleen J. W. Wilson
3. Manual of first AID: L.C. Gupta.
4. Complete first AID (Hindi): Dr. Rajesh Dixit.
5. Anatomy and physiology with clinical Importance for nurses (Hindi): K. Jary

Subject Title: Naturopathy Therapies.

Subject code: DNYT – DSE202

Total Number of Hrs.: 100 hours	Theory: 30 hours		Practical: 70	
Credits: 6	2		4	
6hours/week	2		4	
SCHEME OF EXAMINATION				
TOTAL MARKS: 100				
Theory: 70			Practical: -- 30	
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment
70		--	20	10

GOALS AND OBJECTIVES

Goals:

The goal of teaching Naturopathy Therapies to DNYT students is to provide them with comprehensive knowledge of treating diseases using water and mud, and the physiological effects of various kinds of such applications, and utilization of the same for therapeutic purposes

Course Objectives:

- Describe the properties and chemical composition of water and mud used for therapeutic purposes, physiology of the skin, production of heat and body temperature regulation, which are essential as a foundation for hydrotherapy.
- Illustrate physiological effects of hot and cold water upon the different systems of the body and applications to reflex areas;
- Explain action and reaction mechanisms and physiology, with their effects and uses
- Demonstrate use of water in preservation, acute diseases, chronic diseases
- Show in-depth knowledge of general principles of hydrotherapy, therapeutic applications of water, along with therapeutic actions, indications and contra-indications; and classification of mud, storing of mud, modes. of mud treatment, cosmetic uses of mud and research updates in hydrotherapy and mud therapy
- Demonstrate techniques and procedures of various types of hydriatic applications

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Utilize knowledge of hydrotherapy and mud therapy in managing various diseases;
- **CO 2** - Demonstrate usage of therapeutic aspect of hydrotherapy and mud therapy treatments in Promotive, Preventive, Curative and Rehabilitative Therapy.

THEORY

1. Hydrotherapy

- i. Baths: hipbath; spinal bath; steam bath; foot bath; full immersion bath
- ii. Packs: chest pack; abdominal pack; gastro-hepatic pack; kidney pack; full wet sheet pack
- iii. Irrigations: enema; colon hydrotherapy; water drinking
- iv. Compresses, fomentations, Douches.

2. Mud Therapy.

- i. Preparation of mud, applications & benefits.
- ii. Types of mud and its therapeutic uses.

3. Manipulative Therapies:

Swedish massage; Salt Glow Massage; Hot Stone Massage

TEXT BOOKS

1. Dr. Nagendra Neeraj: Mud therapy & Jal Chikitsa
2. S.J. Singh: My Nature Cure

Subject Title: Holistic Therapies

Subject code: DNYT – DSE 203

Total Number of Hrs.: 100hours	Theory: 30 hours		Practical: 70 hours	
Credits: 6	2		4	
6hours/week	2		4	
SCHEME OF EXAMINATION				
TOTAL MARKS: 100				
Theory: 70			Practical:30	
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment
70	---	--	20	10

GOALS AND OBJECTIVES

Goals:

The goal of teaching Holistic therapies to DNYT students is to provide them with comprehensive knowledge of treating diseases using Holistic approach, and the physiological effects of various kinds of such applications, and utilization of the same for therapeutic purposes

Course Objectives:

- Describe the properties treatment modalities used for therapeutic purposes, physiology of the skin, production of heat and body temperature regulation, which are essential as a foundation for all therapies.
- Illustrate physiological effects of acupressure points upon the different systems of the body and applications to reflex areas;
- Explain action and reaction mechanisms and physiology, with their effects and uses of magnet and Chromo therapies.
- Demonstrate use of water in preservation, acute diseases, chronic diseases
- Show in-depth knowledge of general principles exercise therapy & electrotherapy therapeutic applications, indications and contra-indications
- Demonstrate techniques and procedures of various types of Panchakarma therapies and its applications

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Utilize knowledge of Holistic therapies in managing various diseases;
- **CO 2** - Demonstrate usage of therapeutic aspect of color and magnet treatments in Promotive, preventive, curative and rehabilitative therapy.
- **CO 3** - Institute and evaluate remedial measures in Panchakarma for various disease conditions in wellness.

THEORY

1. Acupressure & Reflexology.
2. Color therapy & Magneto therapy.
3. Electro therapy & Exercise therapy.
4. Leech therapy & Agni karma
5. Reiki & Pranic healing.
6. Panchakarma.

Text Books:

1. Dr. Attar Singh : Acupressure & Reflexology
2. Devender Vora : Acupressure
3. Park Jae Woo : SuJok therapy
4. Prof. Sunil Agarwal : Colors
5. A.R. Hari : The Magic therapy of colors
6. Rajendra Menon : Magneto Therapy
7. Master Choa Kok Sui : Pranic Healing
8. M. Dena Gardiner : Exercise therapy.

Subject Title: Yoga Therapy
Subject code: DNYT – CT204

Total Number of Hrs.: 100	Theory: 30 hours		Practical: 70 hours	
Credits: 6	2		4	
Hrs./Week: 6hours/week;	2		4	
SCHEME OF EXAMINATION				
TOTAL MARKS: 100				
Theory: 70			Practical: 30	
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment
70	--	--	20	10

GOALS & OBJECTIVES

Goal

The goal of teaching yoga and its applications to DNYT student is to provide them with comprehensive understanding traditional texts like Patanjali Yogasutras, Hatha Yoga Pratipika, various streams of Yoga, advanced meditative techniques like Yoganidra, Omkar, cyclic meditation, Vipassana meditation and learn about their psychological & physiological benefits compared to exercises.

Course Objectives:

- Illustrate the knowledge of traditional texts like Patanjali Yoga Sutras, Hatha Yoga.
- Understand the principles behind various meditative practices like Yoganidra, Om meditation, cyclic meditation, Vipassana and so on
- Explain about yoga in relation to its application in education, sports;
- Demonstrate basic understanding of procedures of stretching an exercise.
- Describe basic physiological changes in asana
- Be aware of the effects of Shatkriyas and their adverse effects

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Describe the concept of yoga as explained in the traditional texts
- **CO 2** - Deliver a meditative session using any of the meditative styles.
- **CO 3** - Implement various exercises loosening or eye exercises or stretching to complement yoga practice.

THEORY

Unit-1: Introduction to Yogic Therapy / Basis of Yogic Therapy

Unit-2: Specific importance of Pranayama in curing various diseases

Unit-3: Vital role of Bandhas, Mudras, Drishti, in curing various diseases

Unit-4: Role of Shat Kriyas in curing various diseases

Unit-5: Role of general exercises in health and diseases

Unit-6: Yoga therapy for

- | | |
|-------------------------------|-----------------------------|
| 1. Cardiovascular diseases | 7. Respiratory diseases |
| 2. Psychiatric disorders | 8. Metabolic diseases |
| 3. Musculoskeletal disorders | 9. Ophthalmologic disorders |
| 4. Nervous system disorders | 10. Pediatric disorders |
| 5. Gastrointestinal disorders | 11. ENT Disorders |
| 6. Hormonal diseases | 12. OBG disorders |

Unit-7: Meditation and its applications on psychosomatic disorders

Unit-8: Yoga and relaxation techniques

- i. QRT- Quick Relaxation Technique
- ii. IRT- Instant Relaxation Technique
- iii. DRT - Deep Relaxation Technique

Unit-9: Stress management through Yoga

1. Yoga Nidra-methods, applications, effects and benefits
2. Meditation-types-omkar. Cyclic, Vipassana.
3. Methods of application, benefits, precautions
4. Eye exercises- benefits, methods and precautions
5. Physiological Aspects of Asana

TEXT BOOKS:

1. Acharya Balkrishna: Dainik Yogabhyasakram, Divyayog Prakashan, Haridwar.
2. Yogrishi Swami Ramdevji Ji: Dand-baithak,
3. Basavaraddi: Yogasana: A Comprehensive description about Yogasana, MDNIY.
4. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavala
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