

FUNDAMENTAL OF YOGA
PG-DYN-101

Total credits: 3

L T P

Theory: 75

3 0 0

Sessional: 25

Course Objectives:

To gain knowledge of Indian philosophy and to understand the aims and values of the eminent persons.

Course Outcomes:

After the successful completion of the course, students will be able to:

- CO1: Students will demonstrate understanding of the philosophical and ethical teaching in yoga scriptures
- CO2: Develop basic understanding about culture & tradition.
- CO3: Students will analyse different aspects of the yoga lifestyle and how they contribute to holistic health.
- CO4: Students will critically evaluate the impact of the autobiographies on the spread and understanding of yoga and spirituality in the modern world.

Unit-I

Meaning of yoga, Different definition of yoga, Aim and Purpose of yoga, Introduction of different Method of Yogic Practices, personality of yogi, outline of Indian philosophy

Unit-II

Yoga in Upanishad and Veda, Yoga in Shrimad Bhagwadgeeta, yoga according to Yoga Sutra, Yoga according to Hathyoga, Yoga according to Buddhism and Jainism.

Unit-III

Method of yoga→Rajyog, Gyanyog, bhaktiyog, karmayog, ashtangyog, hathyog, mantrayog and layyog.

Unit-IV

A) Introduction of different yogi Maharshi patanjali, Gorakhnath, Maharshi Dayanand, Swami Vivekanand, Maharshi Raman, Shri Aurobindo, Maharshi MaheshYogi, Swami Kuvalayananda, Dayananda Saraswati.

B) Introduction of yoga scriptures→ Patanjali yoga sutra, Shrimad bhagwatGeeta.

Practical Exercises:

The learners are required to

1. Analyse your daily routine and identify areas for improvement to promote a healthier lifestyle.
2. Compare and contrast different yoga styles and their benefits.
3. Compose an essay on how the teachings from “autobiography of a yogi” have influenced your personal spiritual journey.
4. Describe the purpose of yamas and niyamas and provide examples of each.

Suggested Readings:

1. Upanishad in yoga–PRO. Ishwar Bharadwaj.
2. Yoga Mahavigyan – Dr. Kamakhya kumar.
3. Geeta press Gorakhpur- Patanjali yog sutra.
4. Mukti ke char sopatha – swami satyananda saraswati.

Note :

1. Only the latest editions of the books are recommended.

ANATOMY AND PHYSIOLOGY PG-DYN-102

L T P
3 0 0

Total credits: 3

Theory: 75

Sessional: 25

Course Objectives:

The course objective is to provide a comprehensive look at the human body's structure and functions.

Course Outcomes:

After the successful completion of the course, students will be able to:

CO1: Students will describe how specific organs and systems work.

CO2: Students will use their understanding of anatomy to identify which body parts are involved in common activities.

CO3: Evaluate the impact of anatomical and physiological knowledge on healthcare practices.

Unit-I

Introduction of human body structure and function, structure and function of cell and tissue, structure and function of skeleton system and muscle system ,name and number of skeleton and muscles in human body.

Unit-II

Process of blood circulation, structure of heart and its functions, blood group, define blood pressure, structure of respiratory system.

Unit-III

Structure and function of digestive system, structure and function of excretory system, structure and function of endocrine system.

Unit-IV

Effect of different Asana, Pranayama, Mudra, Bandha, Shatkaram and Dhyan on the system of Cell, Tissues, Bones, Digestion, Endocrine, Nervous system and Blood– Circulation.

Practical Exercises:

The learners are required to:

1. Evaluate the impact of anatomical and physiological knowledge on healthcare practices.

2. Design a detailed project or presentation that illustrates anatomical interactions and functions.

3. Explain the relationship between structure and function in various human tissues and organs.

4 Students will recall the primary functions of major organs and systems.

Suggested Readings:

1. Yoga therapy- Swami Shivanand|

2. Human Anatomy and Physiology-Dr .Anant Prakesh Gupta

3. Rog aur yog bihar school of yoga

Note :

1. Only the latest editions of the books are recommended

HATHYOGA PG-DYN-103

L T P
3 0 0

Total credits: 3

Theory: 75

Sessional: 25

Course Objectives:

The course objective is to maintaining a youthful body, developing physical and psychic power (siddhis), awakening the potential energy (kundalini- shakti) and finally attaining enlightenment.

Course Outcomes:

After the successful completion of the course, students will be able to:

CO1: Understand the principles and philosophy behind Hatha Yoga.

CO2: Demonstrate correct alignment and technique in performing Hatha Yoga poses.

CO3: Assess the alignment and effectiveness of yoga sequences in achieving specific goals, such as improving flexibility, reducing stress, or enhancing mindfulness.

CO4: Recall basic yoga poses and sequences.

Unit-I

Introduction and Meaning of Hathayoga, Authority of Hatha Yoga practices, Suitable time and place for practice, Diet of Hathayogi, Seeker elements and obstructing elements in yoga practice.

Unit-II

Introduction and meaning of Asana, Formation of Asana in Hatha Pardipika, formation Of Asana according to Gheranda samhita, benefit of Asana in different disease, type of Asana.

Unit-III

Introduction and Meaning of Pranayama, Formation of pranayama according to Hatha Pradipika, Formation of Pranayama according to Gheranda Samhita, Role of pranayama in different diseases, type of pranayama.

Unit-IV

Introduction and Meaning of Shatkarma, Benefits of Shatkrama, Process of Neti, Benefits and caution, Process of Aganisar, Benefits and caution, process of trataka (concentrated-Gazing)

Practical Exercises:

The learners are required to

1. Students will assess their own yoga practice, identifying areas for improvement and setting personal goals.
2. Apply breathing techniques (pranayama) during yoga practice.
3. Design a Hatha Yoga class plan incorporating a variety of poses, breathing techniques, and relaxation methods.
4. Evaluate personal progress and improvement in yoga poses, noticing changes in flexibility, strength, and balance over time.

Suggested Readings:

1. Hatha Yoga Pardipika- Swami Annant Bharti
2. Gheranda Samhita- Dr. Raghvendra Sharma Raghav
3. Asana, Pranayama, Mudra, Bhandha– Bihar yog Munger

Note :

1. Only the latest editions of the books are recommended.

YOGIC DIET AND HEALTH PG-DYN-104

L T P
3 0 0

Total credits: 3

Theory: 75

Sessional: 25

Course Objectives:

Students will demonstrate an understanding of the interconnection between diet, physical health, mental well-being, and spiritual growth according to yogic philosophy.

Course Outcomes:

After the successful completion of the course, students will be able to:

CO1: Recall key principles of yogic diet, including the classification of foods into Sattvic, Rajasic, and Tamasic categories.

CO2: Students will demonstrate an understanding of key yogic principles such as Ahimsa (non-violence), Satya (truthfulness), and Saucha (cleanliness) as they relate to diet and health.

CO3: Students will be able to identify dietary factors that contribute to disease prevention, longevity, and overall health and vitality according to yogic principles.

Unit-I

Meaning and definition of yoga according to WHO, definition of health according to Sushrut Acharya and Charak Muni, Dincharya, Raatricharya and Ritucharya, base pillar of health(diet, celibacy, sleep).

Unit-II

Concept of disease, cause of disease, Symptoms and solution according to yoga (Constipation, backache, Cold and cough, Hyper-tension, low blood pressure, Asthma.)

Unit-III

Meaning and definition of diet, the purpose of diet, balance diet, moderate diet, description of yogic diet (tamsik, rajsik, satvik).

Unit-IV

Definition and meaning of nutrition of important factor of nutrition (carbohydrate, vitamin, minerals, and protein) nutrition according to age and disease, nutrition diet for pregnant women.

Practical Exercises:

The learners are required to:

1. Create flashcards or quizzes to help students remember key principles of yogic diet, such as the classification of foods into Sattvic, Rajasic, and Tamasic categories.

2 Students will demonstrate an understanding of key yogic principles such as Ahimsa (non-violence), Satya (truthfulness), and Saucha (cleanliness) as they relate to diet and health.

3 Organize a debate or panel discussion where students evaluate the ethical, environmental, and health implications of different dietary choices from a yogic perspective.

4 Plan a week's menu based on yogic dietary principles.

Suggested Readings:

1. Yog and yogic therapy–Pro. Ramharsh singh.
2. Yogic therapy- swami kulvlayanand.
3. Yog and rog– swami satyanand sarswati.
4. Sharir kirya and yogaabhyas- Dr. M.M. Gora.

Note :

1. Only the latest editions of the books are recommended.

YOGA PRACTICAL PG-DYN-106

L T P
0 0 8

Total credits: 8
Practical: 70
Sessional: 30

Course Objectives:

State techniques, Health benefits, applications precautions and Contraindication of under mentioned yogic practices And to demonstrate and instruct under mentioned yogic practices.

Course Outcomes:

After the successful completion of the course, students will be able to.

CO1: They understand the importance of alignment and proper form in yoga practice to prevent injury.

CO2: Students can evaluate the effectiveness of different yoga techniques in achieving specific goals, such as stress reduction or improved flexibility.

CO3: They can remember key principles of breathing techniques (Pranayama) taught in class.

CO4: Students can comprehend the benefits of different yoga poses for various muscle groups and overall health.

Practical Application:

- Introduction to Shatkarma practices: Jalneti (Nasal Cleansing) and Rubber Neti.
- Demonstration and guided practice of Vaman Kirya/Kunjali Kirya (Gastric Cleansing).
- Introduction to Vatkarm (Cleansing of the intestines), Viyutkaram (Cleansing of the colon), and Sheetkaram (Cooling practices).
- Introduction to Kapalbhata (Skull Shining Breath) and Nauli (Abdominal Massage for Boys)
- Introduction to Padmasana (Lotus Pose) and Vajrasana (Thunderbolt Pose).
- Practice of Gomukhasana (Cow's Face Pose) and Ardha Matsyendrasana (Spinal Twist Pose).
- Practice of Pashchimottasana (Seated Forward Bend) and Ushtrasana (Camel Pose).
- Introduction to Halasana (Plow Pose) and Sarvangasana (Shoulder Stand Pose)
- Practice of Uttanpadasana (Raised Leg Pose) and Matsyasana (Fish Pose).
- Practice of Chakrasana (Wheel Pose) and Markatasana (Monkey Twist Pose).
- Practice of Setubandhasana (Bridge Pose) and Dhanurasana (Bow Pose).
- Introduction to Tadasana (Mountain Pose) and Sirshasana (Headstand).
- Practice of Mayurasana (Peacock Pose) and Salabhasana (Locust Pose).
- Introduction to Savasana (Corpse Pose) and Sun Salutation with Mantra.
- Introduction to Pranayama: Bhastrika (Bellows Breath) and Nadi Shodhana (Alternate Nostril Breathing).
- Demonstration and guided practice of Bhramari (Humming Bee Breath) and Ujjayi (Victorious Breath).
- Introduction to Mudras: Gyanmudra (Gesture of Knowledge) and Yogmudra (Yogic Seal).
- Demonstration and practice of Viprikarni Mudra (Inverted Seal) and Jalandhar Bhandh (Throat Lock).

- Introduction to Bhandhs: Mool Bhandh (Root Lock) and Uddyan Bhandh (Abdominal Lock).

A Practical Notebook:→

10 ASANA, 3 PRANAYAMA, 3 MUDRABHAND and SUN SALUTATION→(Make notebook with self picture doing this all practices).

B ORAL:

1. Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination.
2. Demonstrate the ability to perform yoga movements in various combinations and forms

Note :

1. Only the latest editions of the books are recommended

PATANJALI YOG SUTRA
PG- DYN-201

Total credits: 3

L T P
3 0 0

Theory: 75

Sessional: 25

Course Objectives:

The primary objective of Patanjali's Yoga Sutras is to outline a comprehensive framework for achieving spiritual enlightenment and self-realization through the practice of yoga. The text is a systematic guide that encompasses various aspects of yoga, including its philosophy, ethics, practices, and techniques.

Course Outcomes:

After the successful completion of the course, students will be able to:

CO1: Recalling the fundamental concepts and principles of yoga as outlined in the Yoga Sutras.

CO2: Integrate the principles of Yamas and Niyamas into your daily life by consciously practicing non-violence, truthfulness, moderation, and other ethical guidelines.

CO3: Applying mindfulness techniques and meditation practices prescribed in the Sutras to cultivate present-moment awareness and inner stillness.

CO4: Assess the impact of regular yoga practice on your physical, mental, and emotional well-being, drawing connections to the teachings of the Sutras.

Unit-I

Concept and formation of ishvara, prakruti and purush ,definition and meaning in yoga, chittabhumiya and chittavritti, assiduousness(Abhyasa) and imperturbability (vairagya), yogantaraya (obstacles), chittaprasadanam (helpful elements).

Unit-II

Type of Samadhi →Sampragyat and asampragyat, ritambharapragya, kriyayog, punchkleshe, formation of sukh or dukh, vivek- khyatir saptadhaprajna(pragya)

Unit-III

Asthangyog (Eight Fold Path)→ Formation and benefits of Yama, formation and benefits of Niyama, formation and benefits of asana, formation and benefits of pranayama, formation and benefits of pratyahara, formation and benefits of Dharana, formation and benefits of dhyana.

Unit-IV

Formation of antarang and samyamah, description of vibhuti, concept of kevalya, method to achieve kevalya.

Practical Exercises:

The learners are required to

1. Write summaries or explanations of each of the eight limbs of yoga (Ashtanga Yoga) as described in the Sutras.
2. Assess the impact of regular yoga practice on your physical, mental, and emotional well-being, drawing connections to the teachings of the Sutras.
3. Recite Sutra verses from memory during your meditation or yoga practice sessions.
4. Apply the techniques of Pranayama (breath control) during moments of stress or anxiety to calm the mind and promote relaxation.

Suggested Readings:

1. Patanjali yog dhrasanam– Dr. Devisahya Pandydeep

2. Patanjali yog Pardeep – Geeta Press Gorakhpur
3. Mukti ke char sopana – bihar school of yoga

Note :

1. Only the latest editions of the books are recommended.

NATUROPATHY PG-DYN-202

L T P
3 0 0

Total credits: 3

Theory: 75

Sessional: 25

Course Objectives:

Course objectives for naturopathy typically encompass a comprehensive understanding of natural healing modalities and holistic health principles.

Course Outcomes:

After the successful completion of the course, students will be able to:

CO1: Recall basic facts, concepts, and terminology related to naturopathy.

CO2: Apply naturopathic techniques and modalities to address specific health concerns or conditions.

CO3: Evaluate the effectiveness of different naturopathic interventions in promoting health and wellness.

CO4: Students will develop a deep, structured understanding of each therapy, progressing from basic knowledge to the ability to critically evaluate and apply advanced concepts in clinical practice.

Unit-I

Introduction -Meaning and definition of naturopathy, history of naturopathy, importance and basic principle of naturopathy, Acute and Chronic disease-Symptoms, diagnosis and naturopathy treatment.

Unit-II

Mud, Air and Sun therapy- Importance of mud, type and effect of mud therapy on body, types of mud, mud bath uses in treatment ways, importance and treatment uses of sun light, method of Sun bath, tie and precaution, benefits of air bath, method of treatment by air and its precautions.

Unit-III

A) Fast→Definition and meaning of fast and basic principle of fast, type of fasting-long, short, full, water fasting, juice fasting, fruit fasting, rules of fasting, fasting for wellness.

B) Massage→ Definition, meaning of massage, principle of massage, type(scientific and ayurvedic), different method of massage-normal, friction, slap, tap, pinch etc, treatment method and precaution of massage

Unit-IV

Water therapy- Definition and meaning of water treatment, purpose and importance of water, quality effect of different temperature on body, normal bath, natural bath, friction bath, kati bath, mehan bath, steam bath, spine bath, foot bath, Enema- method, benefit and precaution, benefit of water in health wellness, water treatment used in different disease.

Practical Exercises:

The learners are required to

1 Demonstrate an understanding of health-related fitness components: Cardiorespiratory endurance, flexibility and body composition

2 Task students with developing educational materials or workshops aimed at promoting health and wellness within their community, incorporating naturopathic principles and practices.

3 Lead a discussion on the physiological mechanisms behind mud therapy, including

its effects on circulation, inflammation, and detoxification.

4 Facilitate group discussions where students evaluate the appropriateness of water therapy interventions for different patient populations, considering factors such as age, medical history, and accessibility.

Suggested Readings:

1. History and philosophy of Naturopathy– Dr.S.J. Singh
2. Nature Cure– Dr. H. K .Bakhru
3. The Practice of Nature Cure –Dr. Henery Lindlahar

Note :

1. Only the latest editions of the books are recommended.

ALTERNATIVE THERAPY PG-DYN-203

L T P
3 0 0

Total credits: 3
Theory: 75
Sessional: 25

Course Objectives:

These course objectives aim to provide students with a comprehensive understanding of alternative therapy principles, modalities, and practices, as well as the skills and knowledge necessary for competent and ethical practice in the field.

Course Outcomes:

After the successful completion of the course, students will be able to:

CO1: Understand the meaning, definition, and types of diseases, including their physical, mental, and spiritual symptoms.

CO2: Interpret the concept and significance of alternative therapies in promoting holistic health and wellness.

CO3: Evaluate the safety and precautionary measures necessary for the practice of acupressure to prevent adverse effects.

CO4: Explain the principles and benefits of Acupressure, Magnet, Reiki and Mantra therapy, as well as the tools and techniques used in their practice.

Unit-I

Introduction -Introduction Meaning of disease, definition, cause and type of disease, symptoms of physically, mentally and spiritually sick person and healthy person, origin of alternative therapies, concept of alternative therapies, importance and types of alternative therapies.

Unit-II

Acupressure- History of acupressure, meaning and definition of acupressure, type of acupressure, principle and rules of acupressure, method of acupressure, tools of acupressure quality and treatment of acupressure, precaution in acupressure.

Unit-III

Magnet therapy- History of magnet therapy, meaning of magnet and magnet field, quality of magnet, type of magnet, type of magnet therapy, method of magnet therapy, principle and precaution of magnet therapy, benefit and effect of magnet therapy.

Unit-IV

A) Reiki Therapy→History of Reiki therapy, meaning and concept of Reiki therapy, rules of Reiki therapy, helping tools of Reiki therapy, method of Reiki treatments, benefit and limitations of Reiki therapy.

B) Mantra Therapy → Meaning of mantra, definition and formation of mantra, type of mantra, main source or part of mantra, type of mantra chanting, rules of mantra chanting for beginners ,the scientific view of mantra and different mantra effects.

Practical Exercises:

The learners are required to:

1 Lead a guided mantra chanting session where students practice different types of mantras, focusing on proper pronunciation and rhythm while experiencing the calming effects.

2 Demonstrate magnet therapy techniques on models or classmates, guiding students in applying magnets to specific areas of the body while explaining the therapeutic effects

3 Create flashcards or a quiz to test students' knowledge of disease definitions, causes, and types, as well as the origins and concepts of alternative therapies.

4 Encourage students to develop educational materials or presentations advocating for the inclusion of acupressure in wellness programs or healthcare settings, highlighting its benefits and evidence-based practice.

Suggested Readings:

1. Alternative therapy– Dr.R.H. Vivak
2. Alternative therapy Method- Dr. RajkumarPuruthi
3. Acupresser Naturopathy therapy– Dr. Attar Singh
4. Megnet Therapy– Dr. Hiralal Bansal

Note :

1. Only the latest editions of the books are recommended.

**NATUROPATHY PRACTICAL
PG-DYN-206**

L T P
0 0 5

Total credits: 5

Theory: 70

Sessional:30

Course Objectives:

These course objectives aim to provide students with a comprehensive and practical foundation in naturopathic treatment, equipping them with the skills, knowledge, and professionalism necessary for competent and compassionate practice in clinical settings.

Course Outcomes:

After the successful completion of the course, students will be able to:

CO1: Students will demonstrate an understanding of the principles underlying mud therapy, including its historical use, physiological effects on the body, and therapeutic applications.

CO2: Students will learn to assess individual patient needs and develop customized hydrotherapy treatment protocols based on specific health goals, preferences, and contraindications.

CO3: List the indications and contraindications for sun therapy based on patient characteristics and health conditions.

CO4: Evaluate the overall effectiveness of mud therapy interventions in improving patient outcomes, including pain reduction, mobility improvement, and quality of life.

Practical Application:

- Introduction of hydrotherapy
- Practice of Katibath: Hot, cold, and natural water baths.
- Practice of Steam bath: Technique, benefits, and precautions.
- Practice of Spinal spray and spinal bath: Application and therapeutic effects.
- Practice of Foot bath: Cold and hot water foot baths for relaxation and circulation.
- Introduction to enema therapy: Types and benefits.
- Natural water enema: Procedure and indications.
- Cold water enema: Technique and therapeutic effects.
- Warm water enema: Application and precautions.
- Full-body wet strip: Procedure and benefits.
- Chest, neck, hand, and leg wet strips: Techniques and therapeutic applications
- Introduction to mud therapy: Principles, types, and benefits.
- Mudstrip: Chest, abdomen, eyes, forehead, ear, and neck mud strips.
- Lape therapy: Ranjbath and wet mud bath applications.
- Sun therapy: Sunbathing and color therapy for health promotion

YOGA PRACTICAL
PG-DYN-207

L T P
0 0 6

Total credits: 6
Theory: 70
Sessional: 30

Course Objectives:

These course objectives provide a structured framework for learning and skill development in practical yoga practice, encompassing various levels of cognitive engagement and application.

Course Outcomes:

After the successful completion of the course, students will be able to.

CO1: They understand the importance of alignment and proper form in yoga practice to prevent injury.

CO2: Students can evaluate the effectiveness of different yoga techniques in achieving specific goals, such as stress reduction or improved flexibility.

CO3: They can remember key principles of breathing techniques (Pranayama) taught in class.

CO4: Students can comprehend the benefits of different yoga poses for various muscle groups and overall health.

Practical application:

- Introduction to asanas: Natrajasana and Birdpose.
- Practice Vimanasana (flying pose) and Akpad shikandasana (one leg peacock pose).
- Practice of Raised arm pose and Triangle pose
- Demonstration and practice of fetuspose and embryo in womb pose
- Demonstration and practice of Extended frog pose and warriorpose.
- Demonstration and practice of Plow pose and Cow face pose
- Demonstration and practice of Spinal twist pose and Back stretching pose
- Demonstration and practice of Back stretching pose and Camel pose.
- Introduction to Prone pose: Cobra pose and Bow pose.
- Demonstration and practice of kurmasana (Tortoise pose) and shalbhasan (Locust pose).
- Introduction to supine pose: supine thunderbolt pose and bridge pose
- Demonstration and practice of Sarvagāsana (Shoulder stand pose), Plow pose and Fish pose.
- Introduction to balance pose: Uttithkurmasana and padambakasana
- Demonstration and practice of Padam mayurasana and Titibhasana
- Demonstration and practice of scorpio pose and monkey twist pose.
- Introduction to Pranayama: Bhastrika (Bellows Breath) and Nadi Shodhana (Alternate Nostril Breathing).
- Demonstration and guided practice of Bhramri (Humming Bee Breath) and Ujjayi (Victorious Breath).
- Introduction to Mudras: Gyanmudra (Gesture of Knowledge) and Yogmudra (Yogic Seal).
- Demonstration and practice of Viprikarni Mudra (Inverted Seal) and Kaki mudra (crow's beak)
- Demonstration and practice of Sambhavi mudra (Eyebrow centre gazing pose),

Prithvimudra (Earth mudra), Vayumudra , and Jalmudra.

- Demonstration and guided practice of Vaman Kirya/Kunjal Kirya (Gastric Cleansing).
- Introduction to Vatkarm (Cleansing of the intestines), Viyutkaram (Cleansing of the colon), and Sheetkaram (Cooling practices).
- Demonstration and practice of kapalbhati (Skull polishing) and Jal neti kriya(Nasal cleaning).