SANT GADGE BABA AMRAVATI UNIVERSITY GAZETTE

Official Publication of Sant Gadge Baba Amravati University

PART- TWO

Thursday, the 29th December, 2022

Notification

No: 211 /2022 **Dated :- 29/12/2022**

Subject :- Revised Syllabi of Sem I & II of Post Graduate Diploma in Naturopathy & Yogic Science (PGDNYS)

It is notified for general information of all concerned that the authorities of the university have accepted to implement revised syllabi of Sem I & II of Post Graduate Diploma in Naturopathy & Yogic Scince (PGDNYS) to be implemented from the academic session 2022-23 onwards as per Appendix – I attached herewith

Sd/-
(Dr. T.R. Deshmukh)
Registrar
Sant Gadge Baba Amravati University

Appendix-I

Part - I (Theory)

Semester - I
Paper - I (Theory)
Anatomy & Physiology

Max. Marks : 80

Unit - I

A. Introduction to human body with reference to Anatomy & Physiology.
B. Study of Cell - Structure, different components of cell & their functions.
C. Study of Tissues - Epithetical, Connective & Muscular.

Unit - II

Musculoskeletal System

A. Skeletal System - Bones, Shape, Development of bones, function of bones, Joint and their types, Movements of joints.
B. Muscular System -Types of Muscles, Structure of Skin, Muscle tone, Fatigue.

Unit -III

A. Blood - Blood cells, Components, Blood groups, Rh factor.
B. Heart, Structure and function of heart, Blood circulation, Arteries, Veins and Capillaries.
C. Haemoglobin & Oxygen exchange.

Unit - IV

A. Respiratory System :- Structure and function of organs of Respiratory System.
B. Study of Digestive System :- Structure and Function of various parts of Digestive System.

Reference Books :

1) Anatomy and Physiology for Nurses - Shri. Nandan Bansal.
2) Manav Sharir Rachana Yevam Kriya Vidnyan - Prof. Dr. Anant Prakash Gupta.
3) Human Anatomy and Physiology - B.D. Chourasiya.
4) Anatomy and Physiology of Yogic Practices - Dr. M.M. Gore.
5) Sharir Rachana Yevam Kriya Vidnyan - Dr. Vivek Sathe.

Semester - I
Paper - II (Theory)
Applied Naturopathy

Max. Marks :80

Unit -I
Introduction of Naturopathy

A. History of Naturopathy
B. Five elements, Nature Cure and its relation with panchatatwa
C. C. Basic principles of Naturopathy
D. Contribution in Naturopathy
1) Father Sebastian kenp 2) Mahatma Gandhi

Unit -II

Hydrotherapy

A. Therapeutic significance actions and uses of hydrotherapy
B. Internal use of irrigation, external use of various bath, packs (lapet).
C. Introduction of pool therapy.

Unit –III
Massage

A. Introduction and history of Massage.
B. Rules, regulations and characteristics of Massager.
C. Effects of pressure of hands and lubricants of following system : Skin, Muscular System, Ligaments, Skeletal System, Circulatory and Nervous System.
D. side effect of massage and their solutions.

Unit-IV
Mud therapy

A. General principals of mud therapy
B. Types of mud
C. Mud bath dry and wet mud bath
D. Theraputic action and use of mud

Reference Books :

1) Science of nature life - Dr. Bansal
2) Davas nature guide - Dr. Davas
3) Baths - Dr. S.J Singh
4) My water care - Stevenson kneip
5) The healing clay - Michael Abserrsa
6) Ore Earth and cure - Raymond Dextroial
7) Hydrotherapy in practice - Davis BC and Harrison R.A.
8) My nature care - M.K Gandhi
9) Massage therapy - Dr J H Kellog
10) Step by step massage - Carol MC Gilvery and Gini reed
11) जल चिकित्सा - डॉ. ओझा
12) जल चिकित्सा - डॉ नागेंद्र कुमार नीरज
13) डॉक्टर जल - योगाचार्य डॉक्टर ओंकारनाथ
14) ब्रुहद प्राकृतिक चिकित्सा - डॉक्टर ओम प्रकाश सक्सेना
15) मालिश द्वारा रोग उपचार एवं सौंदर्य - मनोज पब्लिकेशन
16) प्राकृतिक आयुर्विज्ञान - डॉ. बंसल
17) प्राकृतिक चिकित्सा एक राष्ट्रभाव - डॉ. क्रांती महाजन

Semester - I
Paper - III (Theory)
Yoga : History, Theories & Techniques

Max. Marks :80

Unit -I
Yoga

A. Yoga : Definition & historical Background.
B. Aims & Objectives of Yoga.
C. Mis-Conceptions of Yoga.

Unit - II

Schools & concept of Yoga

A. Schools of Yoga : Dnyanyoga, Bhaktiyoga, Karmayoga, Rajyoga.
B. Concept of Panchprana.
C. Concept of Panchkosh.
D. Concept of Sankhya Philosophy.

Unit - III

Patanjala Yoga Sutra

A. Introduction of different Padas (Samadhi, Sadhana, Vibhuti, Kaivalya)
B. Concept of Chitta : Chitta-Bhumis, Chitta Vrittis, Abhyasa, Vairagya, Chitta Vikshepas, Chitta Prasadanam, Sahabuhas
C. Ashtanga Yoga : Concept of Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.
D. Concept of Kriyayoga and Pancha kleshas

Unit- IV

Hathayoga

A. Concept and historical background of Hatayoga.
B. Introduction of - Goraksha Samhita, Shiv Samhita.
C. Hathapradipika : Concept of chaturanga Yoga, Yogakuti Mitahara, Sadhak-Bandhak tattva, Nada, Kundalini.
D. Gherand Samhita : Concept of saptanga Yoga, Pathya- Apathya

Reference Books :

1. Samputra Yog vidya - Rajeev jain, mangal Publication House Pvt. Ltd Bhopal
2. Patanjal Yog-Sutra - Dr. P.V. karambelkar, kaivalyadhama, Lonawala
3. Light on the yoga sutra of Patanjali – B.K.S. Iyengar,
4. Hatha Yoga Pradipika – Swami Mukti bodhanada, Yioga Publication Trust Munger, Bihar, India.
5. Bhartiy Darshan ki Rupreksha – Prof. Herendra Sinha
6. Aasana, Pranayama Mudra bandha – Swami Satyananda Sarswati
7. Gherand smhita – Swami Niranjananda Saraswati
8. Bhagwatgita (As it is) - ISKON

Semester - I
Paper - IV (Theory)
Holistic Health

Max. Marks :80

Unit – I

Health

A. Meaning and concept of Health.
B. Concept of Health according to WHO and AYUSH.
C. Factors influencing Health.
D. Characteristics of healthy individual.

Unit – II

Stress Management

A. Stress : Definition, Types & Views.
B. Effects of Stress on human physiology
C. Stress related Disorders.

Unit - III

Counselling

A. Introduction & definition of counselling.
B. Types of counselling.
C. Methods of counselling.
D. Characteristics of counsellor.

Unit – IV

Therapy

A. Concept and Types of Therapies.
B. Yoga Therapy : Principles, Rules and Characteristics.
C. Disease specific Yog therapy

Reference Books :

1. Managing Stress - Shrivastava H.S.
2. Key to Health - M.K. Gandhi
3. Yoga Therapy in management of Stress - Dr. S.V. Karandikar
4. Yoga for Stress Relief - Thakur, Bharat
5. Yogic Therapy –Its Basic Principles & Methods - Kuvalayananda Swami & S.L. Vinekar
6. Swadhay and Yoga Therapy - Dr. Waze , Pune
7. Paramrsha Manivighyana - Dr. Vimal Agrawal
8. Nirdeshana Yevam Paramarshan - Amarnath rai & Madhu Astana

Part –II (Practical's)

Paper –I (Practical)
Anatomy & Physiology

Total Marks :50

A. Examination of

- Weight, Height, Pulse, BMI, Pallar and Icterus
- Use of Stethoscope, Sphygmomanometer and Spiro meter

System of Examination and distribution of Marks

Any Two based on Examiner's choice …… Marks -15

Any Two based on Candidate's choice …… Marks -15

B. Study of Skeleton

System of Examination and distribution of Marks

Any two based on Examiner's choice …… Marks -05

Any two based on Candidate's choice …… Marks -05

C. Viva – Voice ….. Marks -05

D. Practical Record …… Marks -05

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Semester - I
Paper - II (Practical)
Applied Naturopathy

Total Marks :50

A. Hydrotherapy types of packs and bath
Packs:- chest pack, legspack trunk pack full wetsheet pack, t- pack ,local packs.
Baths:- Hip bath, spinal bath, sitz bath, steam bath, foot bath, immersan bath

System of Examination and distribution of Marks

Any one based on examiners choice …… Marks -10

Any one based on Candidate's choice …… Marks -10

B. Massage techniques effleurage ,petrissage tapotment, ringing, clapping, choking, stroking & relaxation

System of Examination and distribution of Marks

Any one based on examiners choice …… Marks -10

Any one based on Candidate's choice …… Marks -10

C. Viva – Voice ….. Marks -05

D. Practical Record …… Marks -05

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Semester - I
Paper - III (Practical)
Yoga : History, Theories, & Techniques

Total Marks – 50

A. Yogic Sukshma and Sthul vyayama and Suryanamskar.

System of examination and distribution of marks

Any two based on Examiners choice …. Marks -10

B. Asana's

Standing **:-** Tadasana, Vrukshasana, Trikonasana, Garudasana,

Sitting Asana **:-** Vakrasana, Mandukasana, Ushtrasana, Padmasana, Siddhasana,Vajrasana, Gaumukhasana,

Prone Position **:-** Makarasana, Bhujangasana, Shalbhasana.

Supine Position **:-** Virasana, Vatayanasana, Utkatasana,

System of Examination and distribution of marks

Any two based on Examiners choice …… Marks -10

Any one based on Candidate's choice …… Marks -05

C. Shtkarma

Neti :- Jalaneti, Sutraneti

Dhauti :- Vamana, Vastra, Danda

Tratak ;- Samip, Sadur

Nauli :- Vama Nauli, Dakshin Nauli, Madhya Nauli, Nauli chalana

Kapalbhati :- Shitkram, Vyutkram, Vatkram

System of Examination and distribution of Marks

Any one based on Examiners choice …… Marks -10

Any two based on Candidate's choice …… Marks -05

D. Viva – Voice ….. Marks -05

E. Practical Record …… Marks -05

Note : Where Practical demonstration in not possible during examination verbal explanation of the technique is expected .

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Semester - I
Paper - IV (Practical)
Holistic Health

Total Marks -50

A. Therapeutic Practices of Asanas :

1. Maruvakrsana
2. Hasta Padasana
3. Viparitkarni
4. Padapoaringhasana
5. Vihang Padaparighasana
6. Sukhmatsyasana
7. Dandamtsyasana
8. Bhadra Matsyasana
9. Pavanmuktasana -1
10. Pavanmuktasana -2
11. Shavasana
12. Markatsana -1
13. Markatsana -2
14. Ardha Halasana
15. Janushirasana
16. Utahitpadasana

Equipments: Bolster-28 Inches Long Weight approx 3.5kg.

Pillow-Breadth-16 Inches, length-26 Inches approx 1.5kg.

(Yogic Practices with mechanical aids as – ropes, belts, cushions blankets, towel, chairs, Table.)

System of Examination and distribution of Marks

Any two based on Examiners choice	……	Marks -10
Any two based on Candidate's choice	……	Marks -10

B. Project work

Candidate has to conduct 10 days Yoga Class at any School or college

System of Examination and distribution of Marks

To Submit the Project Report	Marks -20
C. Viva – Voice …..	Marks -05
D. Practical Record ……	Marks -05

Note : Where Practical demonstration in not possible during examination verbal explanation of the technique is expected .

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Part - I (Theory)

Semester - II
Paper - I (Theory)
Anatomy & Physiology

Max.Marks -80

Unit - I

A. Central Nervous System.
B. Peripheral Nervous System.
C. Autonomic Nervous system.

Unit - II

A. Study of Endocrine System
B. Study of Reproductive System

Unit - III

A. Urinary System - Various Organs of Urinary System & their function
B. Sense Organs :- Skin, Tongue, Nose, Ears, Eyes.

Unit - IV

A. Lymphatic System, Lymph, Lymph nodes, Circulation of Lymph, Spleen S & F & Tonsils.
B. Plexus & their Co-relation with Human body.

Reference Books :

1) Anatomy and Physiology for Nurses - Shri. Nandan Bansal.
2) Manav Sharir Rachana Yevam Kriya Vidnyan - Prof. Dr. Anant Prakash Gupta.
3) Human Anatomy and Physiology - B.D. Chourasiya.
4) Anatomy and Physiology of Yogic Practices - Dr. M.M. Gore.
5) Sharir Rachana Yevam Kriya Vidnyan - Dr. Vivek Sathe.

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Semester - II
Paper - II (Theory)
Applied Naturopathy

Max.Marks -80

Unit -I
Sun Light Therapy

A. Principal of Sun Light Therapy
B. Physiological & chemical properties of Sunlight, Effect of Sunlight in curing disease.
C. Sun bath :- Sun gazing, General Sun bath, sun bath through Wet pack, leaves (atapsnana),Oil (Abhyangasnan), Sunbath for Children and Aged persons.
D. Principal of chromotherapy and healing power of VIBGYOR

Unit -II
Nutrition

A. Nutrition - history and importance of nutrition
B. Concept of :- Hita, Mita ,Rita :- Satvik, Rajasik,Tamasik aahar
C. Nutritional deficiency, there prevention and control.
D. Naturopathic approach towards vegetarian and non vegetarian food.

Unit 3
Fasting

A. Philosophy of therapeutic fasting
B. Theory of fasting and starvation,
difference between fasting and starvation, Hunger and Appetite.
C. Methods of fasting for therapeutic
D. Curative impact of fasting on various disease

Unit-IV
Disease and treatment through Naturopathy
A. What is disease ; curative factors of diseases
B. classification of diseases :- Spiritual, Mental and Physical. Characteristics of Therapist
C. Naturopathy centre and its structure.

Reference Books :

1)The principles of light and colour - Dr. Ed Babbitt
2) Colour therapy - R.S. Amber
3) Diet and nutrition - Dr. Elizabeth Evans
4) Fasting for healthy long life - Hereward world
5) Science of nature life - Dr. Bansal
6) सूर्य किरण चिकित्सा - हरिओम गुप्ता
7) प्राकृतिक आयुर्विज्ञान - डॉक्टर बंसल
8) उपवास चिकित्सा - रामचंद्र वर्मा
9) आहार एवं पोषण - संजय पब्लिशर
10) प्राकृतिक आयुर्विज्ञान - डॉ बंसल
11) सूर्य किरण चिकित्सा - डॉ मोहनलाल कठोतिया

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Semester - II
Paper - III (Theory)
Yoga : History, Theories & Techniques

Max. Marks -80

Unit - I

A. Concept of Shatchakra and Kundalini.
B. Importance and Need of Yoga Education.
C. Characteristics of Yoga Teacher.

Unit – II

A. Significance of Prayers and Shantipaths.
B. Significance of Mantrajapa for Chittashuddhi.
C. Significance of PranavJapa (Om).
D. Importance of Pranayama.

Unit- III

A. Physiological significance of Body Postures.
B. Physiological significance of Meditative Postures.
C. Aims of Yogic Postures.
D. Guidelines for Yogic Practices.

Unit –IV

A. Role of Shodhan kriyas in Health and Hygiene.
B. Effect of Yogic Practices in various digestive disorders.
C. Effect and benefits of Bandha & Mudra's.
D. Stress Management through various Yogic Methods.

Reference Books :

1) Yoga for the Digestive system – Dr. Swami Shankar devavnanda
2) Lights on Pranayama – B.K. S. Iyengar
3) Yogic Management of Common Diseases – Dr. Swami Karmanada
4) Kundalini Yoga – Swami Satyananda Saraswati
5) Surya Namskar – swami Satyananda Saraswati
6) Rog Aur Yoga – Dr. Karmananda Saraswati
7) Yoga Nidra - Swami Satyananda Saraswati
8) Prana and Pranayama - Swami Niranjananada Saraswati

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Semester - II
Paper - IV (Theory)
Holistic Health

Max. Marks -80

Unit-I
Physiotherapy

A. Concept and principles of Physiotherapy.
B. Aims and Objectives.
C. Physiotherapy practices without equipment.
D. Electrotherapy : Introduction and uses.

Unit – II
Ayurveda and Panchakarma

A. Introduction and concept of Ayurveda and Panchakarma.
B. Concept of Tridosha, Trimala, Triguna, Sapta Dhaatu.
C. Treatment modalities in Panchakarma

Unit – III
Acupressure

A. Definition and Basic concepts of Acupressure.
B. Theories of Acupressure (yin & yang Five element theory).
C. Measurements in Acupressure Therapy : Location and Indications of Meridian points.
D. Importance of EFT in Acupressure.

Unit –IV
Sujok Therapy

A. Introduction and history of Sujok
B. Elementary theories of Sujok .
C. Treatments through Magnets, Seeds, Colour, Moxibustion, Mudra .

Reference Books :

1. Clinical Acupuncture - Dr. Anton Jaisuriya
2. Clinical Acupuncture - Dr. Agrawal
3. Su-Jok - Park jae woo
4. Thumb is Head - Park jae woo
5. Emergency Su-jok - Park jae woo
6. Charak Samhita - Maharishi Charak, Maharishi Agnivesh
7. आयुर्वेदा सर्वांसाठी - वैद्य खडीवाले
8. चरक संहिता - महर्षी चरक, महर्षी अग्निवेष
9. ॲडवान्स ॲक्युपंक्चर - डॉ. अर्जुन अग्रवाल , डॉ. गोविंद शर्मा

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Part - II (Practical)

Semester II
Paper - I (Practical)
Anatomy & Physiology

Marks -50

A. Study of Microscopic slides of Human Tissue and Human Parts.

System of Examination and distribution of marks

Any one Slide of Candidate's choice …… Marks 10

B. Study of Blood Reports like C.B.C., Thyroid Function Test and

Urine Analysis

System of Examination and distribution of marks

Any one of Candidate's choice …… Marks 10

C. Project Work :
Examination 04 patients
(Candidate has to visit any Naturopathy Centre or Hospital and Examine the Patient in details with follow -up

System of Examination and distribution of marks

Submission of case reports of 04 patients Marks 20

D. Viva - Voice ….. Marks -05

E. Practical Record …… Marks -05

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Semester - II
Paper - II (Practical)
Applied Naturopathy

Total Marks -50

A. Sunbath, Sun gazing, Solarisation of Water, Sugar, Oil, glycerine, Vaseline.

System of Examination and of Marks

Any one based on examiners choice …… Marks -10

Any one based on Candidate's choice …… Marks -10

B. Naturopathy Treatment in common diseases.

System of Examination and of Marks

Any one based on examiners choice …… Marks -10

Any one based on Candidate's choice …… Marks -10

C.Viva - Voice ….. Marks -05

D. Practical Record …… Marks -05

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Semester - II
Paper - III (Practical)
Yoga : History, Theories & Techniques

Total Marks -50

A. Bandha – Mudra

Jalandhar Bandha, Uddiyana Bandha, Mool Bandha, Maha Bandha, Yoga Mudra, Bramha Mudra, Simhamudra, Viparit Karni, Kaki Mudra, Nabho Mudra, Khechari Mudra, Ashwini Mudra, Shambhavi Mudra.

System of Examination and of Marks

Any two based on examiners choice …… Marks -10

Any two based on Candidate's choice …… Marks -10

B.Pranayama :

Nadishodhana, Bhramari, Bhastrika, Ujjai, Shitali, Shitkari.

System of Examination and distribution of marks

Any one based on Examiners choice …… Marks -05

Any one based on Candidate's choice …… Marks -05

C. Special Practices :

Yoga Nidra, Omkar Chanting, Dhyana (Meditation) Laghushankhaprakshalana.

System of Examination and distribution of marks

Any one based on Examiners choice …… Marks -05

Any one based on Candidate's choice …… Marks -05

D. Viva - Voice ….. Marks -05

E. Practical Record …… Marks -05

Note : Where Practical demonstration in not possible during examination verbal explanation of the technique is expected .

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Semester - II
Paper - IV (Practical)
Holistic Health

Total Marks -50

A. Modalities under Electrotherapy

Ultrasound Therapy, Short wave Diathermy, Wax Bath.

System of Examination and distribution of marks

Any one of candidate's choice …… Marks -05

Any one of Examiners choice …… Marks -05

B. Exercise Therapy :

Shoulder Wheel + Pulley, Parallel Bar, Swiss Ball, Wrist, Foot & Ancle Exercise,

Traction Manual & Electrical

System of Examination and distribution of marks

Any two of candidate's choice …… Marks -10

Any two of Examiners choice …… Marks -10

C. Acupressure & Su-jok :

Path and points of any two meridian
Main, Mini, Insect Correspondence

System of Examination and distribution of marks

Any one of Candidate's choice …… Marks -05

Any one of Examiners choice …… Marks -05

D. Viva - Voice ….. Marks -05

E. Practical Record …… Marks -05

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