



**SANT GADGE BABA AMRAVATI UNIVERSITY,
AMRAVATI**

संत गाडगे बाबा अमरावती विद्यापीठ, अमरावती

(FACULTY OF INTER-DISCIPLINARY STUDIES)

आंतर-विद्याशाखीय अभ्यास विद्याशाखा

**P.G. Diploma in Naturopathy & Yogic Science
Semester – I & II**

Syllabus

(NEP - v24)

Session – 2024-25

Sant Gadge Baba Amravati University, Amravati
Faculty: Inter-disciplinary studies
One Year - Two Semester P.G. Diploma Programme-NEPv24
Programme: P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)

Part : A

As per the provisions in the Maharashtra Public University Act, 2016 (Mah. Act No. VI of 2017) Clause 45(1), Lifelong Learning And Extension is to create skilled and learned human resources through its various teaching-learning and skills development programmes in higher education. As a part of this initiative Sant Gadge Baba Amravati University propose to launch One year P.G. Diploma in Naturopathy and Yogic Science programme from the academic year 2021-22 through Department of Lifelong Learning & Extension under the Faculty of Interdisciplinary studies. P.G. Diploma in Naturopathy and Yogic Science is an innovative programme which provides the set up for bringing the real world of work in to classroom and gives the opportunities to learner directly involved in development process in community.

OBJECTIVES OF THE PROGRAMME:

The P.G. Diploma in Naturopathy and Yogic Science programme aims an increasing demand for medicines from traditional system in developing as well as developed countries because of their being into existence since a very long time thereby enjoying the reputation of being both safe and efficacious. Naturopathy is a field of health care that works with and not against standard allopathic health care providers, such as medical doctors. The philosophy of Naturopathy is to work with the body, to assist it in its natural ability to heal and maintain health. Yoga is an ancient art, and a natural way of remaining fit and healthy. It also helps in improving mental health. Treatment are natural and non invasive and include herbal remedies, lifestyle changes, and dietary modifications and in some case other complementary techniques including massage, acupuncture.

- The course will provide deeper insight into the curriculum of yogic science along with the therapeutic applications of yoga and alternative therapies.
- At the P.G. level it is also intended that student should get familiar with the original text of Yoga.
- Promoting positive health in the student through yoga and enabling and imparting skills in them to practice and apply yogic practices for health to general public and teach yoga for total personality development and spiritual evolution.
- A research attitude and orientation will also be inculcated into the student so that they further become able to undertake advance and applied researches in the field of yoga and alternative therapies.

ADMISSION ELIGIBILITY:

(A) Eligibility for P. G. Diploma In Naturopathy And Yogic Science (Level 6.0) :

- A candidate who has passed three years degree Programme of Bachelor of Arts (Yoga, or relevant subject) or Bachelor of Science (Yogic science or relevant subject) or any graduate having yoga or relevant subject as a subject of U.G. degree programme or as major or minor of any statutory university.

OR

- Any other Three years Bachelor Degree Graduates of Statutory University but for such students it will be mandatory to earn minimum 24 credits from Prescribed Additional Course Work / Pre-requisite Course during the first year of this programme unless the Additional Course Work / Pre-requisite Course is successfully completed, the result of first year of such student will not be declared.

Note:

Students those who have passed three years degree of any streams (Faculty) from the recognized statutory University and have completed P.G. Diploma in Naturopathy and Yogic Science (PGDNYS) shall be eligible for the admission of Third semester (Part-II) of M.A. Yogashastra.

INTAKE CAPACITY:

The intake capacity being limited for 40 seats for level 6.0

DURATION:

The P.G. Diploma in Naturopathy and Yogic Science Programme of full time One year (Two Semesters)

SPECIAL CHARACTERISTICS OF THIS PROGRAMME:

Commitments for learner:

1. Understanding the basic concepts of Naturopathy.
2. Apply the Naturopathy Therapy in recovering the common health related complication.
3. Learn how to perform Yogic Practices and able to teach them in a scientific way.
4. Understanding the basic concepts of various Yogic practices such as Shatkarma, Asana, Pranayama, Bandha - Mudra, Dhyana etc.
5. Prepare the students to pursue research career, career in academics, in educational institutions and therapy in Yoga and allied fields.

POs :

Post Graduate Diploma in Yogic Science programme equips students with traditional and modern knowledge, general competence and analytical skills that are required in Schools, Colleges, Hospitals and /or for research o completion of programme it will.

1. Train up the students in such a way that they can objectively carry out investigation scientifically without biased or without having any preconceived notions.
2. Become professionally trained in hydrotherapy, Mud therapy, Chromo therapy, Diet Management etc.
3. Becomes professionally trained in the areas of Asana, Pranayama, Bandha-Mudras and Meditation.
4. Students will get properly trained in terminology & concepts of Naturopathy & Yoga.
5. Developed research problem related to techniques of yoga, its characterisation and naturopathy and its application.
6. Demonstrate highest standard of professional behaviour, critical interpersonal and communication skills as well as commitment to Lifelong Learning.

PSOs :

1. Understanding the basic concepts of various Naturopathy therapies such as hydrotherapy, Chromo therapy, Massage therapy etc.
2. Learn how to perform yogic practices and able to teach them in a scientific way.
3. Prepare the students to pursue research carrier, carrier in academics, in educational institutions and Nature therapy and allied fields.

EMPLOYABILITY / PLACEMENT POTENTIAL OF THE PROGRAMME:

- The Post Graduate Diploma holders of this programme can get admission to direct second year (part II – semester III) of two years Post Graduate Degree Programme of M.A. Yogashastra (Level 6.5)

- Post Graduate Diploma in Naturopathy and Yogic Science Programme developed the skills particularly the ability to analyze and apply information gives one good head start in any field one wishes to get in. The skills are useful even in the management disciplines. This programme gives a chance to develop their ability to solve problems, communication skills and critical thinking, that helps to interpret rich scientific data and that is always a boon to scientific researchers.
 - Surely helps one to increase his/ her employability in this field. P.G. Diploma in Naturopathy & Yogic Science (PGDNYS) qualified can easily avail the jobs both in private and public sectors any kind of job related to naturopath and yoga as an online tutor, lecturer, school teacher, research analyst, Yoga Training manager etc. They can apply for jobs in Yoga naturopathy centres, General hospitals etc.
 - The cultural and AYUSH Ministry of Govt. Of India also recruit P.G. Diploma in Naturopathy & Yogic Science (PGDNYS) students for teaching jobs. Etc.
- P.G. Diploma in Naturopathy & Yogic Science (PGDNYS) students have ample opportunities to be in health care, health fitness centres in most foreign countries.

Learning outcomes descriptors for a higher education qualification at level 6 on the NHEQF

The Bachelor's degree (Honours/ Honours with Research) or the Post-Graduate Diploma is awarded to students who have demonstrated the achievement of the outcomes located at level 6 on the NHEQF.

Descriptors for qualifications at levels 6 on the NHEQF

Element of the descriptor	NHEQF level descriptors
Knowledge and understanding	<p>The graduates should be able to demonstrate the acquisition of:</p> <ul style="list-style-type: none"> • Advanced knowledge about a specialized field of enquiry, with depth in one or more fields of learning within a broad multidisciplinary/ interdisciplinary context. • A coherent understanding of the established methods and techniques of research and enquiry applicable to the chosen fields of learning. • an awareness and knowledge of the emerging developments and issues in the chosen fields of learning, • Procedural knowledge required for performing and accomplishing professional tasks associated with the chosen fields of learning.
General, technical and professional skills required to perform and accomplish tasks	<p>The graduates should be able to demonstrate the acquisition of:</p> <ul style="list-style-type: none"> • A range of cognitive and technical skills required for performing and accomplishing complex tasks relating to the chosen fields of learning, • Cognitive and technical skills relating to the established research methods and techniques, • Cognitive and technical skills required to evaluate complex ideas and undertake research and investigations to generate solutions to real-life problems, • Generate solutions to complex problems independently, requiring the exercise of full personal judgement, responsibility and accountability for the output of the initiative taken as a practitioner.
Application of knowledge and skills	<p>The graduates should be able to demonstrate the ability to:</p> <ul style="list-style-type: none"> • Apply the acquired advanced technical and/or theoretical knowledge and a range of cognitive and practical skills to analyze the quantitative and qualitative data gathered drawing on a wide range of sources for identifying problems and issues relating to the chosen fields of learning, • Apply advanced knowledge relating to research methods to carry out research and investigations to formulate evidence-based solutions to complex and unpredictable problems.
Generic learning outcomes	<p>The graduates should be able to demonstrate the ability to:</p> <ul style="list-style-type: none"> • listen carefully, read texts and research papers analytically, and present complex information in a clear and concise manner to different groups/ audiences. • communicate technical information and explanations, and the findings/ results of the research studies relating to specialized fields of learning, • present in a concise manner one's views on the relevance and applications of the

	<p>findings of research and evaluation studies in the context of emerging developments and issues.</p> <ul style="list-style-type: none"> • meet own learning needs relating to the chosen fields of learning. • pursue self-paced and self-directed learning to upgrade knowledge and skills that will help accomplish complex tasks and pursue a higher level of education and research. <p>The graduates should be able to demonstrate:</p> <ul style="list-style-type: none"> • a keen sense of observation, enquiry, and capability for asking relevant/ appropriate questions, • the ability to problematize, synthesize and articulate issues and design research proposals, • the ability to define problems, formulate appropriate and relevant research questions, formulate hypotheses, test hypotheses using quantitative and qualitative data, establish hypotheses, make inferences based on the analysis and interpretation of data, and predict cause-and-effect relationships, • the capacity to develop appropriate tools for data collection, • the ability to plan, execute and report the results of an experiment or investigation, • the ability to acquire the understanding of basic research ethics and skills in practicing/doing ethics in the field/ in own research work, regardless of the funding authority or field of study, • examine and assess the implications and consequences of emerging developments and issues relating to the chosen fields of study based on empirical evidence. • make judgement in a range of situations by critically reviewing and consolidating evidence, • exercise judgement based on evaluation of evidence from a range of sources to generate solutions to complex problems, including real-life problems, associated with the chosen field(s) of learning requiring the exercise of full personal responsibility and accountability for the initiatives undertaken and the outputs/outcomes of own work as well as of the group as a team member.
<p>Constitutional, humanistic, ethical, and moral values</p>	<p>The graduates should be able to demonstrate the willingness and ability to:</p> <ul style="list-style-type: none"> • Embrace and practice constitutional, humanistic, ethical, and moral values in life. • Adopt objective, unbiased, and truthful actions in all aspects of work related to the chosen field(s) of learning and professional practice. • Present coherent arguments in support of relevant ethical and moral issues. • Participate in actions to address environmental and sustainable development issues. • Follow ethical practices in all aspects of research and development, including avoiding unethical practices such as fabrication, falsification, or misrepresentation of data or committing plagiarism.
<p>Employability and job-ready skills, and entrepreneurship skills and capabilities/qualities and mindset</p>	<p>The graduates should be able to demonstrate the acquisition of knowledge and skills required for:</p> <ul style="list-style-type: none"> • Adapting to the future of work and to the demands of the fast pace of technological developments and innovations that drive a shift in employers' demands for skills, particularly with respect to the transition towards more technology-assisted work involving the creation of new forms of work and rapidly changing work and production processes. • Managing complex technical or professional activities or projects, requiring the exercise of full personal responsibility for the output of own work as well as for the outputs of the group as a member of the group/team. • Exercising supervision in the context of work having unpredictable changes.

Additional Course Work / Pre -Requisite Course of Minimum 24 Credits for those Students who have not opted ‘Yoga/ Yogashastra/ Naturopathy /Yogic Science’ as subject of degree programme or as Major or Minor in 3 Years U.G. Degree programme but had taken admission in M.A. In Yogashastra / Post Graduate Diploma in Yoga Therapy / Post Graduate Diploma in Naturopathy and Yogic Science.

Prescribed Syllabus for Pre-requisite course

Sr. No.	Code of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
1		Additional Course Work / Pre –Requisite course	Introduction to Yoga - I	60	4

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After Successful Completion of this Course the students would be able to:

- Apply Knowledge about Origen History Development of Yoga
- Recognise the Role of Yama Niyama in Mental Health
- Learn Different School of Yoga
- Apply Knowledge of Asanas for Human Health
- This Course will Introduce Different types of Prayers Shanti Path and there, I Benefits
- Strengthening the body's ability to fight infections and diseases.
- Greater vitality and reduced fatigue through balanced diet and holistic practices.
- Lowered stress levels and improved mental health through techniques like meditation and relaxation exercises.
- Removal of toxins from the body through dietary changes, fasting, and other detox methods.

Unit	Content	Hours
Unit I	<ul style="list-style-type: none"> • Meaning ,concept, definition aims and objective of yoga • Historical background of yoga • Misconception about yoga 	10
Unit II	<ul style="list-style-type: none"> • Importance of different prayers in yoga • Importance of Shanti Path in yoga 	10
Unit III	<ul style="list-style-type: none"> • Introduction to Patanjali yoga Darshan • Concept of Antarang yoga and Bahirang yoga • Concept of yam niyam 	10
Unit IV	<ul style="list-style-type: none"> • Aasanas - types and its effects on human body • Pranayama – Concept of Pranayam according to Patanjali yoga Darshan 	10
Unit V	<ul style="list-style-type: none"> • Introduction of different schools of yoga. Gyan yoga, Bhakti yoga, Kaarm yoga 	10
Unit VI	<ul style="list-style-type: none"> • History of Naturopathy • Introduction of Five elements 	10

Reference Books:

1. Samputra Yogvidya - Rajeev jain, mangal Publication House Pvt. Ltd Bhopal
2. Patanjali Yog-Sutra - Dr. P.V. karambelkar, kaivalyadhama, Lonawala
3. Aasana, Pranayama Mudra bandha - Swami SatyanandaSarswati
4. Science of nature life - Dr. Bansal
5. Davas nature guide - Dr. Davas

Sr. No.	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
2		Additional Course Work / Pre –Requisite course	Introduction to Yoga - II	60	4

Cos

- Learn Various Shodhan Kriya, there Techniques and their Therapeutic Values
- Learn Various Asanas with their Significance
- Learn Pranayama and their Effects
- Adapt Knowledge of Banda Mudra
- Effectively Perform Meditative pose, Cultural Asanas and Relaxtative Asanas
- Learn mud applications can promote better blood flow and improve circulation, which can aid in the healing process and reduce muscle tension.
- Mud therapy may help in detoxifying the body by drawing out impurities and toxins through the skin.

Unit	Content	Hours
Unit I	<ul style="list-style-type: none"> • Introduction to Bhagavad Gita • Introduction to Hatha Pradipika 	10
Unit II	<ul style="list-style-type: none"> • Shodhan Kriyas Types and Techniques • Types of Hatha Yogik Pranayam and its Signification 	10
Unit III	<ul style="list-style-type: none"> • Types of Bandha According to Hatha Yoga • Concept of Mudras 	10
Unit IV	<ul style="list-style-type: none"> • Concept of pratyahar, dharna, Dhyan, samadhi 	10
Unit V	<ul style="list-style-type: none"> • Importance of Pranav Japa • Meditation and its Importance 	10
Unit VI	<ul style="list-style-type: none"> • Brief introduction of Indian Naturopath • Introduction of Mud therapy, Fasting therapy, Cromotherapy 	10

Reference Books:

1. Samputra Yogvidya - Rajeev jain, mangal Publication House Pvt. Ltd Bhopal
2. Patanjali Yog-Sutra - Dr. P.V. karambelkar, kaivalyadhama, Lonawala
3. Aasana, Pranayama Mudra bandha - Swami SatyanandaSarswati
4. Science of nature life - Dr. Bansal
5. Davas nature guide - Dr. Davas

Sr. No.	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
3		Additional Course Work / Pre –Requisite course	YOGA PRACTICAL	120	4

Cos

- Learn Various Shodhan Kriya, there Techniques and their Therapeutic Values
- Learn Various Asanas with their Significance
- Learn Pranayama and their Effects
- Adapt Knowledge of Banda Mudra
- Effectively Perform Meditative pose, Cultural Asanas and Relaxtative Asanas

List of Practical / Laboratory Experiments / Activities, etc.

Content
<ul style="list-style-type: none"> • Yogic Prayer • Yogic Sukshma Vyayam • Netra Shakti Vikasak, Karna Shakti Vikasak ,Medha Shakti Vikasak,Griva Shakti Vikasak, Skandha Shakti Vikasak, Bhuja Shakti Vikasak, Vakshasthl Shakti Vikask.
<ul style="list-style-type: none"> • Suryanamaskaar
<ul style="list-style-type: none"> • General Guideline of aasanas
<ul style="list-style-type: none"> • Nadi Shodhan(Anulom Vilom), Pranayama Method
<ul style="list-style-type: none"> • General Guideline of Bandha and Mudras
<ul style="list-style-type: none"> • Shanti Path

Reference Books:

1. Samputra Yogvidya - Rajeev jain, mangal Publication House Pvt. Ltd Bhopal
2. Patanjali Yog-Sutra - Dr. P.V. karambelkar, kaivalyadhama, Lonawala
3. Aasana, Pranayama Mudra bandha – Swami Satyananda Sarswati
4. Science of nature life - Dr. Bansal

Credit Distribution of Additional Course Work / Pre -Requisite Course

Sr. No.	Subject Name	Credit
1	Introduction To Yoga - I	4
2	Introduction To Yoga - II	4
3	Yoga Practical	4
4	Seminar on above Papers	4
5	Home Assignment	4
6	Debate and Discussion / Field Visit	4
	Total	24

**The Evaluation Mechanism Is As Under :
(Internal Assessment / Evaluation / Examination)**

The evaluation system of Introduction to Yoga - I

- A. A theory paper based on 6 units descriptive type of maximum 40 marks duration 2 hours.
- B. Examination with MCQ of 20marks based on all 6 units.

The evaluation system of Introduction to Yoga - II

- A. A theory paper based on 6 units descriptive type of maximum 40 marks duration 2 hours.
- B. Examination with MCQ of 20 marks based on all 6 units.

The evaluation system of Yoga Practical

- Candidate has to demonstrate 4 practices or activities of candidates choice.

The evaluation system of Seminar on above Papers

- Seminar candidate has to deliver 4 seminars any 2 topics from theory paper-I (Introduction to Yoga – I) and any 2 topics from theory paper-II (Introduction to Yoga – II) Seminar Report will have to be submitted.

The evaluation system of Home Assignment

- Home Assignment:- Candidate has to write 2 essays on any 2 topics from theory paper –I (Introduction to Yoga – I) and any 2 topics from theory paper –II (Introduction to Yoga – II)

The evaluation system of Debate and Discussion / Field visit.

- A. Candidate has to select 2 topics from theory paper-I (Introduction to Yoga – I) and 2 topics from theory paper –II (Introduction to Yoga – II) and has to discuss and debate with other students A report of the activities will be submitted.
- B. Candidate may have to visit yoga and Naturopathy centre's and write a short report on the visit.

Special Note :

- It is a self learning / online / through SWAYAM or Any recognised MOOC platform course. The teachers / faculty of the Department /Institute / College will facilitate the learning and assessment of the course.
- All those students who have not studied or earn 24 Credit from the course of Yoga/ Yogashastra/ Naturopathy /Yogic Science or relevant course during their U.G. Programme will have to go undergoe this course.
- Yoga/ Yogashastra/ Naturopathy /Yogic Science or relevant subject graduates are exempted from this course.
- Assessment / Examination and Evaluation of this Additional course work / Pre-requisite course will be done through Internal Assessment Process at level of Department / Institute.
- The course completion certificate will be submitted by Head of the Department / Institute to the Examination Section of the University, before commencement of second semester university examination of that academic year.
- The undertaking along with the list of those student who do not required the Additional Course Work / Pre-requisite Course will be simultaneously submitted by the Head of University Department / Principal / Head of the Institute to the Examination Center.
- It is compulsory to the such admitted student (Non-Yoga / Non-Yogashastra/ Non-Naturopathy / Non-Yogic Science graduates) to Complete Additional course work / Pre-Requirement Course in the first year (Semester I & II) of the same academic year.
- The evaluation of the said Additional course work / Pre-requisite course will be done under the concerned Department / Institute. The subject expert of the regarding programme or course, Institute will have authority to conduct the evaluation.
- The complete outline of the Additional course work / Pre-requisite course is given at the beginning of the syllabus of the said course.

Part – B

Sant Gadge Baba Amravati University, Amravati.
Faculty: Inter Disciplinary
One Year – Two Semester Post Graduate Diploma Programme – NEPv24
P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)
Semester I

Sr. No	Course/Subject	Course/Subject Code	Title of the Course/Subject	(Total Learning Hours)	Credit
1	RM and IPR	PGDN101	Research Methodology and Intellectual Property Right	60	4
2	Discipline Specific Core I.I	PGDN102	Applied Naturopathy	60	4
3	Discipline Specific Core II.I	PGDN103	Yoga : History, Theories & Techniques	60	4
4	Discipline Specific Core III.I	PGDN104	Anatomy & Physiology	60	4
5	Discipline Specific Elective I.A Or Discipline Specific Elective I.B	PGDN105A Or PGDN105B	Holistic Health Or Yoga for Health & Wellbeing	60	4
6.	DSC – I. 1 Lab	PGDN106	Practical - I	30	1
7.	DSC – II. 1 Lab	PGDN107	Laboratory Practical	30	1
8.	Experiential learning, life skills, self study, field visits, Digital learning, Assessment, Evaluation, Examination etc..			240	Included above
Total Credits				Minimum 600 Learning Hours	22

P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)
Semester II [level 6]

Sr. No	Code of the Course/Subject	Course/Subject Code	Title of the Course/Subject	(Total Learning Hours)	Credit
1	Discipline Specific Core I.2	PGDN201	Applied Naturopathy	60	4
2	Discipline Specific Core II.2	PGDN202	Yoga : History, Theories & Techniques	60	4
3	Discipline Specific Core III.2	PGDN203	Anatomy & Physiology	60	4
4	Discipline Specific Elective II.A Or Discipline Specific Elective II.B	PGDN204A Or PGDN204B	Holistic Health Or Diet Management	60	4
5.	DSC – I. 2 Lab	PGDN205	Naturopathy Practical	30	1
6.	DSC – II. 2 Lab	PGDN206	Practical – II	30	1
7.	OJT, Internship/ Field Projects	PGDN207	If the student opts to exit the programme after I year then -# On Job Training, Internship / Apprenticeship ; Field projects Related to Major (120 Hrs)		4*
8.	Experiential learning, life skills, self study, field visits, Digital learning, Assessment, Evaluation, Examination etc.			300	Included above
Total				Minimum 600 Learning Hours	18+4*

Sant Gadge Baba Amravati University, Amravati.
Faculty: Inter –Disciplinary Studies
One Year - Two Semester P.G. Diploma Programme-NEPv24
P.G. Diploma in Naturopathy and Yogic Science (PGDNYS)
Semester I

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
1	RM and IPR	PGDN101	Th-Major	Research Methodology and Intellectual Property Right	60	4

Cos

The students would be able to:

- Identify different Sources of Knowledge, types and paradigms of Research.
- Elucidate meaning, purpose and characteristics of Research.
- Identify the research gap and formulates the Research Problem.
- Formulate research Proposal on an identified problem.
- Identify and analyze the research problem along with its specification in terms of objectives, Hypothesis, definitions, limitation and delimitations.
- Analyze the types and methods of Research
- Illustrate concept of Population and Sampling.

Unit	Content	Hours
Unit I	Introduction <ul style="list-style-type: none"> • Meaning & Definition of Research • Concept of research • Basic steps of research 	10
Unit II	<ul style="list-style-type: none"> • Criteria of good research • Type of Research • Qualities of a good Researcher 	10
Unit III	<ul style="list-style-type: none"> • Definition & Meaning of research problem • Criteria for selection of research problem • Review of literature:- Meaning & sources 	10
Unit IV	<ul style="list-style-type: none"> • Hypothesis- Meaning, function and hypothesis; Null/Alternative hypothesis. • Research Design: Types of research design – exploratory, descriptive, diagnostic and experimental. 	10
Unit V	<ul style="list-style-type: none"> • Sampling- Meaning & Types of sampling ; Probability & Non-Probability Method • Types of sampling – Probability & Non-Probability Method • Tools and techniques of data collection-questionnaire, schedule, interview, observation, case study, survey etc. 	10
Unit VI	<ul style="list-style-type: none"> • Statistics and its significance in research; Mean, Median, Mode • Research Report • Introductions to Intellectual Property right • Plagiarism-Concept and significance of plagiarism. 	10

Reference Books:

1. Statistics for Psychology - J. P. Varma Tata McGraw Hill Education Private Limited New Delhi
2. Research Methods applied Health, Physical Education and Recreation
2nd , Washington, D.C., AAHPERD, 1959 - Scott, G.M. (Ed): -
3. Manual for Writing of Research papers, thesis and Dissertation - Turabian, Kate. L.A. Chicago University of Chicago Press, 1967
4. Research in Education - Best, John, W. Cliffs. N. J., Prentice Hall Inc. 1964
5. Methods of Research Educational
6. Psychological and Sociological - Good Cater, V. & Douglas, E.S. Carts New York, Appleton Cent, Crofts, 1954
7. Introduction to Research - Hilway, Tyrus Boston, Houghton Mifflin Co. 1956
8. Principles and practices - Indian Educational Pub;
9. The Elements of Research - Whitney, F.L.: New York Prentice Hall Inc. 1961.
10. Research in Physical Education - Clarke. H.

**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)
Semester I**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
2	DSC-I.1	PGDN102	Th-Major	Applied Naturopathy	60	4

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- Students will acquire a thorough understanding of the principles and philosophies underlying naturopathic medicine, including the core concepts of healing, vitalism, and the body's inherent ability to heal itself.
- Able to apply knowledge of fasting can safely and successfully be implemented in an impatient integrative medicine concept and its perceived as help promoting method
- Apply the knowledge that massage therapy on various parts of the body will help the person to regain his health
- Apply the knowledge of Chromo-therapy can be used for pain management such as joint and back pain, sore or torn muscles, sprains, arthritis, post-surgical scars, burns, wounds and more. When used in conjunction with infrared light, chromo-therapy is one of the most effective and noninvasive ways to repair the body.
- Students will gain a solid understanding of the principles behind mud therapy, including its historical use and the scientific basis for its therapeutic effects.
- Students will be familiar with different types of therapeutic mud (e.g., clay, peat) and their specific properties, including mineral content, temperature effects, and therapeutic benefits.

Unit	Content	Hours
Unit I	<ul style="list-style-type: none"> • History of Naturopathy • History of Indian and Foreign Naturopath • Contribution in naturopathy <ol style="list-style-type: none"> 1. Father Sebastian kenp 2. Mahatma Gandhi 3. VinobaBhave 4. LueiKuhne 	10
Unit II	<ul style="list-style-type: none"> • Principles of health promotion and disease prevention • Contribution of various centres in Naturopathy <ol style="list-style-type: none"> 1. National institute of Naturopathy (NIN) 2. UraliKanchan, Pune • Morarji Desai National Institute of Yoga (MDNIY), Delhi. 	10
Unit III	<ul style="list-style-type: none"> • 10 basic principal on Naturopathy • Concept of Panchmahabutas • Properties of water, air, mud, sun & sky 	10
Unit IV	Science of Facial Expression <ul style="list-style-type: none"> • Foreign matter theory- Definition and formation of foreign matter • Accumulation of foreign matter, liquids and solids dry and gaseous form • Course of accumulation of foreign Matter . • Elimination of foreign matter and how to increase the vitality 	10
Unit V	Hydrotherapy <ul style="list-style-type: none"> • Therapeutic significance actions and uses of hydrotherapy • Internal use of irrigation, external use of various bath, packs (lapet) • Introduction of pool therapy 	10
Unit VI	Mud therapy <ul style="list-style-type: none"> • General principals of mud therapy • Types of mud • Mud bath dry and wet mud bath • Therapeutic action and use of mud 	10

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 Abserssa |
| 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) जलचिकित्सा | - | डॉ.ओझा |
| 12) जलचिकित्सा | - | डॉ.नागेंद्रकुमारनीरज |
| 13) बृहदप्राकृतिकचिकित्सा | - | डॉक्टरओमप्रकाशसक्सेना |
| 14) मालिशद्वारारोगउपचारएवंसौंदर्य | - | मनोजपब्लिकेशन |
| 15) प्राकृतिकआयुर्विज्ञान | - | डॉ.बंसल |

P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)
Semester I

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
3	DSC-II.1	PGDN103	Th-Major	Yoga : History, Theories & Techniques	60	4

Cos

- Students will gain knowledge of the historical development of yoga, tracing its origins from ancient texts and traditions to its evolution in modern contexts. This includes understanding major periods, figures, and texts such as the Vedas, Upanishads, Bhagavad Gita, and Patanjali's Yoga Sutras.
- Students will understand the philosophical underpinnings of yoga, including its connections to Hinduism, Buddhism, and other spiritual traditions. They will be able to explain key concepts such as the Eight Limbs of Yoga, karma, and dharma. Apply the knowledge of various modification of mind and the means of inhibiting them.
- Students will gain a deep understanding of the core concepts and philosophies associated with each school of yoga, including their unique practices, goals, and teachings.
- Students will gain a thorough understanding of the structure, content, and primary teachings of Patanjali's Yoga Sutras, including the significance of the text in the context of yoga philosophy.
- Students will be able to explain key philosophical concepts outlined in the Yoga Sutras, such as the Eight Limbs of Yoga (Ashtanga Yoga), the nature of the mind (Chitta), and the concept of Samadhi (state of meditative absorption).
- Apply the knowledge of essence of Vibhuti and Kaivalyapada.

Unit	Content	Hours
Unit I	Yoga <ul style="list-style-type: none"> • Yoga : Definition & historical Background. • Aims & Objectives of Yoga. • Mis-Conceptions of Yoga. 	10
Unit II	Patanjala Yoga Sutra <ul style="list-style-type: none"> • Introduction of different Padas (Samadhi, Sadhana, Vibhuti, Kaivalya) • Concept of Chitta : Chitta-Bhumis, Chitta Vrittis, Abhyasa, Vairagya, Chitta Vikshepas, Chitta Prasadnam, Sahabuhas • Ashtanga Yoga : Concept of Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. Concept of Kriyayoga and Panchakleshas	10
Unit III	<ul style="list-style-type: none"> • Concept and historical background of Hathayoga • Hatha pradipika : Concept of chaturang Yoga, Yogakuti, Mitahara, Sadhak-Bandhak, Tattva, Nada, Kudalini 	10
Unit IV	Gheranda Samhita <ul style="list-style-type: none"> • Concept of saptang Yoga • Method of cleansing technique of body (Shatkarma) concept of bandha, Mudra 	10
Unit V	Schools & concept of Yoga Schools of Yoga : <ul style="list-style-type: none"> • Gnyanyoga, • Bhaktiyoga, • Karmayoga, • Mantrayoga. 	10
Unit VI	<ul style="list-style-type: none"> • Concept of Panchprana. • Concept of Panchkosh, Brief Introduction of Indian Philosophy : Astik&Nastik • Concept of Satkaryavad • Concept of Sankhya Philosophy 	10

Reference Books :

6. Samputra Yogvidya - Rajeev jain, mangal Publication House Pvt. Ltd Bhopal
7. Patanjali Yog-Sutra - Dr. P.V. karambelkar, kaivalyadhama, Lonawala
8. Light on the yoga sutra of Patanjali – B.K.S. Iyengar,
9. Hatha Yoga Pradipika – Swami Muktibodhanada, Yioga Publication Trust Munger, Bihar, India.
10. Bhartiy Darshanki Rupreksha– Prof. Herendra Sinha
11. Aasana, Pranayama Mudra bandha – Swami Satyananda Sarswati
12. Gherandsmhita – Swami Niranjanda Saraswati
13. Bhagwatgita (As it is) - ISKON

**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)
Semester I**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
4	DSC-III.1	PGDN104	Th-Major	Anatomy & Physiology	60	4

Cos

After completion of the course the student can able to understand

- Able to understand the knowledge of human anatomy and physiology of cell structure
- Identify and explain structure and functions of each body system.
- Able to discuss disease, disorders and conditions commonly found in Healthcare occupation.
- To provide a detailed understanding of the structure and function of the heart, blood vessels, and blood. This includes the anatomical layout and physiological mechanisms of blood circulation.
- To explore how the circulatory system maintains homeostasis by regulating blood pressure, distributing nutrients and oxygen, removing wastes, and responding to bodily demands.
- To study common diseases and disorders of the circulatory system, such as hypertension, atherosclerosis, and heart disease, including their causes, symptoms, and treatments.

Unit	Content	Hours
Unit I	Introduction <ul style="list-style-type: none"> ● Introduction to human body with reference of Anatomy and Physiology ● Study of cell-structure, different component of cell and their functions. ● Study of Tissues- Epithelial, connective, muscular and nervous. 	10
Unit II	Musculoskeletal System <ul style="list-style-type: none"> ● Introduction of Skeletal System ● Function of Skeletal system ● Types of joints, composition of bone & types of bones ● Types of movements ● Vertebral column of Human body ● Introduction of muscular system, types of muscles Tone, Fatigue 	10
Unit III	Circulatory System <ul style="list-style-type: none"> ● Structure and function of Heart and blood vessel, cardiac cycle, Blood pressure composition of blood, blood cells, function of blood, blood grouping. 	10
Unit IV	Respiratory System <ul style="list-style-type: none"> ● Structure and functions of organs of respiratory system, mechanism of Respiration. Exchange of gases and oxygen transportation. 	10
Unit V	Digestive System <ul style="list-style-type: none"> ● Structure and functions of organs of Digestive system, mechanism and stages of Digestion 	10
Unit VI	Disease : Introduction of disease and disorder <ul style="list-style-type: none"> ● Difference between disease and disorder 	10

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. |

P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)
Semester I

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
5	DSE-I.A	PGDN105A	Th-Major Elective	Holistic Health	60	4

Cos

- Able to develop a scientific point of view of health with reference to traditional and modern concept of health
- Able to identify health problems and understand their own role on health.
- Understand the basic principles of stress management. Recognize your stress triggers and how to manage them.
- Able to Demonstrate effective counseling skills with individuals (adults and children) couples families and or groups
- Grasp the relationship between yoga practices and the development of a balanced, confident, and resilient personality.
- Develop heightened self-awareness and mindfulness through the regular practice of yoga, leading to a deeper understanding of personal strengths, weaknesses, and potential for growth.
- Learn techniques to manage emotions, reduce stress, and build emotional resilience through yogic practices such as pranayama and meditation.
- Able to apply the knowledge of yoga therapy in recovering the common health related complications

Unit	Content	Hours
Unit I	Health <ul style="list-style-type: none"> • Meaning and concept of Health • Concept of Health according to Who and AYUSH • Characteristics of healthy individual • Factors influencing Health 	10
Unit II	Mental Health <ul style="list-style-type: none"> • Interdiction to mental Health • Mind and consciousness • Personality & its types 	10
Unit III	Stress Management <ul style="list-style-type: none"> • Stress Definition, types & views • Effects of stress on Human Physiology • Stress related disorders 	10
Unit IV	Counselling <ul style="list-style-type: none"> • Introduction & definition of Counselling • Types of counselling • Methods of Counselling • Characteristics of counsellor 	10
Unit V	Personality Development through Yoga <ul style="list-style-type: none"> • Meaning and concept of personality and personality of Yogic saint • Role of yogic practices in personality Development • Meaning and Concept of Id, Ego, Super Ego 	10
Unit VI	Therapy <ul style="list-style-type: none"> • Concept & types of Therapies • Yoga Therapy – Principles, Rules & Characteristics • Disease specific yoga therapy 	10

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. Swadhyay and Yoga Therapy | - Dr. Waze , Pune |
| 7. ParamrshaManivighyana | - Dr.Vimal Agrawal |
| 8. NirdeshanaYevamParamarshan | - Amarnathrai & Madhu Astana |

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Semester I**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
5	DSE-I.B	PGDN105B	Th-Major Elective	Yoga for Health & Wellbeing	60	4

Cos

- Able to apply concept of Yoga and Consciousness
- Able to provide understanding and implementation of vasudhaiva kutumbakam.
- Explain various methods of yoga with respect to the body, health, disease and therapy

Unit	Content	Hours
Unit I	Introduction <ul style="list-style-type: none"> • What is Yoga • Brief history and development of Yoga • The Fundamentals of Yoga • Traditional schools of yoga • Yogic practices for Health & wellness 	10
Unit II	<ul style="list-style-type: none"> • Meaning & concept of Vasudhaiva Kutumbhakam • Utility of Vasudhaiva Kutumbhakam in 21st Century • Prayer for mental peace • Asanas for physical and mental wellbeing 	10
Unit III	General Guideline for Yoga Practice <ul style="list-style-type: none"> • Before Practice • During Practice • After Practice Prayer Loosening Practices: Neck Bending, Trunk Movement, Knee Movement	10
Unit IV	Yogasana <ul style="list-style-type: none"> • Standing postures :Tadasana, Vrikshasana, Pad-hastasana, Ardha- Chakrasana, Trikonasana • Sitting Postures: Bhadrasana , ArdhaUshtrasana Shasankasana ,Vakrasana • Prone Postres : Bhujanagasana, Shalabhsana, Makarasana • Supine Postures: Setu Bandhasana, Pavanamuktasana, Shavasana 	10
Unit V	<ul style="list-style-type: none"> • Pranayama: Nadisodhana or Anuloma Viloma, Bhramari • Kapalabhati • Dhyana • ShankhPrakshalana 	10
Unit VI	<ul style="list-style-type: none"> • Suryanamskar • Shanti Patha 	10

Reference Books:

1. Common Yoga Protocol – Morarji Desai National Institute of Yoga, New Delhi
2. Yogasane – Dr. P. D. Sharma
3. Anatomy and Physiology of Yogic Practices – Dr. M.M. Gore
4. Bhagawatgeeta – Iskon
5. Yoga therapy: Swami Kuvalyanand& Dr. Vinegar, Lonavala

**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)
Semester I**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
6	DSCI.1 Lab	PGDN106	Pr-Major	Practical - I	30	1

Cos

- Able to explain the concept of Yoga and Consciousness
- Able to apply knowledge of various methods in yoga with respect to the body, health, disease and therapy.
- Understanding and practicing the six traditional cleansing techniques—Neti (nasal cleansing), Dhauti (cleansing of the digestive tract), Nauli (abdominal muscle churning), Basti (colon cleansing), Kapalabhati (cleansing breath), and Trataka (concentrated gazing).
- Improving the functioning of bodily systems such as the respiratory, digestive, and circulatory systems through regular practice of Shatkarmas.

List of Practical/ Activities etc

1	<ul style="list-style-type: none"> • Yogic Sukshma and Sthulvyayama and Suryanamskar • Standing :-Utkatasana, Tadasana, Vrukshasana, Trikonasana, Garudasana, Vatayanasana • Sitting Asana:-Vakrasana, Mandukasana, Ushtrasana, Padmasana, Siddhasana, Vajrasana, Gaumukhasana, • Prone Position :-Makarasana, Bhujangasana, Shalbhasana, Dhanurasan. • Supine Position:-Pawanmuktasan, Stubandhasan, Halasan, Srawangaasan,
2	<p>Shatkarma</p> <ul style="list-style-type: none"> • Neti :- Jalaneti, Sutraneti • Dhauti :- Vamana • Tratak ; - Samip, Sadur <p>Pranayama:</p> <ul style="list-style-type: none"> • Nadishodhana, Bhramari, Bhastrika, Shitali, Shitkari, Suryabhedan

Reference Books:

1. Common Yoga Protocol – Morarji Desai National Institute of Yoga, New Delhi
2. Yogasane – Dr. P. D. Sharma
3. Anatomy and Physiology of Yogic Practices – Dr. M.M. Gore
4. Bhagawatgeeta – Iskon
5. Yoga therapy: Swami Kuvalyanand & Dr. Vinegar, Lonavala
6. Asanas: Swami Kuvalyanand, Kaivalyadham, Lonawala.
7. Pranayama: Swami Kuvalyanand, Kaivalyadham, Lonawala.
8. आसन, प्राणायाम, बंध- मुद्रा , स्वामी सत्यानंद

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Semester I**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
7	DSC-II.1 Lab	PGDN107	Pr-Major	Laboratory Practical	30	1

Cos

- Apply knowledge for how to handle various laboratory Apparatus properly.
- Enable students to apply concepts and theories learned in lectures to practical experiments and tasks.
- Bridge the gap between theoretical understanding and practical execution.
- Teach students how to use laboratory equipment and tools safely and effectively.
- Develop proficiency in conducting experiments, taking measurements, and recording data accurately.
- Able to examine the person properly.
- Able to understand the importance of laboratory reports & how to read the report.

List of Practical/ Activities etc.

1	<ul style="list-style-type: none"> • Examination of height weight and BMI • Examination of pulse • Examination of pallor and Ecterus • Use of stethoscope
2	<ul style="list-style-type: none"> • Study of Microscopic slides of Human tissue and Human Parts. • Use of spirometer • Use of Sphygmomanometer

Reference Books:

- | | | |
|--|------------------------------|----------------------|
| 1) Anatomy and Physiology for Nurses | - | Shri. Nandan Bansal. |
| 2) ManavSharirRachanaevamKriyaVidnyan - | Prof.Dr. AnantPrakash Gupta. | |
| 3) Human Anatomy and Physiology | - | B.D. Chourasiya. |
| 4) Anatomy and Physiology of Yogic Practices | - | Dr. M.M. Gore. |
| 5) SharirRachanaYevamKriyaVidnyan | - | Dr.VivekSathe. |

Sant Gadge Baba Amravati University, Amravati.
Faculty: Inter –Disciplinary Studies
One Year - Two Semester P.G. Diploma Programme-NEPv24
P.G. Diploma in Naturopathy and Yogic Science (PGDNYS)
Semester II [Level 6. 0]

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
1	DSC-I.2	PGDN201	Th-Major	Applied Naturopathy	60	4

Cos

- Enrich the knowledge of Chromo-therapy can be used for pain management such as joint and back pain, sore or torn muscles, sprains, arthritis, post-surgical scars, burns, wounds and more. When used in conjunction with infrared light, chromo-therapy is one of the most effective and noninvasive ways to repair the body.
- Enrich the knowledge to integrate knowledge and skills in food and nutrition with professional issues affecting the nutrition and/or dietetics fields.
- Enrich the knowledge, fasting can safely and successfully be implemented in an impatient integrative medicine concept and its perceived as help promoting method
- Able to apply knowledge that massage therapy on various parts of the body will help the person to regain his health

Unit	Content	Hours
Unit I	Sun Light Therapy <ul style="list-style-type: none"> • Principal of Sun Light Therapy • Physiological & chemical properties of Sunlight, Effect of Sunlight in curing disease. • 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 	10
Unit II	Nutrition <ul style="list-style-type: none"> • Nutrition - history and importance of nutrition • Concept of :- Hita, Mita ,Rita :- Satvik, Rajasik, Tamasikaahar • Nutritional deficiency, there prevention and control. • D. Naturopathic approach towards vegetarian and non vegetarian food. 	10
Unit III	Massage <ul style="list-style-type: none"> • Introduction and history of Massage. • 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 theirsolutions. 	10
Unit IV	Fasting <ul style="list-style-type: none"> • Philosophy of therapeutic fasting • Theory of fasting and starvation,difference between fasting and starvation, Hunger and Appetite. • Methods of fasting for therapeutic • Curative impact of fasting on various disease 	10
Unit V	Disease and treatment through Naturopathy <ul style="list-style-type: none"> • What is disease ; curative factors of diseases • B. classification of diseases :- Spiritual, Mental and Physical. Characteristics of Therapist • C. Naturopathy centre and its structure. 	10
Unit VI	First aid <ul style="list-style-type: none"> • Stopping of Haemorrhage. • Accidental Condition • Type of Bandages • Type of Splint • Fracture and general management • Drawing and Hanging • Duties of a medical practitioners • First aid in bum injury • 9. Heat Attack 	10

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) सूर्यकिरणचिकित्सा | - | हरिओमगुप्ता |
| 7) प्राकृतिकआयुर्विज्ञान | - | डॉक्टरबंसल |
| 8) उपवासचिकित्सा | - | रामचंद्रबर्मा |
| 9) आहारएवंपोषण | - | संजयपब्लिशर |
| 10) प्राकृतिकआयुर्विज्ञान | - | डॉबंसल |
| 11) सूर्यकिरणचिकित्सा | - | डॉमोहनलालकठोटिया |

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Semester II**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
2	DSC-II.2	PGDN202	Th-Major	Yoga : History, Theories & Techniques	60	4

Cos

- To provide understanding of Hathayoga, concept & into science.
- Apply knowledge for physiological effects of Asanas on body postures.
- Apply knowledge for Bandhasand Mudraswith their effects on the body
- Apply knowledge for importance of yoga in stress management
- Apply knowledge for communication skill for teaching.
- Understanding the importance of relaxation in yoga and its impact on physical, mental, and emotional well-being.
- Learning specific breathing exercises to calm the mind and body, such as diaphragmatic breathing, alternate nostril breathing, and deep breathing.
- Developing skills to systematically tense and relax different muscle groups to release physical tension.

Unit	Content	Hours
Unit I	<ul style="list-style-type: none"> • Concept of Shatchakra and Kundalini. • Importance and Need of Yoga Education. • Characteristics of Yoga Teacher. 	10
Unit II	<ul style="list-style-type: none"> • Significance of Prayers and Shantipaths. • Significance of Mantrajapa for Chittashuddhi. • Significance of PranavJapa (Om). • Importance of Pranayama. 	10
Unit III	<ul style="list-style-type: none"> • Physiological significance of Body Postures. • Physiological significance of Meditative Postures. • Aims of Yogic Postures. • Guidelines for Yogic Practices. 	10
Unit IV	<ul style="list-style-type: none"> • Role of Shodhankriyas in Health and Hygiene. • Effect of Yogic Practices in various digestive disorders. • Effect and benefits of Bandha& Mudra's. • Stress Management through various Yogic Methods. 	10
Unit V	<ul style="list-style-type: none"> • Communication skills • Knowledge and Demonstration ability, Describing the yogic practice to Individuals, Pairs and group. • Daily teaching plan and Course Schedule, Questions- Answers Feedback 	10
Unit VI	<ul style="list-style-type: none"> • Yogic Lifestyle, Yogic diet, Yogic Concept of fasting • Aims & Principle of counselling • Concept of Yogic Counselling • Role of counselling in yoga for managing various physical and mental disorders 	10

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 SatyanandaSaraswati |
| 5) Surya Namskar | - Swami SatyanandaSaraswati |
| 6) RogAur Yoga | -Dr.KarmanandaSaraswati |
| 7) Yoga Nidra | - Swami SatyanandaSaraswati |
| 8) Prana and Pranayama | - Swami NiranananadaSaraswati |

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Semester II**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
3	DSC-III.2	PGDN203	Th-Major	Anatomy & Physiology	60	4

Cos

After completion of the course the students can able to explain,

- Learning how hormones are produced, released, and act on target tissues to regulate various physiological processes such as metabolism, growth, reproduction, and stress response.
- Identifying and describing the major endocrine glands (e.g., pituitary, thyroid, adrenal, pancreas) and their functions.
- To learn the anatomy and physiology of the nervous system, including the central and peripheral nervous systems.
- To comprehend how neurons communicate, including the mechanisms of neurotransmission and synaptic activity.
- To recognize common neurological disorders and understand their impact on the nervous system's function and overall health.
- Learning the structure and function of the excretory organs, including the kidneys, ureters, bladder, and urethra.
- Understanding how the excretory system regulates fluid and electrolyte balance, removes waste products from the blood, and maintains homeostasis.
- Identifying common disorders and diseases affecting the excretory system, such as kidney stones, urinary tract infections, and renal failure.
- Learning the detailed anatomy and physiological mechanisms of each sense organ (e.g., eyes, ears, nose, tongue, skin).
- Sensory Processing: Understanding how sensory information is processed and interpreted by the brain.

Unit	Content	Hours
Unit I	Endocrine System <ul style="list-style-type: none"> • Various endocrine glands with their hormone secretions, Mechanism of action of Hormone, Physiology of Diabetes and stress hormones. 	10
Unit II	Nervous System <ul style="list-style-type: none"> • Structure and types of neuron • Central nervous System-brain and spinal cord • Peripheral Nervous system. • Autonomous nervous system 	10
Unit III	Excretory system <ul style="list-style-type: none"> • Urinary organs-structure and function • Anatomy & Physiology of kidneys • Structure and function of Nephrons • Mechanism of urine formation 	10
Unit IV	Sense organs <ul style="list-style-type: none"> • Structure and function of eye, skin, ear, nose and Tongue, Physiology of different sense organs 	10
Unit V	Reproductive System <ul style="list-style-type: none"> • Puberty, Male reproductive system, Female reproductive system, Menstrual cycle changes during Pregnancy. 	10
Unit VI	<ul style="list-style-type: none"> • Medical report reading, CBC, LFT, KFT • Urine Routine Microscopic, CT Scan, MRI, X-Ray Reading. 	10

Reference Books:

- 1) Anatomy and Physiology for Nurses - Shri. Nandan Bansal.
- 2) ManavSharirRachanaYevamKriyaVidnyan - Prof. Dr. AnantPrakash Gupta.
- 3) Human Anatomy and Physiology - B.D. Chourasiya.
- 4) Anatomy and Physiology of Yogic Practices - Dr. M.M. Gore.
- 5) SharirRachanaYevamKriyaVidnyan - Dr. VivekSathe.

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Semester II**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
4	DSE-II.A	PGDN204A	Th-Major Elective	Holistic Health	60	4

Cos

- Able to apply the basic principles physiotherapy on human body.
- Able to apply the knowledge of Tri Dosha and how they affect the disease process
- Able to explain basic knowledge of Ayurvedic physiology
- Able to Identify the critical anatomical features of the body, with special detail concerning the anatomy of acupuncture points, and describe the basic concepts of biomedical physiology.
- To Learn to identify and map specific points on the ear that correspond to different organs, systems, and emotional states within the body
- To Apply auricular therapy for the management of various physical and psychological conditions such as pain relief, addiction treatment, stress reduction, and emotional balance.
- To Understand how to integrate auricular therapy with other complementary and alternative therapies for holistic health care.

Unit	Content	Hours
Unit I	Physiotherapy <ul style="list-style-type: none"> • Concept and principles of Physiotherapy. • Aims and Objectives. • Physiotherapy practices without equipment. • Electrotherapy : Introduction and uses 	10
Unit II	Ayurveda and Panchakarma <ul style="list-style-type: none"> • Introduction and concept of Ayurveda and Panchakarma. • Concept of Tridosha, Trimala, Triguna, SaptaDhaatu. • Treatment modalities in Panchakarma 	10
Unit III	Acupressure <ul style="list-style-type: none"> • Definition and Basic concepts of Acupressure. • Theories of Acupressure (yin & yang Five element theory). • Measurements in Acupressure Therapy : Location and Indications of Meridian points. • Importance of EFT in Acupressure. 	10
Unit IV	Sujok Therapy <ul style="list-style-type: none"> • Introduction and history of Sujok • Elementary theories of Sujok . • Treatments through Magnets, Seeds, Colour, Moxibustion, Mudra . 	10
Unit V	Magnet Therapy <ul style="list-style-type: none"> • The history of magnet therapy. Theory of magnet therapy • Effect of magnet therapy, the principles of applying magnet for treatment. • The selvantages of magnet therapy. • Magnetized water, magnetized milk, oil. 	10
Unit VI	Auricular therapy <ul style="list-style-type: none"> • Introduction to Auricular Therapy • History and Background • Techniques Used in Auricular Therapy • Safety and Side effects 	10

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. CharakSamhita | - Maharishi Charak, Maharishi Agnivesh |
| 7. आयुर्वेदा सर्वासाठी | - वैद्य खडीवाले |
| 8. चरक संहिता | - महर्षी चरक, महर्षी अग्निवेश |
| 9. अँडवान्स अँक्युपँक्चर | - डॉ. अर्जुन अग्रवाल , डॉ. गोविंद शर्मा |

Semester II

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
4	DSE-II.B	PGDN204B	Th-Major Elective	Diet Management	60	4

Cos

- Able to apply the knowledge of Diet Management.
- Provide a solid foundation in the basic principles of nutrition, including macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamins, minerals).
- Explore the physiological processes involved in digestion, absorption, metabolism, and energy balance.
- Teach students about the varying nutritional needs of individuals at different life stages, from infancy to older adulthood.
- Address the specific nutritional concerns of pregnant and lactating women, athletes, and individuals with chronic health conditions.
- Able to explain fundamental of nutrition with respect to different nutrients and food groups.
- Able to classify morden nutrition to tradition naturopathic diet.

Unit	Content	Hours
Unit I	<ul style="list-style-type: none"> • Concept of health in Naturopathy • Definition of diet, nutrition and nutrient • Nutrition deficiency disease, preventive and curative approach 	10
Unit II	<ul style="list-style-type: none"> • Types of Diet – Balance, Eliminative soothing • Importance of diet and nutrition in Ayurveda • Effects of Rajsic, Tamsik, SatvikAhar on Physiology 	10
Unit III	Importance of <ul style="list-style-type: none"> • Green Vegetables • Fruits • Spices • Roll of cereals & millets in diet. 	10
Unit IV	<ul style="list-style-type: none"> • Sprouts and their nutritive value and methods of sprouting • Food values in Raw State, Germination form and Cooked form 	10
Unit V	<ul style="list-style-type: none"> • Comparison with Raw and Cooked food • Non vegetarian diet : Positive and Negative aspect in Naturopathy 	10
Unit VI	<ul style="list-style-type: none"> • Meaning causes sign and symptoms complication nutritional consideration of any five disease 	10

Reference Books:

- | | | |
|--|---|-----------------------------|
| 1. Food and Nutrition | - | Gupta. |
| 2. Morden Nutrition in health and disease. | - | Shils. |
| 3. The sprouting book | - | An Wignoro |
| 4. Essential of food and nutrition | - | Swami Nathan. |
| 5. Normal & Therapeutics nutrition | - | Corinne H. Robison |
| 6. चरक संहिता | - | महर्षी चरक, महर्षी अग्निवेष |

**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)
Semester II**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Hours	Credit
5	DSC-I.2	PGDN205	Pr-Major	Naturopathy Practical	30	1

Cos

- Able to get knowledge about fundamental principles of Naturopathy
- Equip students with the ability to apply core naturopathic principles, such as treating the root cause of illness, supporting the body's natural healing processes, and promoting holistic wellness.
- Encourage the use of non-invasive, natural therapies to prevent and manage health conditions.
- Develop practical skills in a range of natural therapies, including hydrotherapy, nutrition, and physical therapies.
- Teach students how to select and administer appropriate treatments based on individual patient needs.
- Able to get knowledge about nature cure principles of different diseased condition.
- Able to get knowledge to understand the Therapy techniques given in Naturopathy for different ailments

1	Packs ,Baths Leg Pack ,Wetsheet Pack, Local Pack, Trunk Pack Hip Bath, Spinal Bath, Sitz Bath Immersion Bath, Foot Bath
2	Mud Types Of Mud, Pack, Full Mud Bath,Local Mud Application, Poltis
3	Sunlight Therapy Sungazing Solarisation In Water, Glycerine, Sugar, Milk, Oil.
4	Massage Types And Techniques Of (Touch ,Percussion, Friction ,Kneading, Vibration, Rolling, Stroking, Mixed Movements)
5	Air Bath, Vapour Bath ,Steam Bath

Reference Books:

1. Science of Nature life - Dr. Bansal
2. Dava's nature guide - Dr. Dawas
3. Baths - Dr. S. J. Singh
4. प्राकृतिक आयुर्विज्ञान - Dr. Bansal

**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)
Semester II**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
6	DSC-II.2	PGDN206	Pr-Major	Practical - II	30	1

Cos

- Able to demonstrate knowledge about various Mudras and Bandhas
- Provide an in-depth understanding of the three main bandhas (MulaBandha, UddiyanaBandha, and JalandharaBandha) and their purposes in yoga and meditation.
- Teach the correct technique for engaging each bandha and how to integrate them into yoga practice and meditation.
- Explore the role of bandhas in controlling and directing prana (life force energy) within the body.
- Introduce students to various mudras, including hand mudras (Hasta Mudras), postural mudras, and awareness mudras.
- Teach the significance and benefits of different mudras in enhancing meditation, pranayama, and overall energy flow.
- Develop practical skills in using mudras to influence physical, mental, and emotional states.
- Understanding and practice of different meditation techniques.
- Ability to guide oneself and others through mediation sessions.
- Development of mindfulness in daily life.
- Understanding the importance of relaxation in yoga and its impact on physical, mental, and emotional well-being.
- Learning specific breathing exercises to calm the mind and body, such as diaphragmatic breathing, alternate nostril breathing, and deep breathing.
- Developing skills to systematically tense and relax different muscle groups to release physical tension.

1	Bandha Jalandhar bandha, Mulbandha, Udyanbandha, Mahabandha
2	Mudra Brahama Mudra ,Simha Mudra VipritKarni Mudra, Nabho Mudra, Khechari Mudra ,ShambhavamMudra, Sanmukhi Mudra.
3	Mind relaxation techniques Om chanting, Meditation
4	Cleansing technique LaghuShankhprakshalan
5	Relaxation techniques Yognidra

Reference Books:

1. आसन, प्राणायाम, बंध- मुद्रा -स्वामी सत्यानंद
2. Asanas: Swami Kuvalyanand, Kaivalyadham, Lonawala.
3. Pranayama: Swami Kuvalyanand, Kaivalyadham, Lonawala
4. Hathapradipika -Swami Swatmaramji

**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)
Semester II**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
7	Internship / Field Projects	PGDN207	Related to Major	On Job Training, Internship / Field Projects	120	4*

Note : On Job Training, Internship/ Apprenticeship; Field projects Related to Major (During vacations of Semester I and Semester II) For duration of 120 hours, it is mandatory to all the students, to Internship complete during vacations of Semester I and/or II. This will carry 4 Credits for learning of 120 hours. Its credits and grades will be reflected in Semester II credit grade report.

An internship is an opportunity offered by one institution to potential students or students of class undergoing a training / professional programme in the institution, either in any one or both semesters in the final year or after the end of the final semester of the programme usually. It provides students with aHours of practical experience in the institution relating to their field of study. The experience is valuable to students as a means of allowing them to experience how their studies are applied in the “Real World” and as a work experience that can be highly attractive to employers on candidate’s CV.

It further determines if they (interns) have an interest in a particular career, create a network of contacts and credits, ultimately putting themselves for forthcoming opportunities for period work.

Here, particularly the programme of Post Graduate Diploma in Naturopathy and Yogic Science internship refers to an exchange and extending of services for professional experience to be continued for 120 hours in a hospitals/Naturopathy college/organization, so that as experienced interns when they begin regular employment, such work experiences during this period of internship, the intern is expected to use the things/technique he /she has learned in the institution and put them in to practice thus the students gain with experience in this field of study. It would be a mandatory part of the completion of the said programme.

Assessment of Internship :

1. During the internship period the intern shall maintain a case report of at least five patients.
2. Intern should complete his or her internship in any Naturopathy centre or Naturopathy Hospital, residential schools, Wellness Centre, Panchakarma Centre NGOs and any Institutions working for health awareness.
3. The intern shall examine the patient maintain complete case record of the patient.
4. The intern shall suggest proper Naturopathy treatment to the patient.
5. Counselling of patient, diet and proper Naturopathy lifestyle should be suggested by the intern to the patient.
6. The intern shall conduct practical yoga session regularly for the patient.
7. File has to be prepared and maintain with an index of all 5 case records with at least three follow – up sessions.
8. A file should be submitted to supervisor after duly signed by administrator of the Naturopathy organisation countersigned by the Co-ordinator or concerned teacher before 10 days of 2nd semester final exam in 4 copies.
9. The intern shall show their sincerity and dedication and discipline while carrying out the concerned work.

Note-

A compiled file with an index having recorded the duty discharge by the intern be maintained accordingly, which shall be signed by Naturopathy personal, administrator of the institution or Hospital followed by the counter signed by Co-ordinator of the program ultimately it has to be endorsed by the head of the Department of the program.

Presentation of report of Internship :-

An examinee has to face and answer the questions asked by the examiner in the form of Viva-Voice with regards to personal and Technical preparations for internship and experience is gained during internship.

S. N.	Subject	Type of Course	Subject Code	Teaching & Learning Scheme							Duration of Exam Hours	Examination & Evaluation Scheme							
				Learning hours Week				Credits				Maximum Marks			Minimum Passing				
				L	T	P	Total	L/T	Practical	Total		Theory		Practical		Total Marks	Marks Internal	Marks External	Grade
												Theory Internal	Theory +MCQ External	Internal	External				
1	Research Methodology and IPR	Th-Major	PGDN101	4			4	4		4	3	30	70		100	12	28	P	
2	DSC-I.1	Th-Major	PGDN102	4			4	4		4	3	30	70		100	12	28	P	
3	DSC-II.1	Th-Major	PGDN103	4			4	4		4	3	30	70		100	12	28	P	
4	DSC-III.1	Th-Major	PGDN104	4			4	4		4	3	30	70		100	12	28	P	
5	DSE-I.A	Th-Major Elective	PGDN105A	4			4	4		4	3	30	70		100	12	28	P	
5	DSE-I.B	Th-Major Elective	PGDN105B	4			4	4		4	3	30	70		100	12	28	P	
																Minimum Passing Marks		Grade	
6	DSC-I.1 Lab	Pr-Major	PGDN106			2	2		1	1	3			25	25	50	25	P	
7	DSC-II.1 Lab	Pr-Major	PGDN107			2	2		1	1	3			25	25	50	25	P	
8	# On Job Training, Internship/ Apprenticeship; Field projects Related to Major @ duringvacations cumulatively	Related to DSC		120 Hours cumulatively during vacations of Semester I and Semester II						4*								P*	
				Exit option with a P.G. Diploma with 4 Credits on-the-job training/Internship in the respective major subject Students has to earn total minimum 4 Credits cumulatively during vacations of semester I and Semester II from internship in order to exit after first Year with P.G. Diploma (42-44 Credits) after Three Years UG Degree															
	TOTAL						24 + (11 Self Learning / Assessment / Evaluation / Examination Hours = Minimum 35 Learning Hours)								600				

L: Lecture, T: Tutorial, P: Practical/Practicum

Pre-requisite Course mandatory if applicable: Prq, Theory :Th, Practical/Practicum: Pr, Faculty Specific Core: FSC, Discipline Specific Core: DSC, Discipline Specific Elective: DSE, Laboratory: Lab, OJT: On Job Training; Internship/ Apprenticeship; Field projects: FP; RM: Research Methodology; Research Project: RP, Co-curricular Courses: CC

Note : # On Job Training, Internship/ Apprenticeship; Field projects Related to Major (During vacations of Semester I and Semester II) for duration of 120 hours mandatory to all the students, to be completed during vacations of Semester I and/or II. This will carry 4 Credits for learning of 120 hours. Its credits and grades will be reflected in Semester II credit grade report.

Special Note :

Any Student who had not opted for Yoga / Yogashastra / Yogic Science / Naturopathy as subject of degree or as Major or Minor in three years of his/her undergraduate programme but has taken admission in this course will have to earn minimum 24 credits from ' Additional Course Work / Pre-Requisite Course prescribed in the curricular

Sant Gadge Baba Amravati University, Amravati

FACULTY : Inter-Disciplinary Studies

**Scheme of Teaching, Learning, Examination & Evaluation leading to One Year P.G. Diploma in Naturopathy & Yogic Science (PGDNYS) following Three Years UG Programme wef 2024-2025
(One Year- Two Semesters Post Graduate Diploma Programme- NEP v24 with Exit and Entry Option**

P. G. Diploma in Naturopathy & Yogic Science (PGDNYS) Semester- II [Level 6]

S.N.	Subject	Type of Course	Subject Code	Teaching & Learning Scheme							Duration of Exam Hours	Examination & Evaluation Scheme							
				Learning Hours Per Week				Credits				Maximum Marks					Minimum Passing		
				L	T	P	Total	L / T	Practical	Total		Theory		Practical		Total Marks	Marks Internal	Marks External	Grade
												Theory Internal	Theory+ MCQ External	Internal	External				
1	DSC-I.2	Th-Major	PGDN201	4			4	4		4	3	30	70		100	12	28	P	
2	DSC-II.2	Th-Major	PGDN202	4			4	4		4	3	30	70		100	12	28	P	
3	DSC-III.2	Th-Major	PGDN203	4			4	4		4	3	30	70		100	12	28	P	
4	DSE-II. A	Th-Major Elective	PGDN204A	4			4	4		4	3	30	70		100	12	28	P	
4	DSE-II. B	Th-Major Elective	PGDN204B	4			4	4		4	3	30	70		100	12	28	P	
																Minimum Passing Marks		Grade	
5	DSC-I.2 Lab	Pr-Major	PGDN205			2	2		1	1	3			25	25	50	25		P
6	DSC-II.2 Lab	Pr-Major	PGDN206			2	2		1	1	3			25	25	50	25		P
7	#On Job Training, Internship/Apprenticeship; Field projects Related to Major @ during vacations cumulatively	Related to DSC	PGDN207	120 Hours cumulatively during vacations of Semester I and Semester II							4*								P*
	TOTAL			20 + (15 Self Learning / Assessment / Evaluation / Examination Hours = Minimum 35 Learning Hours)							18+4*					500			

L: Lecture, T: Tutorial, P: Practical/Practicum

Pre-requisite Course mandatory if applicable: Prq, Theory :Th, Practical/Practicum: Pr, Faculty Specific Core: FSC, Discipline Specific Core: DSC, Discipline Specific Elective: DSE, Laboratory: Lab, OJT: On Job Training: Internship/ Apprenticeship; Field projects: FP; RM: Research Methodology; Research Project: RP, Co-curricular Courses: CC

Note : # On Job Training, Internship/ Apprenticeship; Field projects Related to Major (During vacations of Semester I and Semester II) for duration of 120 hours mandatory to all the students, to be completed during vacations of Semester I and/or II. This will carry 4 Credits for learning of 120 hours. Its credits and grades will be reflected in Semester II credit grade report.

Special Note :

Any Student who had not opted for Yoga / Yogashastra / Yogic Science / Naturopathy as subject of degree or as Major or Minor in three years of his/her undergraduate programme but has taken admission in this course will have to earn minimum 24 credits from ' Additional Course Work / Pre-Requisite Course prescribed in the curriculum. Unless these additional 24 credits are earned by the students, The result of P. G. Diploma will not be announced / declared.