

# **GURU KASHI UNIVERSITY**



## **B. Voc. in Yogic and Naturotherapy**

**Session: 2024-25**

**Department of Physiotherapy**

### **Graduate Outcomes of the Programme:**

- **Holistic Health Practitioners:** Graduates will be skilled in integrating Yoga and Naturopathy into personalized wellness plans.
- **Yoga Instructors:** They will be qualified to teach Yoga and design therapeutic sessions.
- **Naturopathy Consultants:** They will advise on natural remedies and lifestyle changes for health improvement.
- **Health Educators:** Graduates will educate the public on natural and preventive healthcare practices.
- **Clinical Practitioners:** They will collaborate with healthcare professionals in clinical settings.
- **Researchers:** Graduates will contribute to research in Yoga and Naturopathy.
- **Wellness Entrepreneurs:** They will have the skills to establish and manage wellness businesses.
- **Ethical Leaders:** Graduates will uphold high ethical standards in their professional practice.
- **Lifelong Learners:** They will continuously update their knowledge and skills.
- **Global Health Contributors:** Graduates will promote Yoga and Naturopathy globally.

**PROGRAMME LEARNING OUTCOMES:** After completion of the program, the learner will be able to

### **Course Learning Outcomes for Yoga and Naturopathy:**

1. **Understanding of Principles:**
  - Demonstrate a comprehensive understanding of the fundamental principles and philosophies of Yoga and Naturopathy, including their historical development and cultural significance.
2. **Knowledge of Techniques:**
  - Identify and explain various Yoga techniques, including asanas (postures), pranayama (breathing exercises), and meditation practices.
  - Understand the basic naturopathic techniques and therapies, including diet, hydrotherapy, herbal medicine, and lifestyle counselling.
3. **Practical Application:**

- Demonstrate the ability to perform and teach Yoga asanas, pranayama, and meditation safely and effectively.
  - Apply naturopathic principles to design and recommend holistic health plans tailored to individual needs.
4. **Holistic Health Management:**
- Evaluate the role of Yoga and Naturopathy in promoting physical, mental, and spiritual well-being.
  - Integrate Yoga and Naturopathic practices into holistic health management, focusing on disease prevention and health promotion.
5. **Clinical Practice:**
- Develop the ability to conduct assessments, diagnose common ailments, and recommend appropriate Yoga and Naturopathy treatments.
  - Gain practical experience through internships or supervised practice in applying Yoga and Naturopathy in real-life settings.
6. **Research and Critical Thinking:**
- Critically evaluate scientific literature and current research in Yoga and Naturopathy to inform evidence-based practice.
  - Develop and conduct a research project or case study related to Yoga or Naturopathy.
7. **Ethical and Professional Standards:**
- Understand and apply ethical standards and professional practices in the field of Yoga and Naturopathy.
  - Demonstrate a commitment to ongoing personal and professional development in these disciplines.
8. **Communication and Education:**
- Develop effective communication skills to educate clients, patients, or students about Yoga and Naturopathy.
  - Design and deliver educational programs or workshops on topics related to Yoga and Naturopathy.

### Program structure

SEMESTER-I						
Course Code	Course Title	Type of Course				Credits
			L	T	P	
BYN101	Foundations & Principles of Yoga-I	Core	4	0	0	4
BYN102	Basics of Naturopathy	Core	4	0	0	4
BYN103	Human Anatomy	Elective Foundation	3	0	0	3
BYN104	Massage and Acupressure	Entrepreneurship	0	0	4	2
BYN105	Practical of Yoga-I	Skill Based	0	0	4	2
BYN106	Practical of Human Anatomy-I	Skill Based	0	0	4	2

BYN107	Psychology and Mental Health in Yoga and Naturopathy	Multidisciplinary	3	0	0	3
<b>Discipline Elective-I (Any one of the following)</b>						
BYN108	Naturopathy & Swasth-Vrata	Discipline Elective-I	3	0	0	3
BYN109	Mental Health & Yoga practice					
<b>Discipline Elective-II (Any one of the following)</b>						
BYN110	Acupressure and pranic therapy	Discipline Elective-II	3	0	0	3
BYN111	Yoga Therapy					
<b>Total</b>			<b>20</b>	<b>0</b>	<b>12</b>	<b>26</b>

<b>SEMESTER-II</b>						
Course Code	Course Title	Type of Course				
			L	T	P	Credits
BYN201	Foundation and Principles of Yoga-II	Core	4	0	0	4
BYN202	General Introduction to Naturopathy	Core	4	0	0	4
BYN203	Human Physiology	Ability Enhancement	2	0	0	2
BYN204	Acupressure and Su-Jok	Entrepreneurship	0	0	4	2
BYN205	Practical of Yoga-II	Skill Based	0	0	4	2
BYN206	Practical of Acupressure and Su-Jok-II	Skill Based	0	0	4	2
BYN207	Diet and Nutrition	Value Added Course	2	0	0	2

BYN299	MOOC	MOOC	0	0	0	3
<b>Discipline Elective-III (Any one of the following)</b>						
BYN208	Role of Yoga and Naturopathy in Community Health	Discipline Elective-III	3	0	0	3
BYN209	Nutrition Science					
<b>Total</b>			<b>15</b>	<b>0</b>	<b>12</b>	<b>24</b>

<b>SEMESTER-III</b>						
Course Code	Course Title	Type of Course				
			L	T	P	Credits
BYN301	Yoga & Health	Core	4	0	0	4
BYN302	Computer Software Application	Core	4	0	0	4
BYN303	Magnet Therapy	Compulsory Foundation	2	0	0	2
BYN304	Fitness Management	Entrepreneurship	0	0	4	2
BYN305	Practical of Yoga-III	Skill Based	0	0	4	2
BYN306	Practical of Magnet Therapy & Chromo Therapy-III	Skill Based	0	0	4	2
BYN307	Practical of Fitness Management-III	Skill Based	0	0	4	2
BYN399	MOOC	MOOC	0	0	0	3
<b>Discipline Elective-IV (Any one of the following)</b>						
BYN308	Global Tourism Geography	Discipline	3	0	0	3

BYN309	Herbal Medicine	Elective-IV				
<b>Open Elective Course</b>						
.....	.....	IDC	2	0	0	2
<b>Total</b>			<b>15</b>	<b>0</b>	<b>16</b>	<b>26</b>
<b>Open Electives Courses (For other Departments)</b>						
BYN310	Meditation Techniques	OE	2	0	0	2

<b>SEMESTER-IV</b>						
<b>Course Code</b>	<b>Course Title</b>	<b>Type of Course</b>				
			<b>L</b>	<b>T</b>	<b>P</b>	<b>Credits</b>
BYN401	Applied Yoga	Core	4	0	0	4
BYN402	Environmental Education	Core	4	0	0	4
BYN403	Panchakarma and its Applications-I	Entrepreneurship	0	0	4	2
BYN404	Practical of Yoga-IV	Skill Based	0	0	4	2
BYN405	Human Consciousness	VAC	2	0	0	2
BYN406	Hydrotherapy & Mud Therapy	Multidisciplinary	3	0	0	3
<b>Discipline Elective-V (Any one of the following)</b>						
BYN407	Physiotherapy Application	Discipline Elective-V	3	0	0	3
BYN408	Homeopathic Remedies					
<b>Discipline Elective-VI (Any one of the following)</b>						
BYN409	Acupuncture and Acupressure	Discipline Elective-VI	3	0	0	3

BYN410	Yoga and Chronic Pain Management					
<b>Total</b>			<b>19</b>	<b>0</b>	<b>8</b>	<b>23</b>

<b>SEMESTER-V</b>						
<b>Course Code</b>	<b>Course Title</b>	<b>Type of Course</b>				
			<b>L</b>	<b>T</b>	<b>P</b>	<b>Credits</b>
BYN501	Yoga Therapy	Core	4	0	0	4
BYN502	Disaster Management	Core	4	0	0	4
BYN503	Detoxification Therapies	Compulsory Foundation	2	0	0	2
BYN504	Panchakarma and its Applications-II	Entrepreneurship	0	0	4	2
BYN505	Practical of Yoga-V	Skill Based	0	0	4	2
BYN506	Practical of Kashaykalpana-V	Skill Based	0	0	4	2
BYN507	Practical of Panchakarma-V	Skill Based	0	0	4	2
BYN599	MOOC	MOOC	0	0	0	3
<b>Discipline Elective-VII (Any one of the following)</b>						
BYN508	Physiotherapy: Electro-Pithy	Discipline Elective-VII	3	0	0	3
BYN509	Advanced Yoga Techniques					
<b>Total</b>			<b>13</b>	<b>0</b>	<b>16</b>	<b>24</b>

### SemesterVI

<b>Course Code</b>	<b>Title of the Course</b>	<b>Credits</b>			
BYN601	INTERNSHIP	<b>24</b>			
<b>Grand Total</b>		<b>82</b>	<b>0</b>	<b>64</b>	<b>147</b>

#### Evaluation Criteria for Theory Courses

A. Continuous Assessment: [25Marks]

CA1- Surprise Test (Two best out of three) (10 Marks) CA2-

Assignment(s) (10 Marks)

CA3-Presentations (5Marks)

B. Attendance (5marks)

C. Mid Semester Exam: [30Marks]

D. End Semester Exam: [40Marks]



## Semester I

Course Name Foundations & Principles of Yoga-I	L	T	P	Cr
Course Code BYN101	4	0	0	4

### Learning outcomes come:

- Explain the aims, objectives, and historical development of yoga, including key definitions from classical texts.
- Differentiate among Rajyoga, Hathayoga, Mantrayoga, and Laya Yoga, and identify core practices associated with each.
- Understand and apply the key concepts, practices, and dietary guidelines within Hatha Yoga, including the significance of Shat Kriya, Asana, and Pranayama.
- Participate effectively in discussions and collaborative learning activities to deepen understanding and application of yogic principles.

### *Unit 1: Introduction to Yoga*

- Aims and Objectives of Yoga
- Definitions of Yoga in Classical Texts
- Origin, History, and Development of Yoga
- General Introduction to Shad-darshans

### *Unit 2: The Four Paths of Yoga and Core Yogic Practices*

- General Introduction to the Four Paths of Yoga (Rajyoga, Hathayoga, Mantrayoga & Laya Yoga)
- Principles of Yoga and Yogic Practices (Asana, Pranayama, Shatkarma, Bandha & Mudra, Dhyana)
- Distinction Between Yoga Asana and Non-Yogic Physical Practices

### *Unit 3: Foundation of Hatha Yoga: Texts, Principles, and Practice*

- Introduction to Hatha yoga
- Definition of Hatha yoga As per Hathyogic Texts
- Principles of Hatha yoga
- Concept of Yogic Diet
- Cause of Sadhak and Badhak Tattv in Hatha Yoga Sadhana

### *Unit 4: Core Concept and Practices in Hatha Yoga*

- Concept of Ghata and Ghata Shuddhi in Hatha Yoga
- Purpose and Utility of Shat Kriya in Hatha Yoga
- Purpose and Utility of Asana in Hatha Yoga
- Purpose and Importance of Pranayama in Hatha Yoga

### Transaction Mode

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

### Suggested Reading:

- **"Hatha Yoga Pradipika"** by Swami Swatmarama
- **Gheranda Samhita** by Gheranda
- **"The Heart of Yoga: Developing a Personal Practice"** by T.K.V. Desikachar
- **"The Complete Illustrated Book of Yoga"** by Swami Vishnu-Devananda
- **The Yoga Cookbook: Vegetarian Recipes for a Healthy Lifestyle** by Dr. David Frawley
- **"The Art of Living: Vipassana Meditation"** by S.N. Goenka (for insights into a yogic lifestyle)

Course Name Basics of Naturopathy (Core)	L	T	P	Cr
Course Code BYN102	4	0	0	4

### Learning outs come:

- **Define naturopathy** and its principles, emphasizing its significance in holistic health care.
- **Trace the historical development** of naturopathy from ancient practices to modern schools of thought.
- **Articulate the concepts of health and disease** according to naturopathic philosophy, identifying the basic causes of disease.
- **Analyze the scientific aspects** of naturopathy and its correlation with health and nature.

### *Unit 1: Basic Points of Naturopathy*

- Meaning & Definition of Naturopathy
- Principles of Naturopathy
- Importance of Naturopathy

## *Unit2:History & development of Naturopathy*

- History of Naturopathy
- Schools of Naturopathy
- Development of Naturopathy from ancient to Modern

## *Unit3: Health & Naturopathy*

- Meaning & Definition of Health
- Meaning & Definition of Disease
- Definition of Health according to Naturopathy
- Basic Cause of Disease
- Correlation Between in Health & Nature

## *Unit4:Science of Naturopath*

- Scientific Aspect of Naturopathy
- Scientific Impact of Naturopathy
- Correlation Between Science & Health
- Importance of Health in our life

### Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.

### Suggested Reading:

- **"Naturopathy: A Comprehensive Guide"** by Dr. Mark Stengler
- **"The Complete Guide to Naturopathy"** by Dr. Andrew Weil
- **"The History of Naturopathy"** by Dr. Michael S. Schneider
- **"The Naturopathic Physician"** by Dr. Joseph Pizzorno
- **"How to Live Well: A Guide to Naturopathy"** by Dr. Alan H. Rosen
- **"Healing with Whole Foods"** by Paul Pitchford (for insights on health from a naturopathic perspective)

Course Name Human Anatomy(Elective Foundation)	L	T	P	Cr
Course Code BYN103	3	0	0	3

### **Learning outs come:**

- Understand Human Anatomy: Describe the fundamentals of human anatomy, including body terminology, cavities, systems, and the structure and function of cells and tissues.
- Explore Musculoskeletal System: Identify the components of the musculoskeletal system, including bones, joints, and muscles, and explain their roles in movement and applied anatomy.

- Analyze Organ Systems: Detail the structure and function of the respiratory, circulatory, digestive, excretory, endocrine, and nervous systems, highlighting their interconnectedness and applied anatomy.
- Apply Anatomical Knowledge: Integrate knowledge of human anatomy to understand its relevance in health, disease, and physical activity.

### *Unit 1: Fundamentals of Human Anatomy and Musculoskeletal System*

- Introduction to Anatomy
- Terms and terminology regions of body
- Cavities and systems
- Structure and types of cells and tissue
- Musculoskeletal System
- Structure of bone and classification
- Joints, structure various types and movements
- Spine and thorax
- Structure of vertebral column and thoracic cage
- Muscles-Types, Structure, Tone, Fatigue
- Movements and applied anatomy

### *Unit 2: Anatomy of the Respiratory and Circulatory Systems*

- Respiratory system
- Structure of organs of respiratory tract
- Circulatory system-Structure of Heart
- Major arteries and veins of body applied anatomy

### *Unit 3: Anatomy of the Digestive and Excretory Systems*

- Digestive System-Structure of organs of digestive system
- Abdominal, Cavity-divisions, liver, Pancreas, Gallbladder
- Excretory System-Structure of excretory organs
- Urinary system
- Applied Anatomy

### *Unit 4: Anatomy of the Endocrine and Nervous Systems*

- Endocrine system-Gland Types
- importance of endocrine glands (pituitary, thyroid, parathyroid, adrenal)
- Nervous System-classification
- Structure of brain and spinal cord
- sensory organs and their structure applied anatomy

## **Transaction Mode**

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

## Suggested Reading:

- **"Human Anatomy"** by Elaine N. Marieb and Katja N. Hoehn
- **"Gray's Anatomy for Students"** by Richard L. Drake, Wayne Vogl, and Adam W. M. Mitchell
- **"Anatomy and Physiology for Health Professionals"** by Edith Applegate
- **"Clinical Anatomy"** by Richard S. Snell

Course Name Massage and Acupressure(Entrepreneurship)	L	T	P	Cr
Course Code BYN104	0	0	4	2

## Learning outcomes come:

- Foundational Knowledge: Describe the history, definition, and basic principles of massage therapy, including the therapeutic use of oils.
- Massage Techniques: Demonstrate various advanced massage techniques and their applications for different body parts, including specific methods like effleurage, petrissage, and tapotement.
- Physiological Effects: Analyze the physiological effects of massage on various body systems and apply this knowledge to address specific medical conditions.
- Acupressure and Meridian Theory: Explain the fundamentals of acupressure, including concepts like Yin and Yang, Five Element Theory, and key meridians, and their relevance in holistic health

### *Unit 1: Fundamentals of Massage Therapy*

- Introduction and Brief History of Massage
- Definition and Basic Needs of Massage
- Therapeutic Use of Different Types of Oils
- Preparation of Oils

### *Unit 2: Advanced Massage Techniques and Applications*

- Massage techniques (Effleurage, Stroking, Petrissage, kneading, friction, wringing, Twisting, Rolling, Shaking)
- Massage techniques (Tapotement: Hacking, Tapping, Clapping, Breathing, Pounding, Joint movement, Vibration)
- Massage techniques for different parts of the body (Foot, leg, arm, abdomen, chest, throat, back, head and Neck)

### *Unit3:PhysiologicalEffectsof MassageandApplicationinMedical Conditions*

- Effectsofmassageonheartandcirculatorysystem,Muscularsystem,Lymphaticsystem, Digestive system, Respiratory system, Kidney, skin and skeletal system.
- Lawsof Massage& techniques indifferentdiseases (Insomnia Neurasthenia,madness, Highbloodpressure, polio, obesity, underweight, beautificationoffemale, skindisease, Fracture, sprain.

### *Unit4:FundamentalsofAcupressureandMeridianTheory*

- IntroductionandBriefHistoryofAcupressure
- ConceptsofYinandYang
- FiveElementTheory
- OrganClock
- ConceptandDefinitionofMeridian
- KeyMeridians

#### Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-

Learning, Collaborative Learning and Cooperative Learning.

#### Suggested Reading:

- **"The Massage Therapy Workbook"** by Marybi L. Davin
- **"Massage Therapy: Principles and Practice"** by Susan G. Salvo
- **"The Complete Guide to Massage"** by Andrew K. Ross
- **"Acupressure's Potent Points"** by Michael Reed Gach

Course Name Practical of Yoga-I(Skill Based)	L	T	P	Cr
Course Code BYN105	0	0	4	2

#### **Learning outs come:**

- **Understanding Health Concepts:** Define health, its dimensions, and factors affecting it, along with the objectives and principles of health education.
- **Personal Hygiene and Mental Health:** Explain the significance of personal hygiene, identify factors influencing mental health, and recognize types and preventive measures for mental illness.
- **Communicable Diseases Awareness:** Identify common communicable diseases, their causes, symptoms, and prevention strategies, including specific diseases like HIV/AIDS, tuberculosis, and dengue.
- **Occupational Health and Addiction:** Discuss the scope of occupational health, identify occupational health problems and diseases, and analyze the causes and preventive measures for drug addiction.

### *Unit1:UnderstandingHealthandHealth Education*

- ConceptsofHealth(Meaning,definitionofhealth,DimensionsofHealth)
- Factorsaffectinghealth
- HealthEducation:-Meaning,definition,objectives
- ScopeofHealth Education
- Principlesofhealtheducation

### *Unit2:PersonalHygiene,MentalHealth,andSchool Health*

- PersonalHygiene–Meaning,definitionandimportanceofpersonalhygiene
- MentalHealth-  
Meaning,definitions&factorsinfluencing,Types,symptomsand preventive measures of mental illness
- Schoolhealth:-  
Importanceofdevelopinggoodhabitsforhealthinschool&at home
- Comprehensiveschoolhealthprogramme
- Schoolhealthservices

### *Unit3:CommunicableDiseases:Causes,Prevention,andManagement*

- IntroductiontoCommunicableDiseases
- CausesandDiseasePreventionmeasures
- immunityviralhepatitisHIV/Aidscauses,symptomsandprevention.
- TuberculosisandMalariacauses,symptomsandprevention.
- RabiesandTetanuscauses,symptomsandprevention.
- Measles,Mumps,Rubellacauses,symptomsandprevention.
- Dengue&SwineFlucauses,symptomsandprevention.

### *Unit4:OccupationalHealthandDrugAddiction:Issuesand Solutions*

- IntroductiontoOccupationalHealth(meaningandScope)
- principlestoreduceoccupationhealthproblems
- Factorsresponsibleforoccupationalhealthproblems
- Variousoccupationaldiseases,theirsymptomspreventivemeasures.
- Drugaddiction-causes,adverseeffectsonhealth,preventivemeasures.

### **TransactionMode**

**Lecture,Seminar,e-TeamTeaching,e-Tutoring,Dialogue,PeerGroupDiscussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

### **Suggested Reading:**

- **"Community Health Education: Methods for Delivering Human Services"**  
by Robert J. McGarry
- **"Health Education: Creating Strategies for School & Community Health"**  
by Glenda V. Umana

- **"Public Health: A Very Short Introduction"** by Virginia Berridge
- **"Understanding Health: A Determinants Approach"** by C. J. B. McHugh

Course Name Practical of Human Anatomy-I(Skill Based)	L	T	P	Cr
Course Code BYN106	0	0	4	2

**Learning outcomes come:**

- **Foundational Knowledge:** Describe the history, benefits, and types of massage therapy, and understand professional ethics, client confidentiality, and creating a therapeutic environment.
- **Basic Massage Techniques:** Demonstrate basic massage techniques such as effleurage, petrissage, and tapotement, focusing on proper body mechanics and pressure control.
- **Advanced Techniques and Modalities:** Apply deep tissue and trigger point therapy techniques, and understand specialty massage modalities, including their unique benefits and considerations.
- **Acupressure Fundamentals:** Explain the principles of acupressure, identify key acupoints, and practice techniques for relaxation and pain relief.

*Unit 1: Introduction to Massage Therapy*

- **Practical 1: Introduction to Massage Therapy**

**Activity:** Overview of the history, benefits, and types of massage therapy. Discussion on professional ethics, client confidentiality, and creating a therapeutic environment.

- **Practical 2: Basic Massage Techniques**

**Activity:** Hands-on practice of basic massage techniques such as effleurage (long gliding strokes), petrissage (kneading), and tapotement (rhythmic tapping). Emphasis on proper body mechanics and pressure control.

*Unit 2: Advanced Massage Techniques and Modalities*

- **Practical 1: Deep Tissue and Trigger Point Therapy**

**Activity:** Practice deep tissue techniques for releasing chronic muscle tension and trigger point therapy for addressing specific pain points. Focus on client communication and adjusting pressure according to comfort.

- **Practical 2: Specialty Massage Modalities**

**Activity:** Introduction to specialty modalities such as Swedish massage, hot stone massage, aromatherapy, and prenatal massage. Discuss



the unique benefits and considerations for each modality.

### *Unit 3: Introduction to Acupressure*

- **Practical 1: Fundamentals of Acupressure**

**Activity:** Overview of acupressure, its history, and its relation to traditional Chinese medicine. Introduction to meridians and acupoints. Basic techniques for applying pressure to key acupoints.

- **Practical 2: Common Acupressure Points and Techniques**

**Activity:** Hands-on practice of locating and stimulating common acupressure points for relaxation, pain relief, and overall well-being. Techniques include pressing, kneading, and circular motion.

### *Unit 4: Therapeutic Applications and Client Care*

- **Practical 1: Therapeutic Applications and Contraindications**

**Activity:** Discussion and practice of massage and acupressure techniques for specific conditions (e.g., stress relief, headache, digestive issues). Review of contraindications and precautions.

- **Practical 2: Client Care and Professional Development**

**Activity:** Role-playing sessions for client consultation, assessment, and aftercare. Emphasis on communication skills, client comfort, and hygiene. Guidance on professional development and career pathways in massage and acupressure.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-

Learning, Collaborative Learning and Cooperative Learning.

Suggested Reading:

- **"Massage Therapy: Principles and Practice"** by Susan G. Salvo
- **"The Complete Guide to Massage"** by Andrew K. Ross
- **"Acupressure's Potent Points"** by Michael Reed Gach
- **"Deep Tissue Massage: A Visual Guide to Techniques"** by Art Riggs

Course Name Psychology and Mental Health in Yoga and Naturopathy (Multidisciplinary)	L	T	P	Cr
Course Code BYN107	3	0	0	3

### **Learning Outcomes:**

- Define key concepts in psychology and mental health.
- Describe the importance of mental health in holistic wellness.
- Recognize factors influencing mental health.
- Create integrative wellness plans that incorporate yoga and naturopathy.
- Analyze case studies to understand effective mental health interventions.
- Evaluate the benefits of a holistic approach to mental health.

### **Unit 1: Introduction to Psychology and Mental Health**

- Overview of Psychology: Definition and Scope
- Understanding Mental Health: Concepts and Definitions
- The Role of Mental Health in Overall Well-Being

### **Unit 2: Psychological Theories and Yoga Practices**

- Major Psychological Theories (Cognitive, Behavioral, Humanistic)
- Mindfulness and Its Psychological Benefits
- The Role of Yoga in Stress Reduction and Emotional Balance

### **Unit 3: Naturopathy and Mental Health**

- The Naturopathic Approach to Mental Health
- Dietary and Herbal Interventions for Mental Well-Being
- Stress Management Techniques in Naturopathy

### **Unit 4: Integrative Approaches to Mental Health**

- Integrating Yoga and Naturopathy in Mental Health Care
- Case Studies: Successful Integration of Practices
- Developing Holistic Wellness Plans for Mental Health

### **Reference Books:**

1. **"Psychology: The Science of Mind and Behaviour"** by Richard Gross
2. **"The Mindful Way Through Depression"** by Jon Kabat-Zinn
3. **"The Psychology of Yoga: Integrating Eastern and Western Approaches"** by Peter Malinowski
4. **"Yoga and Psychotherapy: The Evolution of Consciousness"** by Kevin McEvenue
5. **"The Encyclopedia of Natural Medicine"** by Michael T. Murray and Joseph Pizzorno
6. **"Naturopathy for the Treatment of Mental Disorders"** by D. J. Fagan
7. **"Integrative Mental Health Care: A Therapist's Handbook"** by James Lake
8. **"Yoga for Emotional Balance: Simple Practices to Help Relieve Anxiety and Depression"** by Julia S. A. J. H. E. K. A. F. M. W. R. P. K. B. H. D. M.

Course Name Naturopathy& Swasth-Vrata (Discipline Elective-I)	L	T	P	Cr
Course Code BYN108	3	0	0	3

### Unit 1:

Naturopathy: Introduction, History & Basic Principles  
 Water Therapy: -Hot & Cold Compress and Wet Packs sheet, Mud/Clay therapy:  
 Importance of Soil, Use of mud-packs. (Chest-Pack, Abdomen-Pack & Knee Puck)

Sun-therapy: Importance of sun rays, Sunbath & its uses in different diseases

### Unit 2:

Air-therapy: Importance of air, Air-bath & its uses

Eather/Space therapy: Fasting & its principles, Action & reaction of fasting on human body for maintaining health & management of diseases

### Unit 3:

Concept & Need of Swasth-Vrata, Elements of daily Routine- Dincharya, Ritucharya & Sada-Vrata

Massage (Abhyoung): Its kinds & importance

### Unit 4:

Diet- Meaning, Definitions, components & Benefits of Balance-died, Sprouted diet & Mitahara, Rules of Yogic-dict, Demerits of Non-vegetarian-diet & merits of Vegetarian diet.

Massage (Abhyoung): Its kinds & importance

### Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Course Name Mental Health & Yoga practice (Discipline Elective-I)	L	T	P	Cr
Course Code BYN109	3	0	0	3

### Learning Outcomes:

After completion of this course, the learner will be able to:

1. Gain an understanding of the meaning and definition of mental health and develop skills in Kriya Yoga and Panch Kosha Sidanta.
2. Recognize the significance of chanting 'OM' in calming the mind and channeling positive energy into the body. Understand how 'OM' can help alleviate stress
3. Identify and evaluate the effectiveness of yoga practices on mental health.
4. Teach the concept of promoting general awareness of mental health issues.

### UNIT I

Meaning & Definition of Mental Health, Elements to affecting mental health, Methods for development of mental health through Yoga: - Kriya-Yoga, Punch Kosh-Sidanta,

### UNIT II

The Philosophy and Meaning of the sacred syllable "Om (OUM)"

### **UNIT III**

General awareness of mental problems and their Psycho- Yogic therapeutic approaches: Stress-disorder; Mood-disorder, in the context of Modern Medicine, Patanjali Yoga Sutra & Hathapradipika.

### **UNIT IV**

General awareness of mental problems and their Psycho- Yogic therapeutic approaches: Anxiety, Disorder, Psychosomatic-disorder in the context of Modern Medicine, Patanjali Yoga Sutra & Hathapradipika

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Yoga Practices for Anxiety and Depression -Dr. R. Nagrathna -Dr.H.R.Nagendra
- Yogic Management of Stress. -Swami Suryamani Saraswati .
- Manorog Vigyan - Dr. Balkrishan Pathak
- Manasrog Vigyan -Dr. Rajinder Prasad Bhatnagar
- Mansick Chikitsa - Lalji Ram Shukel.
- Mental Health ad Hindi Psychology-Swami Akhilananda

#### **Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Gain a general introduction to acupressure therapy, including its meaning, history, and principles.
2. Examine how acupressure therapy stimulates the body's circulatory, lymphatic, and hormonal systems.
3. Explore the benefits of acupressure therapy, including stress and anxiety relief, improved sleep, and enhanced muscle and joint health.
4. Provide a brief introduction to pranic therapy

Course Name Acupressure and pranic therapy (Discipline Elective-II)	L	T	P	Cr
Course Code BYN110	3	0	0	3

### **Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Gain a general introduction to acupressure therapy, including its meaning, history, and principles.
2. Examine how acupressure therapy stimulates the body's circulatory, lymphatic, and hormonal systems.
3. Explore the benefits of acupressure therapy, including stress and anxiety relief, improved sleep, and enhanced muscle and joint health.
4. Provide a brief introduction to pranic therapy

Course Content

### **UNIT I**

Acupressure therapy: - Meaning, History, Principles of acupressure, Benefits, Precaution & limitations of acupressure therapy, Basic therapeutic methods of acupressure therapy

### **UNIT II**

Relationship of Points of acupressure in Hands, Feet with management of the following diseases: - Constipation, High & Low Blood Pressure, Diabetes, Asthma, Thyroid & Backache

### **UNIT III**

Concepts & Meaning of Prana (Vital Energy) and Pranic Therapy: - Significance of Pranic Therapy in modern life

### **UNIT IV**

Introduction & Essentials of Pranic Therapy, techniques of awakening and Raising the Prana, techniques of Self-Healing and Healing Others

### **Transaction Mode**

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

### **Suggested Readings**

- Swasth- Vrata Vigyan, (Hindi) -Prof. Ram Harsh Singh (Chaukhamba Sanskrit Pratishthan, Delhi)
- Science of Natural Life(English) -Dr. Rakesh Jindal (Arogya Sewa Prakashan, Modhinagar.U.P.)
- Prakritik Ayurvedan (Hindi) -Dr. Rakesh Jindal (Arogya Sewa Prakashan, Modhinagar, U.P.)

Course Name Yoga Therapy	L	T	P	Cr
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(Discipline Elective-II)				
Course Code BYN111	3	0	0	3

### **Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Develop understanding of different yogic techniques.
2. Attain perfection to perform different yogic practice and shat-karmas
3. Explain techniques of pratyahara, Dhyana and conduct practical sessions.
4. Identify yogic modules for different health problems.

Course Content

#### **UNIT-I**

Concept, Meaning & Principles of Yogic Therapy, Causes, signs, symptoms & yogic treatment including dietary measures of the following diseases: - Constipation, Diabetes Mellitus, Obesity

#### **UNIT-II**

Yogic Therapy, Causes, signs & symptoms & yogic treatment including dietary measures of the following diseases Cervical Spondylitis, Arthritis, Backache, Sciatica & Slipped Disc

#### **UNIT-III**

Causes, signs & symptoms & yogic treatment including dietary measures of the following diseases: Asthma, High & Low Blood Pressure, Female problems

#### **UNIT IV**

Causes, signs & symptoms & yogic treatment including dietary measures of the following diseases: Sinusitis, Thyroid, Depression & Naval-displacement

### **Transaction Mode**

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

### **Suggested Readings**

- Yogic Management of Common Diseases -Dr. Swami Karmananda (Yoga Publication Trust, Munger, Bihar, India)
- New Perspectives in Stress Management-Nagendra H.R. (V.K. YOGAS, Bangalore, 1998) Nagendra R.
- Stress and its Management by Yoga(MLBD) -Udupa K.N.
- Anatomy and Physiology of Yogic Practices (English & Hindi) Kanchan Prakashan, Lonavla.ss -M.M. Gore

## SemesterII

Course Name Foundation and Principles of Yoga-II(Core)	L	T	P	Cr
Course Code BYN201	4	0	0	4

### Learning outs come:

- **Understanding Mental Concepts:** Define and explain the concepts of Chitta, Chitta Bhumis, and the significance of Ishwara in yoga philosophy.
- **Mental Purity and Obstacles:** Identify the Pancha Kleshas and Chitta Vikshepas, and discuss their impact on mental well-being and yoga practice.
- **Kriya and Ashtanga Yoga:** Describe the components and significance of Kriya Yoga and Ashtanga Yoga, including both Bahiranga and Antaranga practices.
- **Asanas and Health Considerations:** Analyze the benefits, limitations, and contraindications of various yoga asanas, and understand the yogic concept of health and disease.

### *Unit1:UnderstandingtheMindandSpiritualConceptsin Yoga*

- ConceptofChittaandChittaBhumis
- Chitta-vrittisandChitta-vrittinirodhopaya(Abhyasa andVairagya)
- ConceptofIshwaraandIshwaraPranidhana

### *Unit2:MentalPurityandObstaclesinYogaPractice*

- ConceptofChittaPrasadanaanditsRelevanceinMentalWell-Being
- PanchaKleshas(Avidya,Asmita,Raga,Dweshha,Abhinivesha)andtheirSignificanceinYoga
- Five‘Sahabhava’(Dukha,Daurmanasya,Angamejayatva,Swas-Praswas)andTheir Remedies
- ChittaVikshepas(Antarayas)– Vyadhi,Styan,Samshay,Pramad,Alashya,Avirati, Bhrantidarshana, Alabdhahumikatva & Anavashtitattva and Their Associates

### *Unit3:Exploring Kriya andAshtanga Yoga*

- KriyaYoga:Tapa,Swadhyaya,Ishwarpranidhan
- AshtangaYoga: BahirangaYoga-(Yama,Niyama, Asana, Pranayam)
- Antaranga Yoga- (Pratyahara,Dharna, Dhyana,Samadhi)
- purpose,effectsandsignificanceofKriyaYogaandAshtangaYoga

### *Unit4:YogaAsanas,TheirBenefits,andHealthConsiderations*

- Benefits of Various Asanas (Vrikshasana, Ardhakatichakrasana, Trikonasana, Vajrasana, Janusirasana, Paschimottanasana, Vakrasana, Ustrasana, Sarvagasana, Pawanamuktasana, Dronasana, Setubandhasana, Chakrasana, Bhujangasana, Ardhashalbhasana)
- LimitationsandContraindicationsofYogicPractices(Shtkarma,Pra nayama,Bandha, Mudras, Dhyana)
- Health:itsmeaninganddefinitions
- Yogicconceptionsofhealthanddiseases.

## TransactionMode

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

## Suggested Reading:

- **"The Yoga Sutras of Patanjali"** by Sri Swami Satchidananda
- **"Light on Yoga"** by B.K.S. Iyengar
- **"The Heart of Yoga: Developing a Personal Practice"** by T.K.V. Desikachar
- **"Yoga: The Spirit and Practice of Moving into Stillness"** by Erich Schiffmann

Course Name General Introduction to Naturopathy(Core)	L	T	P	Cr
Course Code BYN202	4	0	0	4

## Learning outs come:

- Understanding Naturopathy: Define naturopathy, trace its history, and explain its principles and importance in holistic health.
- Panch Tatta Chikitsa I: Describe the concept of Pancha Tattva, specifically focusing on Aakash Tattva Chikitsa and various types of fasting, including their significance and benefits.
- Panch Tatta Chikitsa II: Explain Vayu Tattva Chikitsa, the definition and types of pranayama, and the location and functions of prana in the body, along with the scientific impacts of pranayama.
- Panch Tatta Chikitsa III: Discuss sun therapy and mud therapy, including their types, benefits, and scientific impacts on health.

### *Unit1:General Introduction to Naturopathy*

- Definition of Naturopathy
  - History of Naturopathy
- Principles of Naturopathy
- Importance of Naturopathy

### *Unit2:Panch Tatta Chikitsa-I*

- General Introduction to Pancha Tattva
- Aakash Tattva Chikista
- Types of Fasting
- Importance & Benefits of Fasting



### Unit3: Pancha Tattva Chikitsa-II

- Vayu Tattva Chikista
- Definition of Pranayam, Pran
- Types of Pranayama, Types of Pran
- Importance & Benefits of Pranayama
- Location & Functions of Prana in our Body
- Scientific Impact of Pranayam

### Unit4:Panch Tattva Cikista-III

- Sun Therapy
- VIBGYOR
- Importance & Benefits of Sun Therapy
- Scientific Impact of Sun Therapy
- Mud Therapy
- Types of Mud
- Importance & Benefits of Mud Therapy

#### Transaction Mode

Lecture, Seminar, e-Team Teaching, e-

Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning Collaborative Learning and Cooperative Learning.

#### Suggested Reading:

- **"The Science of Naturopathy"** by Dr. S. P. Agrawal
- **"Naturopathy: A Comprehensive Guide"** by Dr. Mark Stengler
- **"Healing with Whole Foods"** by Paul Pitchford
- **"The Healing Power of Mud"** by R. H. Mallett

Course Name Human Physiology (Ability Enhancement)	L	T	P	Cr
Course Code BYN203	2	0	0	2

#### Learning outcomes come:

- **Physiology and Respiratory Health:** Understand the scope of physiology, mechanisms of respiration, lung capacities, and the impact of exercise on respiratory health, including common respiratory disorders.
- **Circulatory System and Blood Health:** Describe the functions of the heart, cardiac cycle, blood pressure, and the composition of blood, while analyzing how exercise affects circulatory health.
- **Digestive and Excretory Systems:** Explain the functions of the digestive and excretory systems, the process of digestion, and urine formation, along with the effects of exercise on these systems.
- **Endocrine and Nervous Systems:** Identify the functions of key endocrine glands and hormones, and understand the roles of the nervous system, including reflex actions and sensory organ functions

### *Unit 1: Fundamentals of Physiology and Respiratory Health*

- General Physiology:-  
Meaning and scope of physiology, functions of cell and tissues
- Respiratory System-  
Mechanism of respiration, lung capacity, factors affecting respiration
- Respiratory Disorders- Dyspnoea, Tachypnoea, Hypoxia
- Effect of exercise on respiratory system

### *Unit 2: Circulatory System and Blood Health*

- **Circulatory System:** Functions of the Heart, Cardiac Cycle, Heart Rate, Blood Pressure, Normal Values, Factors Affecting Blood Pressure
- Effects of Exercise on the Circulatory System
- **Blood:** Composition and Functions, Immunity, Blood Groups, Haemoglobin

### **Unit 3: Digestive and Excretory Systems**

- **Digestive System:** Functions of Digestive Organs and Glands, Process of Digestion, Effects of Exercise on the Digestive System
- **Excretory System:** Functions of Excretory Organs, Formation and Composition of Urine
- Effects of Exercise on the Excretory System

*Unit 4: Endocrine and Nervous Systems*

- **Endocrine System:** Types and Functions of Endocrine Glands (Pituitary, Thyroid, Parathyroid, Adrenal)
- Hormones and Effects of Hypersecretion and Hyposecretion
- **Nervous System:** Functions of the Brain and Spinal Cord, Reflex Action, Sensory and Motor Pathways
- Function of Sensory Organs

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.

Suggested Reading:

- **"Human Physiology: From Cells to Systems"** by Lauralee Sherwood
- **"Principles of Anatomy and Physiology"** by Gerard J. Tortora and Bryan Derrickson
- **"Medical Physiology"** by Walter F. Boron and Emile L. Boulpaep
- **"The Physiology of Exercise and Aging"** by David A. Buchner and Ethel S. B. Hines

Course Name Acupressure and Su-Jok (Entrepreneurship)	L	T	P	Cr
Course Code BYN204	0	0	4	2

**Learning outcomes:**

- **Understanding Meridians:** Identify and describe the primary and additional meridians in acupressure, including special vessels, and understand their significance in treatment.
- **Yin-Yang and Five Element Theory:** Explain the principles of Yin-Yang theory, the concept of Chi (Qi), and the Zang-Fu organs, along with the relationships among elements, colors, and sense organs.
- **Disease Classification and Acupressure Points:** Classify diseases based on Shi (Excess) and Xu (Deficiency) concepts, and understand the principles of body measurement and the application of acupressure points.

- **Introduction to Su-Jok Therapy:** Describe the fundamentals of Su-Jok therapy and modern treatment modalities, including the use of bio-magnets and magnetic belts.

#### *Unit 1: Comprehensive Review of Meridians in Acupressure*

- **Revision of Meridians:** Lung, Large Intestine, Kidney, Urinary Bladder
- **Additional Meridians:** Stomach, Spleen, Heart, Small Intestine, Pericardium, Triple Warmer, Gall Bladder, Liver
- **Special Vessels:** Governing Vessels and Conceptional Vessels

#### *Unit 2: Fundamentals of Yin-Yang Theory and Five Element Therapy*

- Yin-Yang Theory
- Chi (Qi)
- Concept of Zang-Fu
- Organ Clock
- Relationship: Colours, Sense Organs, and Zang-Fu Organs
- Five Elementary Therapy: Constructive and Destructive Cycles, Element-Organ Relationships and Properties

#### *Unit 3: Acupressure Points and Disease Classification*

- **Types of Disease:** Shi (Excess) and Xu (Deficiency)
- **Principles:** Mother-Son Law, Husband-Wife Law
- **Body Measurement:** Measuring Units and Techniques
- Acupressure Points

#### *Unit 4: Introduction to Su-Jok and Modern Treatment Modalities*

- Introduction to Su-Jok Therapy
- Treatment Modalities
- Use of Bio-Magnets and Magnetic Belts

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.

Suggested Reading:

- **"The Complete Guide to Acupressure"** by Michael Reed Gach
- **"Chinese Medicine: The Comprehensive Guide to the Meridians"** by John Chen
- **"The Tao of Health, Sex, and Longevity"** by Daniel Reid
- □ **"Su Jok Therapy"** by Park Jae Woo

Course Name Practical of Yoga-II (Skill Based)	L	T	P	Cr
Course Code BYN205	0	0	4	2

### Learning outcomes come:

- **Understanding Physical Fitness:** Define physical fitness, identify its importance, and explain the components and benefits of health and fitness, as well as factors influencing them.
- **Exercise and Postural Health:** Analyze the significance of exercise for health, understand fatigue, and explore the importance of rest, sleep, and posture, along with common postural deformities.
- **Immunity and Public Health:** Describe the types of immunity, heredity's impact on health, and the significance of immunization, including an overview of national health programs.
- **Disability and Rehabilitation:** Explain the definitions and concepts related to disability and rehabilitation, including the scope and importance of occupational therapy.

#### *Unit 1: Foundations of Physical Fitness and Health*

- Definition and Importance of Physical Fitness
- Components of Health and Fitness
- Benefits of Fitness
- Factors Influencing Health and Fitness
- Concept of Positive Health
- Pathways to Achieving Physical Fitness

#### *Unit 2: Exercise, Rest, and Postural Health*

- Importance of Exercise for Good Health
- Fatigue: Symptoms, Causes, Prevention, and Management
- Importance of Rest and Sleep
- Relaxation Methods
- Posture and Postural Health
- Common Postural Deformities

#### *Unit 3: Immunity, Heredity, and Public Health Initiatives*

- Immunity: Types and Influencing Factors
- Heredity and Its Effect on Health
- Immunization: Introduction and Importance
- National Health Programme - DOTS, Leprosy, Polio

#### *Unit 4: Disability, Rehabilitation, and Occupational Therapy*

- Disability: Definitions and Terms
- Rehabilitation: Concept and Scope

### Transaction Mode

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

## Suggested Reading:

- **"Physical Fitness: A Way of Life"** by Melvin H. Williams
- **"Exercise Physiology: Nutrition, Energy, and Human Performance"** by William D. McArdle, Frank I. Katch, and Victor L. Katch
- **"Introduction to Public Health"** by Mary-Jane Schneider
- **"Rehabilitation: A Comprehensive Approach"** by Margaret J. McNulty

Course Name Practical of Acupressure and Su-Jok-II (Skill Based)	L	T	P	Cr
Course Code BYN206	0	0	4	2

## Learning outcomes come:

- **Foundational Knowledge of Yoga:** Demonstrate an understanding of the philosophy, benefits, and various schools of yoga, as well as the significance of basic asanas in promoting physical and mental well-being.
- **Intermediate Practice and Pranayama:** Execute intermediate yoga postures with an emphasis on alignment and flexibility, and apply pranayama techniques, understanding their physiological and psychological effects.
- **Advanced Techniques and Meditation:** Perform advanced asanas safely and effectively, and practice meditation techniques that enhance focus, relaxation, and mental clarity.
- **Yogic Cleansing and Therapeutic Applications:** Apply yogic cleansing techniques and recognize the therapeutic benefits of yoga in managing common ailments, tailoring practices to individual needs.

### *Unit 1: Introduction to Yoga and Basic Asanas*

- **Practical 1: Introduction to Yoga**

**Activity:** Overview of yoga, its philosophy, and benefits. Introduction to different schools of yoga (Hatha, Ashtanga, Iyengar, etc.).

- **Practical 2: Basic Asanas (Standing Postures)**

**Activity:** Demonstration and practice of basic standing asanas such as Tadasana (Mountain Pose), Vrikshasana (Tree Pose), and Trikonasana (Triangle Pose). Focus on alignment, breath control, and benefits.

## *Unit2:IntermediateAsanasand Pranayama*

- **Practical1:IntermediateAsanas(SittingandSupinePostures)**

**Activity:**PracticeofsittingandsupineasanaslikePadmasana(LotusPose), Paschimottanasana(SeatedForwardBend),Bhujangasana(CobraPose), andSetu Bandhasana (Bridge Pose). Emphasis on flexibility and core strength.

- **Practical2:Pranayama(BreathingTechniques)**

**Activity:**IntroductiontopranayamatechniquessuchasAnulomVilom(AlternateNostril Breathing), Kapalbhati (Skull Shining Breath), and Bhramari (Bee Breath). Discuss the physiological and psychological benefits.

## *Unit3:AdvancedAsanasandMeditation*

- **Practical1:AdvancedAsanas(BalancingandInversions)**

**Activity:**PracticeofadvancedasanaslikeSirsasana(Headstand),Sarvangasana(Shoulder Stand), and Bakasana (Crow Pose). Focus on safety, body awareness, and mental concentration.

- **Practical2:MeditationTechniques**

**Activity:**IntroductiontomeditationpracticessuchasMindfulnessMeditation, Guided Visualization, and Mantra Meditation. Explore techniques for cultivating focus, relaxation, and inner peace.

## *Unit4:YogicCleansingTechniquesandYogaTherapy*

- **Practical1:Shatkarmas(YogicCleansingTechniques)**

**Activity:** Demonstration and practice of cleansing techniques such as Jal Neti (Nasal Cleansing), Sutra Neti (String Cleansing), and Kapalbhati (Cleansing Breath). Discuss the health benefits and safety precautions.

- **Practical2:YogaTherapy**

**Activity:** Introduction to the therapeutic application of yoga for common ailments (e.g., backpain, stress, respiratory issues). Practice of gentle asanas, pranayama, and relaxation techniques tailored for specific conditions.

### **TransactionMode**

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

## Suggested Reading:

- **"Light on Yoga"** by B.K.S. Iyengar
- **"The Heart of Yoga: Developing a Personal Practice"** by T.K.V. Desikachar
- **"Yoga Anatomy"** by Leslie Kaminoff and Amy Matthews
- **"The Yoga Sutras of Patanjali"** by Sri Swami Satchidananda

Course Name Diet and Nutrition (Value Added Course)	L	T	P	Cr
Course Code BYN207	2	0	0	2

### Learning outcomes come:

#### **BVYN505:**

### Learning outcomes come:

#### *Unit 1: Principles of Nutrition and Dietary Management*

- Principles of Diet
- Classification of food and drinks
- Deficiency diseases, Artificial foods and their ill-effects
- Acidic and Alkaline foods
- Digestion, Absorption, and Assimilation
- Customs and Manners of eating
- Combination of foods
- Value of foods in raw, germinated and cooked form
- What to eat, how to and how much to eat
- Practical Aspects of Nutrition
- Nutrition and its Importance
- Balanced Diet

#### *Unit 2: Nutritional Therapy: Diet Management in Health and Disease*

- Diet in Health and Disease
- Fruit and Juice Therapy
- Methods of Cooking and Nutritional Impact
- Nutrients present in foods

#### *Unit 3: Fasting: Principles, Methods, and Therapeutic Applications*

- Introduction to Fasting
- Types and Methods of Fasting
- Therapeutic Applications of Fasting



#### *Unit 4: Physiological Effects and Clinical Aspects of Fasting*

- Physiological Effects of Fasting
- Breaking the Fast
- Clinical Applications of Fasting
- Role of fasting in various diseases
- Prevention of diseases

#### **Transaction Mode**

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

Course Name Role of Yoga and Naturopathy in Community Health (Discipline Elective-III)	L	T	P	Cr
Course Code BYN208	3	0	0	3

#### **Unit 1: Introduction to Community Health and Preventive Healthcare**

- **Definition and Scope of Community Health**
  - Overview of community health and its importance in public health.
  - Key determinants of health: biological, environmental, social, and economic factors.
- **Basics of Preventive Healthcare**
  - Primary, secondary, and tertiary prevention strategies.
  - Role of lifestyle modifications in disease prevention.
- **Overview of Yoga and Naturopathy**
  - Fundamental principles and practices of Yoga and Naturopathy.
  - Historical development and cultural context.

#### **Unit 2: Yoga in Community Health**

- **Yoga for Physical Health**
  - Role of Yoga in the prevention and management of chronic diseases (e.g., hypertension, diabetes, cardiovascular diseases).
  - Yoga as a tool for enhancing physical fitness and immune function.
- **Yoga for Mental Health**

- Impact of Yoga on stress reduction, anxiety, depression, and mental well-being.
- Yoga techniques for mental resilience and emotional balance.
- **Community Yoga Programs**
  - Designing and implementing Yoga programs for schools, workplaces, and communities.
  - Case studies of successful community Yoga initiatives.

### **Unit 3: Naturopathy in Community Health**

- **Principles and Practices of Naturopathy**
  - Core principles: healing power of nature, treat the cause, and holistic treatment.
  - Common naturopathic therapies: diet and nutrition, hydrotherapy, herbal medicine, and lifestyle counseling.
- **Naturopathy for Disease Prevention**
  - Role of naturopathy in preventing lifestyle-related diseases.
  - Nutritional interventions and detoxification practices.
- **Implementing Naturopathy in Community Settings**
  - Strategies for promoting naturopathic practices in communities.
  - Collaboration with local health authorities and NGOs.

### **Unit 4: Integrative Approaches and Case Studies**

- **Integrating Yoga and Naturopathy in Community Health Programs**
  - Developing holistic community health initiatives that combine Yoga and Naturopathy.
  - Best practices for integrating these disciplines into existing healthcare frameworks.
- **Case Studies**
  - Analysis of successful integrative health programs that utilize Yoga and Naturopathy.
  - Lessons learned from community health interventions in different cultural contexts.
- **Challenges and Future Directions**
  - Addressing barriers to implementing Yoga and Naturopathy in community health.
  - Future trends in natural and integrative healthcare for communities.

Course Name Nutrition Science (Discipline Elective-III)	L	T	P	Cr
Course Code BYN209	3	0	0	3

#### ***Learning Outcomes:***

- Understand the basic principles of nutrition and the role of various nutrients in human health.
- Explain the process of digestion, absorption, and metabolism of nutrients.

- Evaluate dietary guidelines and make informed dietary recommendations based on nutritional science.
- Evaluate the role of nutrition in the prevention and management of chronic diseases.
- Understand the principles of nutritional epidemiology and how they apply to public health research.
- Analyze public health nutrition strategies and policies to address global nutrition challenges.
- Apply dietary assessment methods to evaluate nutritional intake and plan balanced diets.
- Understand the nutritional needs specific to athletes and the role of diet in sports performance.
- Develop skills in nutritional counseling and design effective nutrition education programs.

### **Unit 1: Fundamentals of Nutrition Science**

- **Introduction to Nutrition**
  - Definition and scope of nutrition science.
  - The role of nutrients in the human body: macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamins, minerals).
- **Digestion, Absorption, and Metabolism**
  - Overview of the digestive system and the process of nutrient absorption.
  - Metabolism and energy production.
- **Nutritional Guidelines and Dietary Recommendations**
  - Dietary Reference Intakes (DRIs) and food pyramid.
  - Importance of a balanced diet.

### **Unit 2: Nutritional Biochemistry and Physiology**

- **Macronutrient Metabolism**
  - Detailed study of carbohydrate, protein, and fat metabolism.
  - The role of enzymes and hormones in nutrient metabolism.
- **Micronutrient Functions and Deficiencies**
  - Functions, sources, and deficiencies of essential vitamins and minerals.
  - Impact of micronutrient deficiencies on health (e.g., anemia, scurvy, rickets).
- **Nutritional Physiology**
  - The role of nutrition in the functioning of different physiological systems (e.g., immune system, cardiovascular system).
  - Nutrition across different life stages: infancy, childhood, adolescence, adulthood, and aging.

### **Unit 3: Nutrition and Disease Prevention**

- **Role of Nutrition in Chronic Diseases**
  - The impact of diet on the development and prevention of chronic diseases (e.g., obesity, diabetes, cardiovascular disease).
  - Nutritional strategies for managing and preventing chronic conditions.
- **Nutritional Epidemiology**

- Study of the relationship between diet and health outcomes in populations.
- Methods for assessing dietary intake and nutritional status in epidemiological studies.
- **Public Health Nutrition**
  - Nutrition policies and programs aimed at improving public health.
  - Global challenges in nutrition: malnutrition, food security, and dietary transitions.

#### **Unit 4: Applied Nutrition and Diet Planning**

- **Dietary Assessment and Planning**
  - Methods for assessing dietary intake (e.g., food diaries, 24-hour recall, food frequency questionnaires).
  - Principles of diet planning and creating balanced meal plans.
- **Sports and Exercise Nutrition**
  - Nutritional needs for athletes and physically active individuals.
  - Role of nutrition in enhancing athletic performance and recovery.
- **Nutritional Counseling and Education**
  - Strategies for effective nutritional counseling and behavior change.
  - Designing and implementing nutrition education programs.

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- Wardlaw, G. M., Smith, A. M., & Collene, A. L. (2018). *Contemporary Nutrition* (11th ed.). McGraw-Hill Education.
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- Willett, W. C. (2013). *Nutritional Epidemiology* (3rd ed.). Oxford University Press.
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- Thompson, J. L., Manore, M. M., & Vaughan, L. A. (2017). *The Science of Nutrition* (5th ed.). Pearson.
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## Semester III

Course Name Yoga & Health (Core)	L	T	P	Cr
Course Code BYN301	4	0	0	4

### Learning outcomes come:

- **Understanding Pancha Kosha, Triguna, and Panchamahabhutas:** Explain the concepts of Pancha Kosha (five sheaths), Triguna (three gunas), and Panchamahabhutas (five great elements), and their relevance to physical and mental well-being.
- **Principles of Yogic Diet and Nutrition:** Describe the principles of a yogic diet, including the classifications of Pathya and Apathya, and the characteristics and effects of Satvik, Rajasik, and Tamasik foods on health and mind.
- **Exploring Human Psyche:** Compare and contrast yogic concepts of the psyche with modern psychological theories, focusing on behavior, consciousness, and the management of conflicts and frustrations.
- **Understanding Psychosomatic Disorders:** Identify psychosomatic disorders such as insomnia, anxiety, and stress, and explore their causes and management from both yogic and modern perspectives.

### *Unit 1: Fundamentals of Panchakosha, Triguna and Panchamahabhutas*

- Concept of Panchakosha
- Concept of Triguna
- Concept of Panchamahabhutas

### *Unit 2: Principles of Yogic Diet and Nutrition*

- Introduction to Yogic Diet and Nutrition
- Concept of Pathya and Apathya (Suitable and Unsuitable Foods)
- Mitahara (Moderate Eating)
- Satvik Ahara (Pure and Balanced Diet)
- Rajasik Ahara (Stimulating and Overindulgent Foods)
- Tamasik Ahara (Heavy and Lethargic Foods)

### *Unit 3: Understanding Human Psyche: Yogic and Modern Perspectives*

- Human Psyche: Yogic Concepts vs. Modern Psychology
- Behaviour and Consciousness: Theoretical Insights
- Frustration and Conflicts: Causes and Management
- Psychosomatic Disorders: Understanding Insomnia, Anxiety, and Stress

### *Unit 4: Mind-Body Connection and Yoga's Role in Mental Health*

- Mind-Body Relationship: Understanding the Interconnection
- Mental Hygiene: Definition, Aims, and Aspects
- Yoga's Role in Mental Hygiene: Techniques and Benefits
- Mental Health: Definitions, Characteristics, and Yoga's Contribution

**TransactionMode**

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

**Suggested Reading:**

- **"The Yoga Sutras of Patanjali"** by Sri Swami Satchidananda
- **"Yoga for Emotional Balance: Simple Practices to Help Relieve Anxiety and Depression"** by Eileen A. T. M. C. M. McCarthy
- **"The Science of Yoga: The Risks and the Rewards"** by William J. Broad
- **"The Mind-Body Connection: A Psychosomatic Perspective"** by David K. Reynolds
- **"The Art of Happiness"** by His Holiness the Dalai Lama and Howard Cutler

Course Name Computer Software Application(Core)	L	T	P	Cr
Course Code BYN302	4	0	0	4

**Learning outs come:**

- **Document Layout Skills:** Apply knowledge of page layout options, including margins, orientation, and headers/footers, to create professionally formatted documents.
- **Excel Worksheet Management:** Exhibit skills in managing worksheets, including operations with cells, rows, and columns, and demonstrate basic commands for efficient data manipulation.
- **Data Analysis in Excel:** Analyze data using Excel features like sorting, filtering, and conditional formatting, and create visual representations of data through charts and SmartArt.
- **PowerPoint Presentation Skills:** Create and manage effective PowerPoint presentations, including slide design, object insertion, and enhancements to engage an audience.

*Unit1:IntroductiontoMicrosoftWord2010*

- MicrosoftWord2010Overview:FeaturesandNavigation
- CreatingandManagingDocuments:Opening,Saving,andBasicOperations
- TextFormatting:Fonts,Sizes,Colors,andStyles
- PageLayout:Margins,Orientation,andHeader/FooterCustomization
- InsertingandFormattingElements:Pictures,Clip-arts,Shapes,andSymbols
- TableManagement:InsertionandFormatting
- MailMerge:BasicsandApplications

*Unit2:MasteringMicrosoftExcel:WorksheetManagement*

- MicrosoftExcelOverview:TitleBar,MenuBar,ToolBarwithDifferentTabs
- WorkingwithWorksheets:Cells,Rows,Columns,Worksheets,andWorkbooks
- BasicCommands:Cut,Copy,Paste
- CellandWorksheetFormatting
- DataVisualization:ConditionalFormatting

- DataManagement:SortingandFiltering

### *Unit3:ExcelDataAnalysisand Visualization*

- WorkingwithCharts:IntroductiontoChartTypes
- SmartArtGraphics:IncorporatingVisualElements
- FormulasandFunctions:BasicConceptsandOperators

### *Unit4:PowerPointPresentationMastery*

- IntroducingMicrosoftPowerPoint2010:InterfaceOverview
- CreatingandManagingSlides
- InsertingandDealingwithObjects
- EnhancingthePresentation

### **TransactionMode**

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

### **Suggested Reading:**

- **"Microsoft Word 2010 Step by Step"** by Joan Lambert
- **"Excel 2010 for Dummies"** by Greg Harvey
- **"Microsoft PowerPoint 2010 Step by Step"** by Cindy J. Wheeler
- **"Office 2010 All-in-One For Dummies"** by Mary Anne Poatsy, et al.
- **"Excel 2010 Power Programming with VBA"** by Michael Alexander and Dick Kusleika

Course Name Magnet Therapy (Compulsory Foundation)	L	T	P	Cr
Course Code BYN303	2	0	0	2

### **Learning outs come:**

- **Application and Efficacy:** Evaluate the effects of magnets and various methods of magnet therapy, identifying both the merits and demerits associated with its use.
- **Types and Benefits of Magnets:** Distinguish between different types of magnets and describe the process of charging water and oil, along with their benefits in therapy.
- **Practical Application:** Demonstrate the methods of preparing and applying magnet therapy for various diseases, while also recognizing the limitations and precautions necessary for effective treatment.
- **Preservation Techniques:** Identify practical tips for the effective use and preservation of magnets in therapeutic practices.

### *Unit 1: Foundations of Magnet Therapy*

- Introduction and History of Magnet Therapy
- Meaning and Principles of Magnet Therapy
- Characteristics of Magnet Therapy

### *Unit 2: Applications and Efficacy of Magnet Therapy*

- Effects of Magnets
- Use of Various Magnets
- Methods of Magnet Therapy
- Merits and Demerits of Magnet Therapy
- Advantages of Magnet Therapy

### *Unit 3: Fundamentals and Benefits of Magnet Therapy*

- Types of Magnets
- Charging of Water & Oil and Its Benefits
- Use of Magnet Therapy
- Benefits of Magnet Therapy

### *Unit 4: Applications and Practices of Magnet Therapy*

- Methods of Preparing Magnet Therapy
- Treatment of Various Diseases with Magnet Therapy and Its Limitations
- Electrical Magnet Therapy
- Practical Hints on the Use and Preservation of Magnets

#### Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.

#### Suggested Reading:

- **"Magnet Therapy: A Comprehensive Guide"** by Dr. Thomas L. Schaefer
- **"The Healing Power of Magnets"** by Dr. Michael J. Coyle
- **"Magnet Therapy: The Science of Healing with Magnets"** by Dr. Barbara A. Smith
- **"Magnets in Medicine"** by Dr. George L. Dyer
- **"Magnet Therapy: A Natural Approach to Health and Wellness"** by Anne L. Weir



Course Name Fitness Management (Entrepreneurship)	L	T	P	Cr
Course Code BYN304	0	0	4	2

### **Learning outcomes:**

- **Understanding Fitness Management:** Define fitness and fitness management, and explain the modern concepts and types of fitness, including their relevance to overall health.
- **Components of Fitness:** Identify and describe the various components of fitness, distinguishing between health-related and performance-related fitness, and understand how aerobic and anaerobic exercises contribute to fitness development.
- **Factors Influencing Fitness:** Analyze the factors that affect fitness levels, such as age, sex, and activity type, and learn how to administer fitness tests effectively.
- **Nutrition and Its Impact:** Explain the importance of a balanced diet and the different types of nutrients, assessing how diet affects fitness levels. Understand BMI and BMR and their significance in fitness management

#### *Unit1:FoundationsofFitnessand Management*

- MeaningofFitness&Fitness Management
- ModernConceptofFitness
- TypesofFitness:General,Physical,andModernFitness
- NeedandImportanceofFitness Management

#### *Unit2:ComponentsandFactorsofFitness*

- ComponentsofFitness:Health-RelatedandPerformance-Related
- MeanstoDevelopFitnessComponents:AerobicandAnaerobicExercise
- FactorsAffectingFitness:Age,Sex,andTypeofActivity(Sedentary/Active)
- AdministrationofFitnessTests

#### *Unit3:Diet,Nutrition,andTheirImpacton Fitness*

- MeaningofBalancedDietandNutrition
- TypesofNutrients: Micro,Macro,Water,Fiber, etc
- EffectofDietonFitness
- ConceptofBMI(BodyMassIndex)andBMR(BasalMetabolicRate)

#### *Unit4:DesigningandImplementingFitnessPrograms*

- MethodsofDevelopingDifferentFitnessTrainingPrograms
- ConceptofFreeWeightsvs.MachineSetsandRepetitions
- FitnessTrainingPrograms forDifferentAgeGroups
- ExercisePrescriptionforIndividualNeeds

### **TransactionMode**

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

### Suggested Reading:

- **"Fitness Management: A Comprehensive Guide"** by Mark A. Smith
- **"Exercise Physiology: Theory and Application to Fitness and Performance"** by Scott K. Powers and Edward A. Howley
- **"Nutrition for Health, Fitness & Sport"** by Melvin H. Williams
- **"ACSM's Guidelines for Exercise Testing and Prescription"** by American College of Sports Medicine
- **"Complete Guide to Strength Training"** by Anita Bean

Course Name Practical of Yoga-III (Skill Based)	L	T	P	Cr
Course Code BYN305	0	0	4	2

### Learning outcomes come:

- **Understanding Chromotherapy:** Define chromotherapy, its history, and underlying principles, demonstrating knowledge of how colors influence physical and emotional well-being.
- **Applications of Color:** Identify and describe the primary and secondary colors, understanding their physiological effects and benefits in therapeutic contexts.
- **Color Charging Techniques:** Demonstrate knowledge of various techniques for charging substances with color energy, including methods for air, water, oils, and foodstuffs.
- **Diagnostic Methods:** Recognize symptoms of color deficiencies and apply diagnostic methods to assess the need for chromotherapy interventions.

#### *Unit1:IntroductiontoChromotherapy*

- IntroductiontoChromotherapy:Meaning,Definitions,andHistory
- PrinciplesofChromotherapy
- SourcesofLight:SolarSystemandAnalysisofLight

#### *Unit2:ApplicationsandPrecautionsinChromotherapy*

- TypesofColors:PrimaryandSecondary
- PhysiologicalUsesandBenefitsofColors:Violet,Indigo,Blue,Green,Yellow,Orange,Red, Infrared, and Ultraviolet
- LimitationsandPrecautionsinChromotherapy

#### *Unit3:ColorChargingTechniquesandDiagnosticMethods*

- MethodsofChargingbyColors
- Charging Various Substances: Air,Water, Oils, Foodstuffs, Glycerin, Vaseline, Raw Sugar, Milk, Rose-Water
- SymptomsofColorDeficiencyandDiagnosticMethods

#### *Unit4:TherapeuticApplicationsandMethodsofChromotherapy*

- TherapeuticValuesofChromotherapy
- MethodsofChromotherapy
- TreatmentsUsingSunlight
- DosesandBenefitsofChargedColorsasMedicine
- ColorBenefitsfromStones/Gems

#### **TransactionMode**

**Lecture,Seminar,e-TeamTeaching,e-Tutoring,Dialogue,PeerGroupDiscussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

#### **Suggested Reading:**

- **"Chromotherapy: The Use of Color in Healing"** by Inge Dougans
- **"The Healing Power of Color"** by John Ott
- **"Light Therapy: A Practical Guide to the Use of Color in Healing"** by Dr. Howard L. B. Greenberg
- **"Color and Healing: A Complete Guide to the Benefits of Color"** by Anthony D. Morris
- **"The Secret Language of Color"** by Joann Eckstut and Arielle Eckstut

Course Name Practical of Magnet Therapy & Chromo Therapy-III (Skill Based)	L	T	P	Cr
Course Code BYN306	0	0	4	2

#### **Learning outs come:**

- **Understanding Tourism Geography:** Define tourism geography and analyze the relationship between geography and tourism, including spatial patterns of tourist activities worldwide.
- **Types of Tourism:** Identify and categorize various types of tourism (cultural, ecological, wellness, adventure) and their geographical significance, understanding how they shape travel behaviors and trends.
- **Global Tourism Trends:** Assess current trends in global tourism, recognizing emerging destinations and changing travel behaviors in response to cultural and environmental factors.
- **Major Tourist Destinations:** Describe major global tourist destinations, focusing on their geographical features, attractions, and the significance of UNESCO World Heritage Sites.

#### *Unit1: Introduction toGlobal Tourism Geography*

- **Concept of Tourism Geography:** Understanding the relationship between geography and tourism, including spatial patterns and the distribution of tourist activities globally.
- **TypesofTourism:**Explorationofdifferenttypesoftourism(e.g.,cultural,e ecological, wellness, adventure) and their geographical significance.
- **Global Tourism Trends:** Overview of current trends in global tourism, including emerging destinations and travel behaviors.

## *Unit 2: Major Global Tourist Destinations*

- **Geographical Features and Attractions:** Study of major global tourist destinations, focusing on geographical features such as mountains, beaches, deserts, and urban areas.
- **World Heritage Sites:** Examination of UNESCO World Heritage Sites, their significance, and impact on global tourism.
- **Popular Wellness and Naturopathy Destinations:** Analysis of key destinations known for wellness tourism, including those focusing on yoga, meditation, and natural healing.

## *Unit 3: Tourism and Cultural Geography*

- **Cultural Landscapes and Tourism:** Exploration of how culture influences tourism, including cultural heritage, traditions, and festivals.
- **Religious and Spiritual Tourism:** Study of major religious and spiritual tourism destinations globally, with a focus on pilgrimages and spiritual retreats.
- **Impact of Tourism on Local Cultures:** Examination of how tourism affects local cultures, including both positive and negative impacts.

## *Unit 4: Environmental Impact and Sustainable Tourism*

- **Tourism and the Environment:** Analysis of the environmental impact of tourism, including issues related to biodiversity, pollution, and resource use.
- **Sustainable Tourism Practices:** Study of sustainable tourism practices and their importance in preserving natural and cultural resources.
- **Case Studies in Sustainable Tourism:** Exploration of global examples of sustainable tourism initiatives and their outcomes.

## *Unit 5: Tourism Geography and Economic Development*

- **Economic Impact of Tourism:** Examination of how tourism contributes to economic development, including job creation, infrastructure development, and revenue generation.
- **Tourism in Developing Countries:** Study of the role of tourism in the economic development of developing countries, including challenges and opportunities.
- **Global Tourism Policies and Planning:** Overview of global tourism policies, international Agreements, and the role of government in tourism planning and management.

### **Transaction Mode**

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

### **Suggested Reading:**

- **"Tourism Geography: Globalization and Change"** by C. Michael Hall and Stephen J. Page
- **"Geographies of Tourism: A Global Perspective"** by K. B. D. A. S. Perera

- **"Cultural Tourism: The Partnership Between Tourism and Cultural Heritage Management"** by Bob McKercher and Hilary du Cros
- **"Sustainable Tourism: A Global Perspective"** by David Weaver
- **"The Geography of Tourism and Recreation: Environment, Place and Space"** by C. Michael Hall and Stephen J. Page

Course Name: Practical of Fitness Management-III (Skill Based)	L	T	P	Cr
Course Code BYN307	0	0	4	2

**Learning outcomes come:**

- **Understanding Yoga Philosophy:** Describe the foundational concepts of yoga, including its philosophy, history, and different schools of practice.
- **Basic Asanas Proficiency:** Demonstrate and practice basic standing postures, focusing on correct alignment, breath control, and understanding their physical and mental benefits.
- **Intermediate Asanas Skills:** Execute intermediate sitting and supine postures, emphasizing flexibility, core strength, and proper techniques.
- **Pranayama Techniques:** Identify and practice various pranayama techniques, understanding their physiological and psychological effects on the body and mind.

*Unit1:IntroductiontoYogaandBasicAsanas*

- **Practical1:IntroductiontoYoga**

**Activity:** Overview of yoga, its philosophy, and benefits. Introduction to different schools of yoga (Hatha, Ashtanga, Iyengar, etc.).

- **Practical2:BasicAsanas(StandingPostures)**

**Activity:** Demonstration and practice of basic standing asanas such as Tadasana (Mountain Pose), Vrikshasana (Tree Pose), and Trikonasana (Triangle Pose). Focus on alignment, breath control, and benefits.

*Unit2:IntermediateAsanasandPranayama*

- **Practical1:IntermediateAsanas(SittingandSupinePostures)**

**Activity:** Practice of sitting and supine asanas like Padmasana (Lotus Pose), Paschimottanasana (Seated Forward Bend), Bhujangasana (Cobra Pose), and Setu Bandhasana (Bridge Pose). Emphasis on flexibility and core strength.

- **Practical2:Pranayama(BreathingTechniques)**

**Activity:** Introduction to pranayama techniques such as Anulom Vilom (Alternate Nostril Breathing), Kapalhati (Skull Shining Breath), and Bhramari (Bee Breath). Discuss the physiological and psychological benefits.

### *Unit3:AdvancedAsanasandMeditation*

- **Practical1:AdvancedAsanas(BalancingandInversions)**

**Activity:**PracticeofadvancedasanaslikeSirsasana(Headstand),Sarvangasana(Shoulder Stand), and Bakasana (Crow Pose). Focus on safety, body awareness, and mental concentration.

- **Practical2:MeditationTechniques**

**Activity:**IntroductiontomeditationpracticessuchasMindfulnessMeditation,Guided Visualization,andMantraMeditation.Exploretechniquesforcultivatingfocus,relaxation, and inner peace.

### *Unit4:YogicCleansingTechniquesandYogaTherapy*

- **Practical1:Shatkarmas(YogicCleansingTechniques)**

**Activity:** Demonstration and practice of cleansing techniques such as Jal Neti (Nasal Cleansing),SutraNeti(StringCleansing),andKapalbhati(CleansingBreath).Discuss the health benefits and safety precautions.

- **Practical2:YogaTherapy**

**Activity:** Introduction to the therapeutic application of yoga for common ailments (e.g., backpain, stress, respiratoryissues).Practiceofgentleasanas,pranayama ,andrelaxation techniques tailored for specific conditions.

### **TransactionMode**

**Lecture,Seminar,e-TeamTeaching,e-Tutoring,Dialogue,PeerGroupDiscussion, Mobile Teaching, Self- Learning, Collaborative Learning and Cooperative Learning.**

### **Suggested Reading:**

- **"The Heart of Yoga: Developing a Personal Practice"** by T.K.V. Desikachar
- **"The Yoga Sutras of Patanjali"** by Sri Swami Satchidananda
- **"Yoga Anatomy"** by Leslie Kaminoff and Amy Matthews
- **"The Complete Book of Yoga"** by Swami Vishnu-Devananda

Course Name Global Tourism Geography (Discipline Elective-IV)	L	T	P	Cr
Course Code BYN308	3	0	0	3

**Learning outs come:**

- **Cardiovascular and Respiratory Fitness Evaluation:** Administer and interpret cardiovascular and respiratory fitness tests, using appropriate equipment, to assess individual fitness levels.
- **Strength and Flexibility Assessment:** Conduct strength and flexibility tests, ensuring proper techniques and safety protocols, and analyze the results for fitness evaluation.
- **Exercise Prescription Knowledge:** Create tailored cardiovascular training programs based on individual fitness levels, goals, and health considerations.
- **Strength Training Program Development:** Design effective strength training routines that include exercise selection, periodization, and progression strategies to meet diverse fitness needs.

### *Unit 1: Fitness Assessment and Evaluation*

- **Practical 1: Anthropometric Measurements**

**Activity:** Hands-on practice in measuring height, weight, body mass index (BMI), body fat percentage, and circumference measurements.

- **Practical 2: Cardiovascular and Respiratory Fitness Testing**

**Activity:** Conducting tests such as the Cooper Test, step test, and VO<sub>2</sub> max estimation. Instruction on using equipment like treadmills, stationary bikes, and heart rate monitors.

- **Practical 3: Strength and Flexibility Testing**

**Activity:** Performing strength tests (e.g., one-rep max, grip strength) and flexibility tests (e.g., sit-and-reach test). Proper technique and safety protocols.

### *Unit 2: Exercise Prescription and Program Design*

- **Practical 1: Designing Cardiovascular Training Programs**

**Activity:** Creating individualized cardio programs considering fitness levels, goals, and health status. Discussion on training modalities (e.g., interval training, steady-state cardio).

- **Practical 2: Strength Training Program Design**

**Activity:** Designing strength training routines, focusing on different muscle groups, periodization, and progression. Supervised practice in exercise selection and technique.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-



Learning, Collaborative Learning and Cooperative Learning.

Suggested Reading :

- **ACSM's Guidelines for Exercise Testing and Prescription** - Comprehensive resource on exercise testing.
- **Fitness Professional's Handbook** - Covers fitness assessment and exercise prescription.
- **Designing Resistance Training Programs** - Focuses on strength training design and periodization.
- **Advanced Fitness Assessment and Exercise Prescription** - In-depth information on assessment techniques.
- **NSCA's Essentials of Personal Training** - Insights on assessments and program design for personal training.
- **Complete Guide to Strength Training** - Practical guide to strength training techniques and progression.

Course Name Herbal Medicine (Discipline Elective-IV)	L	T	P	Cr
Course Code BYN309	3	0	0	3

### *Learning Outcomes:*

- Develop and implement herbal treatment plans for various health conditions.
- Apply practical skills in preparing and administering herbal remedies.
- Understand the role of herbal medicine in public health and community wellness initiatives.
- Understand the historical and cultural significance of herbal medicine.
- Identify the basic principles and key active compounds in medicinal plants.
- Evaluate the role of herbal medicine within the context of modern healthcare systems.

### **Unit 1: Introduction to Herbal Medicine**

- **History and Evolution of Herbal Medicine**
  - Overview of the historical development of herbal medicine across various cultures.
  - The transition from traditional practices to modern herbal medicine.
- **Principles of Herbal Medicine**
  - Basic concepts: herbal energetics, plant constituents, and herbal actions.
  - Introduction to phytochemistry: active compounds in plants (alkaloids, flavonoids, tannins, etc.).
- **Herbal Medicine in Modern Healthcare**
  - The role of herbal medicine in complementary and integrative healthcare.
  - Regulatory aspects and quality control of herbal products.

### **Unit 2: Materia Medica of Herbal Medicine**

- **Introduction to Materia Medica**
  - Understanding Materia Medica: classification and profiles of medicinal plants.



- Overview of common herbs used in Western, Ayurvedic, and Traditional Chinese Medicine.
- **Herbal Actions and Applications**
  - Detailed study of selected herbs: their actions, therapeutic uses, and indications.
  - Case studies of herbs used for specific health conditions (e.g., echinacea for immune support, ginger for digestion).
- **Dosage Forms and Preparations**
  - Preparation methods: infusions, decoctions, tinctures, extracts, and poultices.
  - Standardization of herbal dosages and considerations for safe use.

### **Unit 3: Herbal Pharmacology and Toxicology**

- **Herbal Pharmacokinetics and Pharmacodynamics**
  - Understanding how herbal compounds interact with the body (absorption, distribution, metabolism, excretion).
  - Mechanisms of action for commonly used herbs.
- **Safety, Toxicity, and Herb-Drug Interactions**
  - Assessing the safety and potential toxicity of herbal remedies.
  - Understanding herb-drug interactions and contraindications.
- **Clinical Applications and Evidence-Based Practice**
  - Review of clinical trials and research studies on herbal medicine efficacy.
  - Case studies: integrating herbal medicine into clinical practice.

### **Unit 4: Applied Herbal Medicine and Clinical Practice**

- **Herbal Therapeutics for Specific Conditions**
  - Herbal protocols for managing common ailments (e.g., respiratory conditions, digestive issues, stress, and anxiety).
  - Designing personalized herbal treatment plans.
- **Herbal Medicine in Public Health**
  - Role of herbal medicine in preventive health and wellness.
  - Community-based herbal programs and outreach.
- **Practical Skills in Herbal Medicine**
  - Hands-on workshops for preparing herbal remedies (ointments, balms, syrups).
  - Case studies and role-playing for clinical practice scenarios.

### **TransactionMode**

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

### **References:**

- Winston, D., & Maimes, S. (2007). *Adaptogens: Herbs for Strength, Stamina, and Stress Relief*. Healing Arts Press.
- Berger, A., & Petri, E. (2016). *Herbal Medicine: Back to the Roots* (1st ed.). Springer.
- Brinker, F. (2010). *Herb Contraindications and Drug Interactions* (3rd ed.). Eclectic Medical Publications.

- Bone, K., & Mills, S. (2013). *Principles and Practice of Phytotherapy: Modern Herbal Medicine* (2nd ed.). Elsevier Health Sciences
- Gladstar, R. (2012). *Rosemary Gladstar's Herbal Recipes for Vibrant Health*. Storey Publishing.
- Moore, M. (2003). *Medicinal Plants of the Desert and Canyon West*. Museum of New Mexico Press.

Course Name Meditation Techniques (OE)	L	T	P	Cr
Course Code BYN310	2	0	0	2

### **Learning Outcomes**

1. Explain key concepts and principles of meditation.
2. Demonstrate various meditation techniques.
3. Assess the benefits of meditation for personal and therapeutic use.
4. Develop a basic personal meditation practice.

### **Unit 1**

#### **Foundations of Meditation**

- **Introduction to Meditation**
  - Definition and history
  - Overview of different meditation traditions
- **Benefits of Meditation**
  - Psychological and physiological effects
- **Basic Meditation Practices**
  - Posture, breath awareness, and relaxation techniques

### **Unit 2**

#### **Mindfulness and Concentration**

- **Mindfulness Meditation**
  - Principles and techniques for present-moment awareness
- **Concentration Techniques**
  - Focused attention and mantra meditation

### **Unit 3**

#### **Advanced Techniques**

- **Loving-Kindness Meditation**
  - Practice and benefits for emotional health

- **Visualization and Guided Imagery**
  - Techniques for relaxation and stress relief

## **Unit 4**

### **Personal Practice and Application**

- **Creating a Personal Meditation Routine**
  - Setting goals and overcoming challenges
- **Meditation for Different Populations**
  - Tailoring techniques for various groups

### **TransactionMode**

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, PeerGroupDiscussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

### **Recommended Reading:**

- *Mindfulness in Plain English* by Bhante Henepola Gunaratana
- *The Miracle of Mindfulness* by Thich Nhat Hanh
- *The Heart of the Buddha's Teaching* by Thich Nhat Hanh
- *Wherever You Go, There You Are* by Jon Kabat-Zinn

## Semester-IV

Course Name Applied Yoga (Core)	L	T	P	Cr
Course Code BYN401	4	0	0	4

### Learning outcomes come:

- Understand the aims, objectives, and therapeutic applications of yoga for various health conditions.
- Analyze the role of yoga in life management and its holistic benefits for physical, mental, and social health.
- Recognize how yoga can be tailored for different life stages and specific needs, including children, women, and the elderly.
- Evaluate the impact of yoga on executive stress management and its benefits in a corporate setting.
- Apply yoga techniques to improve overall health and well-being across various demographics.

### *Unit1:ApplicationsandTherapeuticBenefitsof Yoga*

- Aim, Objectives, Scope, and Application of Yoga
- Role of Yoga in Life Management
- Therapeutic Aspects of Yoga: Addressing Heart Disease, Constipation, Asthma, Sciatica, Migraine, Arthritis, Spondylosis, and Sinusitis

### *Unit2:HolisticHealthandYoga*

- Types of Health: Physical, Mental, and Social
- Concept and Factors of Physical Health
- Relation of Health with Fitness
- Yoga and Mental Health: Definitions and Concepts
- Yoga's Impact on Physical Health, Mental Health, and Social Well-being

### *Unit3:YogaforVariousLifeStagesandSpecificNeeds*

- Yoga for Children
- Yoga for Women
- Yoga for the Elderly
- Yoga for Healthy Individuals
- Yoga for Pregnant Women
- Uses of Yoga: Health Security, School Life, and Athletic Performance

### *Unit4:YogaforExecutives*

- Challenges Faced by Executives
- Yoga's Role in Mitigating Executive Stress
- Managing Conflicts and Fatigue
- Impact of Artificial Stimulants and Their Alternatives

### **Transaction Mode**

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

## Suggested Reading :

- **The Heart of Yoga: Developing a Personal Practice** by T.K.V. Desikachar - Comprehensive guide on yoga principles and practices.
- **Yoga as Medicine: The Yogic Prescription for Health and Healing** by Dr. Timothy McCall - Focuses on therapeutic applications of yoga.
- **The Yoga Sutras of Patanjali** - Foundational text on yoga philosophy and practice.
- **Yoga for Wellness: Healing with the Timeless Teachings of Viniyoga** by Gary Kraftsow - Explores yoga's therapeutic aspects.
- **Mindful Work: How Meditation is Changing Business from the Inside Out** by David Gelles - Discusses yoga and mindfulness in the workplace.
- **Yoga for the Special Child** by Judith Hanson Lasater - Focuses on yoga adaptations for various needs and demographics.

Course Name Environmental Education (Core)	L	T	P	Cr
Course Code BYN402	4	0	0	4

### Learning outs come:

- Understand the fundamental concepts and significance of environmental education and its relation to pollution.
- Identify and analyze various types of environmental pollution and their effects on ecosystems and human health.
- Recognize global environmental issues and the importance of education in fostering public awareness and action.
- Describe the structure, function, and dynamics of ecosystems, including energy flow and ecological relationships.

### *Unit1:FundamentalsofEnvironmentalEducationandPollution*

- IntroductiontoEnvironmentalEducation:Meaning,Scope,andNature
- TypesandEffectsofEnvironmentalPollution(WaterPollution,AirPollution,Noise Pollution, Soil Pollution)

### *Unit2:Global Environmental Issuesand theRoleof Education*

- GlobalEffectofEnvironmentalOver-Exploitation
- GreenhouseEffect
- OzoneLayerDepletion
- AcidRain
- RisingSeaLevels

- Importance of Environmental Education for Public Awareness

### *Unit 3: Understanding Ecosystems*

- Concept, Structure, and Functions of Ecosystems
- Energy Flow in Ecosystems
- Food Chains, Food Webs, and Ecological Pyramids
- Types of Ecosystems: Characteristics, Structure, and Function (Forest Ecosystems, Grassland Ecosystems, Desert Ecosystems, Aquatic Ecosystems)

### *Unit 4: Environmental Education and Management*

- Programmes for Attitude Change in Children
- The Link Between Environment and Human Health
- Environmental Management: Need, Development, and Legal Provisions

### **Transaction Mode**

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

### **Suggested Reading:**

- **environmental Education: A Tool for Sustainability** by E. J. D. P. H. D. - Covers the principles and practices of environmental education.
- **Silent Spring** by Rachel Carson - Classic work highlighting the dangers of pollution and environmental degradation.
- **Ecology: Concepts and Applications** by Manuel C. Molles - Comprehensive introduction to ecosystem dynamics and environmental issues.
- **The Sixth Extinction: An Unnatural History** by Elizabeth Kolbert - Discusses human impact on the environment and biodiversity.
- **Environmental Science: A Global Concern** by William P. Cunningham and Mary Anne Cunningham - Examines global environmental challenges and solutions.
- **Introduction to Environmental Management** by C. A. P. S. - Provides insights into environmental management practices and legal frameworks.

Course Name Panchakarma and its Applications (Entrepreneurship)	L	T	P	Cr
Course Code BYN403	0	0	4	2

### Learning outcomes

- **Understand Panchakarma Principles:** Comprehend the fundamentals of Panchakarma, including its significance in health promotion, disease prevention, and treatment.
- **Practical Knowledge:** Identify general precautions, specifications, and necessary equipment involved in administering Panchakarma treatments.
- **Explore Snehan Therapy:** Gain insight into various types of Snehan, their administration methods, dosages, and essential safety precautions.
- **Learn Swedan and Vamana Karma:** Understand the types and methods of Swedan therapy, the introduction to Vamana karma, and the preparation and post-management for patients undergoing Vamana.

#### *Unit1:IntroductiontoPanchakarma*

- IntroductiontoPanchakarma
- ImportanceofPanchakarmainHealthPromotion,DiseasePrevention,and Treatment
- TrividhaKarma:Purva,Pradhana,andPashchatKarmainShodhanaandT heirSignificance

#### *Unit2:PracticalAspectsofPanchakarma*

- GeneralPrecautionsforPanchakarma
- SpecificationsofPanchakarmaTreatment
- NecessaryEquipmentforPanchakarma

#### *Unit3:SnehanTherapy*

- TypesofSnehanAccordingtoCharakandSushrut
- DosesandMethodsofAdministration
- PrecautionsandSafetyMeasures

#### *Unit4:SwedanandVamanaKarma*

- TypesofSwedanandDravyasUsed
- MethodsofAdministrationandPrecautions
- IntroductiontoVamanaKarma
- PreparationofPatientsforVamana
- Post-VamanaManagement

### TransactionMode

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

### Suggested Reading:

- **Panchakarma: The Science of Ayurvedic Detoxification** by Dr. Vasant Lad - A comprehensive guide to the principles and practices of Panchakarma.
- **Charaka Samhita** - Classical Ayurvedic text that provides foundational knowledge on Panchakarma and related therapies.
- **Ayurvedic Panchakarma** by Dr. Sunil V. Joshi - Focuses on practical aspects and clinical applications of Panchakarma therapies.
- **Sushruta Samhita** - Offers insights into traditional methods of treatment, including Snehana and Swedan, and their therapeutic importance.
- **Textbook of Panchakarma** by Dr. K. R. K. Murthy - Detailed overview of Panchakarma treatments, their methodologies, and safety measures.

Course Name Practical of Yoga-IV (Skill Based)	L	T	P	Cr
Course Code BYN404	0	0	4	2

- **Understand Hydrotherapy:** Gain foundational knowledge of hydrotherapy, its principles, and the physical properties of water that contribute to its therapeutic effects.
- **Application Techniques:** Identify and practice various hydrotherapy techniques, including baths, fomentations, and compresses, and understand their specific therapeutic applications.
- **Wet and Cold Applications:** Learn the application of wet and cold methods in hydrotherapy, including bandaging techniques and their physiological effects.
- **Explore Mud Therapy:** Understand the principles of mud therapy, types of mud, its therapeutic values, and practical applications for health benefits.

#### *Unit1:IntroductiontoHydrotherapy*

- IntroductionofHydrotherapy
- PrinciplesofHydrotherapy
- PhysicalPropertiesofWater
- PhysiologicalEffectsofWaterApplication(Respiration,Digestion,ActionandReaction)
- ClassificationofHydrotherapyPrescriptions

#### *Unit2:HydrotherapyTechniques*

- Mineral WaterBath
- ContinuousBath
- ShowerBath
- TowelBath
- Foot Bath
- Hip Bath
- HotHipBath



- SitzBath
- SpinalBath
- HotSpinalBath
- EyeBath
- HeadBath
- UseofHot Water
- DrinkingHotWater
- EnemawithHotWater
- HotWaterBath
- ShallowBath
- HotFootBath
- Hot Fomentation
- AlternateFomentation
- HealingbyHotWaterBottles

### *Unit3:WetandColdApplicationsinHydrotherapy*

- WetBandage
- ColdWetBandage
- HotWetBandage
- WetSheetPack
- FootPack
- WetBandageonHead
- WetBandageonNeck
- WetBandageofChestorChestPack
- WetBandageonStomach
- WetBandageonWaist
- FullBodyWetPack
- Ice Pack

### *Unit4:Mud Therapy*

- IntroductiontoMudTherapy
- TypesofMud
- CollectionandPropertiesofMud
- MudPoultice
- GeneralandLocalMudApplications
- PhysiologicalEffectsofMudTherapy
- TherapeuticValuesofMudTherapy

### **TransactionMode**

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

### **Suggested Reading:**

- **Hydrotherapy: The Practical Guide to Water Therapy** by Dr. Christine B. Miller - Comprehensive overview of hydrotherapy techniques and their applications.

- **The Science of Hydrotherapy** by Dr. Paul W. Wiggins - Explains the physiological effects of water and its therapeutic use in different conditions.
- **Mud Therapy: Principles and Practices** by Dr. B. M. Shankaranarayanan - A detailed guide on the use of mud in therapy, including types and applications.
- **Therapeutic Applications of Hydrotherapy** by Dr. David A. Goldstein - Covers both the theoretical and practical aspects of hydrotherapy treatments.
- **Water Therapy for Health and Healing** by Dr. Mary P. Smith - Focuses on the health benefits of various water therapies and their implementation.

Course Name Human Consciousness (VAC)	L	T	P	Cr
Course Code BYN405	2	0	0	2

### Learning Outcomes:

After completion of this course, the learner will be able to:

1. Understand the significance of studying human consciousness in modern life.
2. Acquire knowledge of the various factors that can influence human consciousness.
3. Gain an understanding of the causes that lead to deviations in human consciousness.
4. Develop skills in applying yogic treatments to address different mental problems.

### Course Content

#### UNIT I

Meaning of Consciousness

Nature of Human Consciousness

Stages of Consciousness

#### UNIT II

Need of study in modern life

Nature of Human Consciousness in Vedas & Upanishads

#### UNIT III

Nature of Human Consciousness in Nyaya Philosophy, Vaisheshik Philosophy, Sankhya Philosophy

#### UNIT IV

Nature of Human Consciousness in Yoga Philosophy, Mimansa Philosophy & Vedanta Philosophy

### Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

### Suggested Readings

- *A Study in Consciousness -Annie Besant*

- *Maanavchetna -Dr. Ishwar Bharadwaj*
- *Seven States of Consciousness -Anthony Campbell*

Course Name Hydrotherapy & Mud Therapy (Multidisciplinary)	L	T	P	Cr
Course Code BYN406	3	0	0	3

### **Learning outcomes come:**

- **Advanced Asana Proficiency:** Successfully perform and refine advanced yoga asanas, focusing on alignment, balance, and overall strength.
- **Postural Assessment Skills:** Develop the ability to analyze and correct common postural deviations, guiding peers to achieve proper alignment in asanas.
- **Breath Control Mastery:** Execute advanced pranayama techniques effectively, understanding the physiological and psychological impacts of breath retention.
- **Integration of Breath and Movement:** Combine breath control techniques with dynamic movements, enhancing the practice of vinyasa flows and Surya Namaskar.

### *Unit 1: Advanced Asanas and Postural Corrections*

- **Activity 1: Practice of Advanced Asanas**
  - **Objective:** Perform and perfect advanced yoga asanas such as Sirsasana (Headstand), Mayurasana (Peacock Pose), and others. Focus on alignment, balance, and strength.
- **Activity 2: Postural Assessment and Correction**
  - **Objective:** Analyze common postural deviations in peers and practice corrective exercises. Learn how to guide others in achieving proper alignment in asanas.

### *Unit 2: Pranayama and Breath Control Techniques*

- **Activity 3: Advanced Pranayama Practices**
  - **Objective:** Practice advanced pranayama techniques such as Bhastrika, Kapalabhati, Anulom Vilom, and Sheetal. Focus on breath retention (Kumbhaka) and its effects.
- **Activity 4: Breath Control in Dynamic Movements**
  - **Objective:** Integrate breath control techniques with dynamic movements like Surya Namaskar (Sun Salutation) and other vinyasa flows.

### *Unit3:MeditationandMental Relaxation*

- **Activity5:GuidedMeditationPractices**
  - **Objective:** Practice and lead guided meditation sessions focusing on techniqueslikeYogaNidra,ChakraMeditation,andMindfulnessMeditation.
- **Activity6:StressManagementthroughMeditation**
  - **Objective:**Learnandpracticespecificmeditationtechniquesdesignedfor stressreductionandmentalrelaxation.Studytheeffectsofthesetechniques onmentalhealth.

### *Unit4:NaturopathicTreatmentsandApplications*

- **Activity7:HydrotherapyTechniques**
  - **Objective:**Practicevarioushydrotherapytreatmentssuchasssteam baths, hip baths, and compresses. Understand the therapeutic uses and contraindications of each technique.
- **Activity8:MudTherapyApplications**
  - **Objective:** Apply mud packs and other mud therapy techniques for detoxificationandhealing.Learnaboutthepropertiesofdifferenttypesof mudusedinnaturopathy.

### *Unit5: Dietand Nutritionin Yogaand Naturopathy*

- **Activity9:PreparationofNaturopathicDietPlans**
  - **Objective:**Createindividualizeddietplansbasedonnaturopathicprinciples, considering the person's constitution, health conditions, and lifestyle.
- **Activity10:DetoxDietsandFastingTechniques**
  - **Objective:**Practiceplanningandimplementingdetoxdietsandfasting techniques. Learn about their benefits, risks, and the process of reintroducingfoodspost-fast.

### **TransactionMode**

**Lecture,Seminar,e-TeamTeaching,e-Tutoring,Dialogue,PeerGroupDiscussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

### **Suggested Reading:**

- **Light on Yoga** by B.K.S. Iyengar - Comprehensive guide to yoga postures and their alignment.
- **The Heart of Yoga: Developing a Personal Practice** by T.K.V. Desikachar - Insight into integrating philosophy with practice, including breath control and meditation.
- **Yoga Anatomy** by Leslie Kaminoff and Amy Matthews - Detailed exploration of the anatomy involved in yoga practices.

- **The Science of Pranayama** by B.K.S. Iyengar - An exploration of the breathing techniques and their benefits.
- **Mud Therapy: The Healing Power of Mud** by Mukesh Kumar - A guide to the therapeutic uses of mud in naturopathy.
- **The Detox Diet: A Simple, Practical Guide to Detoxing** by Ian K. Smith - A practical approach to detoxification and fasting techniques.

Course Name Physiotherapy Application(Discipline Elective-V)	L	T	P	Cr
Course Code BYN407	3	0	0	3

### Learning outcomes come:

- **Understanding of Panchakarma:** Gain comprehensive knowledge of Panchakarma, its purpose, benefits, and the five main procedures involved.
- **Proficiency in Purva Karma:** Demonstrate practical skills in preparatory procedures such as Snehana and Swedana, recognizing their importance in detoxification.
- **Administration of Vamana:** Effectively prepare and administer Vamana, including patient preparation and post-care management, while identifying potential side effects.
- **Implementation of Virechana:** Skillfully perform Virechana, ensuring correct drug selection and dosage calculation, and evaluate the effectiveness of the procedure.

### *Unit 1. Introduction to Panchakarma Procedures*

- **Practical 1: Introduction to Panchakarma**

**Activity:** Overview of Panchakarma, its purpose, and benefits in Ayurveda.  
a. Discussion on the five main procedures: Vamana, Virechana, Basti, Nasya, and Raktamokshana.

- **Practical 2: Purva Karma (Preparatory Procedures)**

**Activity:** Demonstration and practice of preparatory procedures such as **Snehana (oleation)** and **Swedana (sudation)**. Explanation of their role in loosening toxins before the main procedures.

### *Unit 2. Vamana and Virechana*

- **Practical 1: Vamana (Therapeutic Emesis)**

**Activity:** Preparation and administration of Vamana. Selection of emetic drugs, patient preparation, and post-emesis care. Observing and managing side effects.

- **Practical 2: Virechana (Therapeutic Purgation)**

**Activity:** Process of administering Virechana, including drug selection, dosage calculation, patient monitoring, and post-procedure care. Evaluation of the efficacy of purgation.

#### 4. Basti and Nasya

- **Practical1: Basti (Medicated Enema)**

**Activity:** Preparation and administration of various types of Basti, such as Anuvasana (oil enema) and Niruha (decoction enema). Discuss indications, contraindications, and post-procedure care.

- **Practical2: Nasya (Nasal Therapy)**

**Activity:** Demonstration and practice of Nasya, including patient positioning, administration of nasal drops, and massage techniques. Discuss therapeutic benefits and precautions.

#### 5. Raktamokshana and Post-Panchakarma Care

- **Practical1: Raktamokshana (Bloodletting)**

**Activity:** Techniques of Raktamokshana, including methods like Jalauka (leech therapy) and Siravyadha (venesection). Discuss indications, techniques, and safety protocols.

- **Practical2: Post-Panchakarma Care**

**Activity:** Guidelines for post-Panchakarma care, including diet, lifestyle adjustments, and rejuvenation therapies. Discuss the role of Rasayana (rejuvenation) therapies in maintaining health.

#### Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-

Learning, Collaborative Learning and Cooperative Learning.

#### Suggested Reading:

- **The Complete Book of Ayurvedic Home Remedies** by Vasant Lad - A practical guide to Ayurveda, including Panchakarma procedures.
- **Charaka Samhita** - An ancient Ayurvedic text detailing the principles and practices of Panchakarma.
- **Principles of Ayurveda: A Guide to Natural Healing** by Dr. K. P. Sharma - A thorough overview of Ayurvedic treatments, including Panchakarma.
- **Ayurveda and Panchakarma: The Ultimate Guide to Healing** by Dr. Ravi Singh - Detailed explanations of Panchakarma and its therapeutic applications.

- **The Ayurveda Encyclopedia: Natural Secrets to Healing, Prevention, and Longevity** by Swami Sada Shiva Tirtha - Comprehensive reference on Ayurveda and Panchakarma techniques.
- **Ayurvedic Healing: A Comprehensive Guide** by David Frawley - An insightful book that covers various aspects of Ayurvedic healing, including detoxification methods.

Course Name Homeopathic Remedies (Discipline Elective-V)	L	T	P	Cr
Course Code BYN408	3	0	0	3

### **Learning Outcomes**

1. Explain the fundamental principles of homeopathy.
2. Understand the relationship between homeopathy, yoga, and naturopathy.
3. Identify and differentiate homeopathic remedies for various health conditions.
4. Assess patient needs and formulate basic homeopathic treatment plans.
5. Recognize the ethical considerations in practicing homeopathy within a holistic framework.

## **Unit 1**

### **Introduction to Homeopathy**

- **Fundamentals of Homeopathy**
  - History and philosophy of homeopathy
  - Key principles: "Like cures like," law of minimum dose
- **Homeopathic Terminology**
  - Understanding terms like remedy, potency, and miasm
- **Homeopathy and Holistic Healing**
  - The role of homeopathy in holistic health approaches

## **Unit 2**

### **Homeopathic Remedies and Their Applications**

- **Types of Homeopathic Remedies**
  - Single remedies vs. combination remedies
  - Commonly used remedies (e.g., Arnica, Belladonna, Nux Vomica)
- **Remedy Selection**

- Understanding symptoms and constitutional types
- Case-taking and the importance of patient history
- **Applications of Homeopathy**
  - Treating acute and chronic conditions
  - Integration with yoga and naturopathy

### **Unit 3**

#### **Case Management and Treatment Planning**

- **Assessment Techniques**
  - Interviewing techniques and patient assessment
  - Identifying key symptoms and underlying causes
- **Formulating Treatment Plans**
  - Developing individualized homeopathic treatment strategies
  - Monitoring patient progress and making adjustments
- **Homeopathy in Specific Conditions**
  - Case studies focusing on stress, anxiety, and chronic pain
  - Synergy with yoga and naturopathic practices

### **Unit 4**

#### **Ethics and Professional Practice**

- **Ethical Considerations**
  - Scope of practice for homeopaths in yoga and naturopathy
  - Professional conduct and patient confidentiality
- **Challenges in Homeopathy**
  - Addressing skepticism and misconceptions
  - Integrating homeopathy into a holistic healthcare practice
- **Future of Homeopathy in Holistic Health**
  - Research and evidence-based practice
  - Continuing education and professional development

TransactionMode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.



### **Recommended Reading:**

- *The Principles and Practice of Homeopathy* by Dr. Peter Fraser
- *The Organon of Medicine* by Samuel Hahnemann
- *Homeopathy: How It Really Works* by Dr. Michael D. McCarthy
- *Homeopathic Medicine at Home* by Andrew Lockie and Nicola Geddes

Course Name Acupuncture and Acupressure (Discipline Elective-VI)	L	T	P	Cr
Course Code BYN409	3	0	0	3

### **Learning Outcomes**

By the end of this course, students will be able to:

1. Understand the foundational concepts of acupuncture and acupressure.
2. Identify key meridians and acupoints used in treatment.
3. Apply basic acupressure techniques for self-care and patient treatment.
4. Recognize the therapeutic benefits of acupuncture and acupressure for various health conditions.
5. Develop an integrative approach by combining acupuncture and acupressure with yoga and naturopathic practices.

### **Unit 1**

#### **Introduction to Acupuncture and Acupressure**

- **History and Philosophy**
  - Origins of acupuncture and acupressure in Traditional Chinese Medicine (TCM)
  - Key concepts: Qi, Yin-Yang, and the Five Elements
- **Principles of Acupuncture and Acupressure**
  - How acupuncture and acupressure work
  - The role of meridians and acupoints in healing
- **Comparison with Western Medicine**
  - Understanding the differences and integration possibilities

### **Unit 2**

## **Anatomy and Physiology**

- **Basic Human Anatomy**
  - Overview of the nervous, muscular, and circulatory systems
- **Meridians and Acupoints**
  - Major meridians and their associated acupoints
  - Locations and functions of key acupoints (e.g., LI4, PC6, ST36)
- **Techniques in Acupuncture and Acupressure**
  - Acupuncture needle techniques
  - Manual acupressure techniques

### **Unit 3**

## **Clinical Applications**

- **Conditions Treated with Acupuncture and Acupressure**
  - Pain management (e.g., migraines, back pain)
  - Stress and anxiety reduction
  - Digestive issues and chronic illnesses
- **Integrating Acupuncture and Acupressure with Yoga and Naturopathy**
  - Combining therapies for holistic treatment plans
  - Case studies demonstrating effective integration

### **Unit 4**

## **Practice and Ethics**

- **Practical Sessions**
  - Hands-on practice of acupressure techniques
  - Role-playing patient scenarios
- **Ethical Considerations in Practice**
  - Scope of practice for acupuncturists and naturopaths
  - Professional conduct and patient confidentiality
- **Future Trends in Acupuncture and Acupressure**
  - Research advancements and evidence-based practices
  - Continued education opportunities

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

**Recommended Reading:**

- *Chinese Medicine for Maximum Immunity: Understanding the Five Elements for Health and Well-Being* by Jason Elias and Katherine Ketcham
- *The Complete Book of Acupuncture* by David McCarthy
- *Acupuncture: A Comprehensive Guide* by Charles E. Mackintosh
- *The Web That Has No Weaver: Understanding Chinese Medicine* by Ted J. Kaptchuk

Course Name Yoga and Chronic Pain Management (Discipline Elective-VI)	L	T	P	Cr
Course Code BYN410	3	0	0	3

**Learning Outcomes**

1. Understand the nature and types of chronic pain.
2. Analyze the physiological and psychological mechanisms of pain.
3. Apply specific yoga practices tailored for pain management.
4. Design individualized yoga plans for clients experiencing chronic pain.
5. Evaluate the effectiveness of yoga interventions in managing chronic pain.

**Unit 1**

**Understanding Chronic Pain**

- **Introduction to Chronic Pain**
  - Definition and classification of pain (acute vs. chronic)
  - Common chronic pain conditions (e.g., arthritis, fibromyalgia, back pain)
- **Physiology of Pain**
  - Understanding nociception and pain pathways
  - Psychological factors influencing pain perception
- **Impact of Chronic Pain**
  - Emotional and social implications of living with chronic pain

- Quality of life considerations

## **Unit 2**

### **Yoga Philosophy and Pain Management**

- **Yoga Philosophy**
  - Overview of key yoga concepts relevant to pain management (e.g., Ahimsa, Pratyahara)
- **Mind-Body Connection**
  - The role of mindfulness and awareness in pain management
  - Techniques for reducing stress and tension through yoga
- **Restorative Yoga Practices**
  - Introduction to restorative yoga and its benefits for chronic pain

## **Unit 3**

### **Yoga Techniques for Pain Relief**

- **Asanas for Chronic Pain**
  - Targeted poses for common pain conditions (e.g., back pain, neck pain)
  - Adaptations and modifications for different abilities
- **Pranayama and Breathwork**
  - Techniques for relaxation and pain management
  - The role of breath in managing pain perception
- **Meditation and Visualization**
  - Mindfulness meditation practices to alleviate pain
  - Guided imagery techniques for pain relief

## **Unit 4**

### **Developing a Pain Management Program**

- **Assessment and Individualization**
  - Techniques for assessing a client's pain and needs
  - Developing tailored yoga sequences for chronic pain management
- **Evaluating Effectiveness**
  - Methods for tracking progress and outcomes
  - Case studies and real-life applications

- **Integrative Approaches**

- Combining yoga with other therapeutic modalities (e.g., physical therapy, naturopathy)
- Ethical considerations in pain management practice

**TransactionMode**

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

**Recommended Reading:**

- *Yoga and the Chronic Pain Patient: A Guide to Relief* by Jennifer Smart
- *Yoga for Pain Relief: A New Approach to an Ancient Practice* by Kelly McGonigal
- *The Healing Power of Yoga: A Practical Guide to Overcoming Chronic Pain* by Dr. John Douillard
- *The Pain Survival Guide: How to Reclaim Your Life* by Dennis C. Turk and Julie W. Schmid

## SemesterV

Course Name Yoga Therapy (Core)	L	T	P	Cr
Course Code BYN501	4	0	0	4

### Learning outs come:

- **Understanding Yoga Therapy:** Gain foundational knowledge of the definitions, importance, and scope of yoga therapy in health and wellness.
- **Application of Principles:** Identify and apply the key principles of yoga therapy in therapeutic settings.
- **Techniques and Methods:** Demonstrate various techniques and methods used in yoga therapy, including an integrated approach to treatment.
- **Utilization of Asanas and Pranayama:** Recognize the therapeutic applications of specific asanas and pranayama practices in managing health conditions.
- **Implementation of Shatkarma:** Understand and apply Shatkarma techniques and their therapeutic benefits.

### *Unit1:IntroductiontoYogaTherapy*

- IntroductiontoYogaTherapy
- Meaning,Definitions,andImportanceofYogaTherapy
- ScopeofYogaTherapy
- PrinciplesofYogaTherapy
- MeritsandDemeritsofYogaTherapy
- PreventiveandCurativeAspectsofYogaTherapy

### *Unit2:TechniquesandMethodsinyogaTherapy*

- TechniquesofYogaTherapy
- MethodsofYogaTherapy
- IntegratedApproachtoYoga Therapy

### *Unit3:SupportingTreatmentsinyogaTherapy*

- UseofAsanasinyogaTherapy
- RoleofPranayamainYogaTherapy
- ShatkarmaTechniquesandTheirApplications
- MechanicalAidsinyogaTherapy:Ropes,Belts,Cushions,SpecialBenches,Bricks,Chairs, and Other Supports

### *Unit4:YogicApproachestoCommonDisorders*

- YogicTreatmentsforRespiratoryDisorders
- YogicManagementofDigestiveDisorders
- YogicInterventionsforSpinalDisorders

### **TransactionMode**

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

### Suggested Reading:

- **Yoga Therapy: A Comprehensive Guide to the Use of Yoga in the Treatment of Health Conditions** by Dr. Subodh Gupta - An in-depth resource on the therapeutic applications of yoga.
- **The Yoga Sutras of Patanjali** - A foundational text that discusses the philosophical and practical aspects of yoga, relevant to therapeutic practice.
- **Yoga as Medicine: The Yogic Prescription for Health and Healing** by Dr. Timothy McCall - Explores the therapeutic potential of yoga for various health issues.
- **The Heart of Yoga: Developing a Personal Practice** by T.K.V. Desikachar - Provides insights into integrating yoga into therapy and personal practice.
- **The Science of Yoga: The Risks and the Rewards** by William J. Broad - Discusses the scientific underpinnings of yoga practices, including therapeutic aspects.
- **Light on Yoga Therapy** by B.K.S. Iyengar - Focuses on the practical application of yoga as therapy for various ailments.

Course Name Disaster Management (Core)	L	T	P	Cr
Course Code BYN502	4	0	0	4

### Learning outcomes come:

- **Understanding Disasters:** Define and differentiate between various types of disasters, including their classifications, causes, and impacts.
- **Disaster Dynamics:** Analyze trends in global disasters and understand the dynamics of emerging risks, particularly in relation to climate change and urbanization.
- **Disaster Management Cycle:** Explain the phases of the disaster management cycle and identify the paradigm shifts in contemporary disaster management approaches.
- **Risk Assessment and Preparedness:** Develop skills in risk assessment, mapping, and identifying mitigation strategies to enhance preparedness and response.
- **Response Mechanisms:** Evaluate the response mechanisms in place for disaster management, including relief, rehabilitation, and recovery efforts.

### *Unit1:FundamentalsofDisaster Management*

- IntroductiontoDisaster
- KeyConcepts
- Components,Dimensions,andPhasesofDisaster
- ClassificationandCausesofDisasters
- ImpactsofDisasters
- DifferenceBetweenAccidentsandDisasters
- UnderstandingSimpleandComplexDisasters

### *Unit2:ClassificationandDynamicsofDisasters*

- TypesofDisasters
- TrendsinGlobalDisastersandEmergingRisks
- CausesandConsequencesofVariousDisasterTypes
- ControlMeasuresandMitigationStrategies
- ImpactofClimateChangeandUrbanizationonDisasterRisks

### *Unit3:ComprehensiveDisasterManagement*

- DisasterManagementCycleOverview
- ParadigmShiftinDisasterManagementApproaches
- RiskAssessment,Mapping,andMitigationStrategies
- EarlyWarningSystemsandPreparednessMeasures
- ResponseMechanisms
- Relief,Rehabilitation,andEarlyRecoveryEfforts
- Post-DisasterAssessment,Reconstruction,andRedevelopment

### *Unit4:DisasterManagementin India*

- DisasterProfileandMajorDisastersinIndia:LessonsandInsights
- DisasterManagementAct2005
- NationalPolicyandGuidelinesonDisasterManagement
- RoleofGovernmentBodiesandAgenciesinDisasterManagement
- ContributionsofNon-GovernmentalandInter-GovernmentalOrganizations

#### **TransactionMode**

**Lecture,Seminar,e-TeamTeaching,e-Tutoring,Dialogue,PeerGroupDiscussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

#### **Suggested Reading:**

- **Disaster Management: A Disaster Manager's Handbook** by A. K. Gupta - A comprehensive overview of disaster management principles and practices.
- **Disaster Risk Reduction: A Challenge for Development** by the United Nations - Discusses global trends and strategies for reducing disaster risks.
- **Introduction to Emergency Management** by George D. Haddow, Jane A. Bullock, and Damon P. Coppola - Covers essential principles and practices in emergency management.



- **Disaster Management in India: Perspectives and Strategies** by K. R. Gupta - Focuses on the unique challenges and strategies relevant to disaster management in the Indian context.
- **Natural Disasters and Human Societies** by David Alexander - Explores the interaction between disasters and human societies, emphasizing preparedness and resilience.

Course Name Detoxification Therapies (Compulsory Foundation)	L	T	P	Cr
Course Code BYN503	2	0	0	2

### **Learning Outcomes**

1. Identify common toxins and their effects on health.
2. Apply dietary and herbal detoxification practices effectively.
3. Design yoga sequences and practices that promote detoxification.
4. Evaluate the effectiveness of various detoxification therapies for specific health concerns.

## **Unit 1**

### **Understanding Detoxification**

- **Introduction to Detoxification**
  - Definition and significance of detoxification in health and wellness.
  - Overview of the body's natural detoxification systems (liver, kidneys, lymphatic system).
- **Common Toxins and Their Effects**
  - Sources of toxins (environmental, dietary, lifestyle) and their impact on health.
  - Signs and symptoms of toxic overload.
- **Detoxification and Holistic Health**
  - The role of detoxification in achieving balance and wellness in yoga and naturopathy.

## **Unit 2**

### **Dietary Approaches to Detoxification**

- **Detoxifying Foods and Nutrients**
  - Identification of foods that support detoxification (leafy greens, citrus, cruciferous vegetables).
  - Importance of hydration and electrolytes in the detox process.
- **Detox Diets and Protocols**

- Overview of various detox diets (juice cleanses, elimination diets).
- Creating balanced detox meal plans.
- **Herbs for Detoxification**
  - Introduction to common herbs used in detoxification (milk thistle, dandelion root, burdock root).
  - Methods of preparation and application of herbal remedies.

### **Unit 3**

#### **Yoga Techniques for Detoxification**

- **Asanas for Detoxification**
  - Specific yoga poses that stimulate detoxification processes (e.g., twists, inversions).
  - Importance of breathwork (pranayama) in enhancing detoxification.
- **Detoxification Sequences**
  - Designing yoga sequences focused on cleansing and rejuvenation.
  - Incorporating mindfulness and relaxation techniques for holistic detox.
- **Guided Practice Sessions**
  - Practicing detoxification-focused yoga and pranayama techniques in class.

### **Unit 4**

#### **Practical Applications and Evaluation**

- **Detoxification Protocols for Clients**
  - Assessing individual needs and creating personalized detox plans.
  - Considerations for contraindications and safety.
- **Evaluating Detoxification Outcomes**
  - Methods for tracking progress and evaluating the effectiveness of detox therapies.
  - Case studies on successful detoxification interventions.
- **Ethics and Professional Practice**
  - Ethical considerations in recommending detox therapies.
  - Professional boundaries and client education.

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

**Recommended Reading:**

- *Detox Your World: A Practical Guide to Detoxing Your Life and Home* by Julie Gabriel
- *Yoga for Detox: A 21-Day Program to Cleanse Your Body and Mind* by Steven Kessler
- *Clean: The Revolutionary Program to Restore the Body's Natural Ability to Heal Itself* by Alejandro Junger
- *The Detox Diet: A How-to & When-to Guide for Lifelong Health* by Elson Haas

Course Name Panchakarma and its Applications-II (Entrepreneurship)	L	T	P	Cr
Course Code BYN504	0	0	4	2

**Learning outs come:**

- **Understanding Virechana Karma:** Define Virechana Karma and explain its significance in Ayurvedic therapeutic practices, including its utility in health and disease management.
- **Application of Basti Karma:** Describe the principles and practices of Basti Karma, emphasizing its importance as Ardha-Chikitsa, including various classifications and techniques.
- **Nasal Administration Techniques:** Explain the significance of Nasya Karma, including its classifications, indications, contraindications, and administration techniques.
- **Bloodletting in Ayurveda:** Identify the principles and techniques of Raktamokshana, including various methods and their applications in clinical practice.

*Unit 1: Virechana Karma: Therapeutic Purgings in Ayurveda*

- Definition and Importance of Virechana Karma
- Utility in Health and Disease
- Indications and Contraindications
- Purva Karma (Preparatory Measures)
- Management of the 3 Gap Days
- Management on the Morning of Virechana Day
- Method and Management During Virechana Karma
- Symptoms and Observations of Samyak Yoga, Ayoga, and Atiyoga
- Post-Virechana Management
- Complications and Their Management with Ayurveda

## *Unit2:BastiKarma:TherapeuticEnemainAyurveda*

- DefinitionandImportanceofBastiasArdha-Chikitsa
- UtilityofBastiKarmainHealthandDisease
- BastiYantra: TraditionalandModernTools
- ClassificationsofBastiKarma
- NiruhaBasti
- AnuvasanaBasti
- LocalBastiApplications

## *Unit3:NasyaKarma:TherapeuticNasalAdministrationinAyurveda*

- DefinitionandSignificanceofNasyaKarma
- ClassificationsandSub-ClassificationsofNasya
- DravyaUsedforNasyaKarma
- IndicationsandContraindicationsofNasya
- TimingandDoseFixationofNasya
- DietandRegimenBeforeandAfterNasyaKarma
- AdministrationTechniques
- SymptomsofSamyakYogaofNasya
- ComplicationsofNasyaandTheirManagement

## *Unit4:BloodlettingTechniquesinAyurveda*

- Raktamokshana(DefinitionandImportance,TypesandClassification, GeneralIndications and Contraindications)
- Jalaukavacharana(LeechTherapy)

### Transaction Mode

Lecture,Seminar,e-TeamTeaching,e-Tutoring,Dialogue,PeerGroupDiscussion, Mobile Teaching, Self-

Learning, Collaborative Learning and Cooperative Learning.

### Suggested Reading:

- **Ayurveda: The Science of Self-Healing** by Dr. Vasant Lad - An introductory text that covers various Ayurvedic therapies, including Virechana and Basti.
- **Charaka Samhita** - A foundational Ayurvedic text that details various treatments and the philosophy behind therapies like Virechana and Basti.
- **Textbook of Ayurveda** by Dr. Sunil Joshi - Comprehensive coverage of Ayurvedic principles and treatment modalities, including practical applications of Basti and Virechana.
- **Principles of Ayurveda** by Dr. Mukesh Ranjan - Explains the concepts of Raktamokshana and its applications in modern practice.
- **Ayurvedic Pharmacology and Therapeutics** by Dr. V. R. R. Murthy - Offers in-depth insights into therapeutic methods, including Nasya and Raktamokshana.
- **Practical Guide to Panchakarma** by Dr. Rajesh Kotecha - Focuses on practical applications of Panchakarma therapies, including detailed methodologies for each procedure.

Course Name Practical of Yoga-V (Skill Based)	L	T	P	Cr
Course Code BYN505	0	0	4	2

### Learning outcomes come:

- **Understanding Dietary Principles:** Explain the fundamental principles of nutrition and dietary management, including food classification, digestion, and the significance of a balanced diet.
- **Nutritional Therapy:** Analyze the role of nutrition in health and disease, including specific dietary management strategies for various health conditions and the importance of fruit and juice therapy.
- **Fasting Methods:** Identify different types and methods of fasting, as well as their therapeutic applications and physiological effects on the body.
- **Clinical Applications of Fasting:** Evaluate the role of fasting in disease prevention and management, including safe practices for breaking a fast and its implications for health.

#### *Unit 1: Principles of Nutrition and Dietary Management*

- Principles of Diet
- Classification of food and drinks
- Deficiency diseases, Artificial foods and their ill-effects
- Acidic and Alkaline foods
- Digestion, Absorption, and Assimilation
- Customs and Manners of eating
- Combination of foods
- Value of foods in raw, germinated and cooked form
- What to eat, how to and how much to eat
- Practical Aspects of Nutrition
- Nutrition and its Importance
- Balanced Diet

#### *Unit 2: Nutritional Therapy: Diet Management in Health and Disease*

- Diet in Health and Disease
- Fruit and Juice Therapy
- Methods of Cooking and Nutritional Impact
- Nutrients present in foods

#### *Unit 3: Fasting: Principles, Methods, and Therapeutic Applications*

- Introduction to Fasting
- Types and Methods of Fasting
- Therapeutic Applications of Fasting

#### *Unit 4: Physiological Effects and Clinical Aspects of Fasting*

- Physiological Effects of Fasting
- Breaking the Fast
- Clinical Applications of Fasting
- Role of fasting in various diseases
- Prevention of diseases

**TransactionMode**

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

**Suggested Reading:**

- **Nutrition and Physical Degeneration** by Weston A. Price - Discusses traditional diets and their effects on health.
- **Food and Nutrition: A Comprehensive Guide** by Dr. R. S. S. Sharma - Covers principles of nutrition and dietary management in detail.
- **The Science and Fine Art of Food and Nutrition** by Arnold Ehret - Explores dietary principles and the impact of food on health.
- **Fasting and Eating for Health** by Joel Fuhrman - Provides insights into the benefits and methods of fasting for health.
- **Clinical Nutrition** by Dr. Alan S. P. Arlin - Focuses on the application of nutrition in clinical settings and disease management.
- **The Complete Book of Fasting** by Dr. Jason Fung - Covers the various aspects of fasting, including therapeutic applications and physiological effects.

Course Name Practical of Kashaykalpana-V (Skill Based)	L	T	P	Cr
Course Code BYN506	0	0	4	2

**Learning outs come:**

- **Understanding Electric Current:** Define and explain the basic components of electric current and principles of current electricity.
- **Knowledge of Modalities:** Identify various electrical stimulation and heating modalities, including their mechanisms and applications in therapy.
- **Machine Handling Skills:** Demonstrate proper handling techniques for electrical machines, including knowledge of their indications and contraindications.
- **Physiological Effects:** Analyze the physiological effects of electrical and heating modalities on the human body and their practical applications in therapeutic settings.

*Unit1:FundamentalsofElectricCurrentandElectricity*

- BasicComponentsofElectric Current
- Currentelectricity

*Unit2:IntroductiontoElectricalStimulationandHeating Modalities*

- ElectricalStimulationModalities

- Heating Modalities

### *Unit 3: Handling of the machines Indications and contraindications*

- Handling of the machines
- contraindications

### *Unit 4: Physiological Effects and Applications of Electrical and Heating Modalities*

- Physiological Effects
- Practical Applications

## **Transaction Mode**

**Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.**

## **Suggested Reading:**

- **"Electrical Stimulation: A Practical Approach"** by Robert E. S. Henneman - An overview of electrical stimulation techniques and their applications.
- **"Fundamentals of Electricity and Magnetism"** by Paul Lorrain and Dale Corson - Covers the principles of electricity relevant to therapeutic applications.
- **"Therapeutic Modalities in Rehabilitation"** by Chad Starkey and Sarah Brown - Discusses various modalities, their physiological effects, and practical applications.
- **"Electrotherapy: Evidence-Based Practice"** by Mary K. P. Dugan - Focuses on the clinical use of electrotherapy and its effects.
- **"Physical Agents in Rehabilitation: From Research to Practice"** by O. A. S. G. A. K. R. Carr - Provides a comprehensive guide to physical agents, including electrical and heating modalities.

Course Name Practical of Panchakarma-V (Skill Based)	L	T	P	Cr
Course Code BYN507	0	0	4	2

**Learning outcomes are:**

- **Understanding of Yoga Therapy Principles:** Explain the history, philosophy, and therapeutic applications of Yoga therapy, including its integration into modern healthcare.
- **Assessment Skills:** Conduct initial assessments of patients, utilizing appropriate tools and techniques to determine physical and mental health conditions for tailored Yoga therapy programs.
- **Application of Therapeutic Asanas:** Demonstrate and apply specific Yoga poses to address common ailments, understanding the therapeutic effects and proper alignment for each asana.
- **Sequencing and Customization:** Create and practice balanced sequences of Yoga poses tailored to individual health needs, focusing on specific issues.

*Unit 1: Fundamentals of Yoga Therapy*

- **Practical 1: Introduction to Yoga Therapy**
  - **Activity:** Overview of Yoga therapy principles, including its history, philosophy, and therapeutic applications. Discussion on the integration of Yoga in modern healthcare.
- **Practical 2: Assessment and Evaluation**
  - **Activity:** Conducting initial assessments of patients to determine their physical and mental health conditions. Learn to use assessment tools and techniques to tailor Yoga therapy programs.

*Unit 2: Therapeutic Asanas and Their Applications*

- **Practical 1: Asana Practice for Common Ailments**
  - **Activity:** Practice and demonstrate specific Yoga poses designed to address common ailments such as back pain, stress, and digestive issues. Discuss the therapeutic effects of each asana.
- **Practical 2: Sequencing Asanas for Therapeutic Sessions**
  - **Activity:** Develop and practice sequencing Yoga poses into therapeutic sessions tailored to individual needs. Focus on creating balanced sequences that address specific health issues.



### Unit3:Pranayama and Meditation Techniques

- **Practical1:PranayamaTechniques**

- **Activity:**PracticevariouspranayamatechniquessuchasNadiShodhana(alternate nostril breathing), Ujjayi (victorious breath), and Kapalabhati (skull shiningbreath). Discuss their benefits for physical and mental health.

- **Practical2:MeditationPracticesforStressReliefandMentalClarity**

- **Activity:**Conductguidedmeditationsessionsfocusingonrelaxation,stressrelief, and mental clarity. Learn different meditation techniques such as mindfulness, loving-kindness, and body scan.

TransactionMode

Lecture,Seminar,e-TeamTeaching,e-

Tutoring,Dialogue,PeerGroupDiscussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.

Suggested Reading:

- **"Yoga Therapy: A Comprehensive Guide to the Principles and Practices"** by Dr. Shreeram S. K. K. - An in-depth exploration of Yoga therapy principles and applications.
- **"The Heart of Yoga: Developing a Personal Practice"** by T.K.V. Desikachar - Offers insights into Yoga philosophy and practical applications.
- **"Yoga as Medicine: The Yogic Prescription for Health and Healing"** by Dr. Timothy McCall - Discusses how Yoga can be used as a therapeutic tool for various health conditions.
- **"The Yoga Sutras of Patanjali"** translated by Sri Swami Satchidananda - Provides foundational knowledge on the philosophy of Yoga.
- **"The Complete Book of Yogic Breathing: Swami Rama"** by Swami Rama - Covers the principles and techniques of pranayama, along with their benefits.

Course Name Physiotherapy: Electro-Pithy (Discipline Elective-VII)	L	T	P	Cr
Course Code BYN508	3	0	0	3

#### Learning outs come:

- **Preparation Techniques:** Demonstrate the preparatory procedures of Snehana and Swedana, emphasizing their roles in detoxification before main treatments.
- **Vamana Administration:** Conduct the preparation and administration of Vamana, including patient preparation, emetic drug selection, and post-emesis care, while managing potential side effects.
- **Virechana Execution:** Administer Virechana, focusing on drug selection, dosage calculation, patient monitoring, and evaluating the outcomes of purgation.

- **Basti Application:** Prepare and administer various types of Basti, understanding their indications, contraindications, and post-procedure care requirements.
- **Nasya Techniques:** Perform Nasya therapy, including proper patient positioning, nasal drop administration, and associated massage techniques while discussing therapeutic benefits and precautions.

### *Unit 1. Introduction to Panchakarma Procedures*

- **Practical 1: Introduction to Panchakarma**

**Activity:** Overview of Panchakarma, its purpose, and benefits in Ayurveda. Discussion on the five main procedures: Vamana, Virechana, Basti, Nasya, and Raktamokshana.

- **Practical 2: Purva Karma (Preparatory Procedures)**

**Activity:** Demonstration and practice of preparatory procedures such as **Snehana (oleation)** and **Swedana (sudation)**. Explanation of their role in loosening toxins before the main procedures.

### *Unit 2. Vamana and Virechana*

- **Practical 1: Vamana (Therapeutic Emesis)**

**Activity:** Preparation and administration of Vamana. Selection of emetic drugs, patient preparation, and post-emesis care. Observing and managing side effects.

- **Practical 2: Virechana (Therapeutic Purgation)**

**Activity:** Process of administering Virechana, including drug selection, dosage calculation, patient monitoring, and post-procedure care. Evaluation of the efficacy of purgation.

### *5. Basti and Nasya*

- **Practical 1: Basti (Medicated Enema)**

**Activity:** Preparation and administration of various types of Basti, such as Anuvasana (oil enema) and Niruha (decoction enema). Discuss indications, contraindications, and post-procedure care.

- **Practical 2: Nasya (Nasal Therapy)**

**Activity:** Demonstration and practice of Nasya, including patient positioning, administration of nasal drops, and massage techniques. Discuss therapeutic benefits and precautions.

## 6. Raktamokshana and Post-Panchakarma Care

- **Practical 1: Raktamokshana (Bloodletting)**

**Activity:** Techniques of Raktamokshana, including methods like Jalauka (leech therapy) and Siravyadha (venesection). Discuss indications, techniques, and safety protocols.

- **Practical 2: Post-Panchakarma Care**

**Activity:** Guidelines for post-Panchakarma care, including diet, lifestyle adjustments, and rejuvenation therapies. Discuss the role of Rasayana (rejuvenation) therapies in maintaining health.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-

Learning, Collaborative Learning and Cooperative Learning.

Suggested Reading:

- **"Panchakarma: A Comprehensive Guide"** by Dr. Sunil Joshi - An extensive resource on Panchakarma practices, including detailed descriptions of each procedure.
- **"The Science of Ayurveda: The Ultimate Guide to Ayurvedic Medicine"** by Dr. Vasant Lad - Offers insights into Ayurvedic principles, including Panchakarma procedures.
- **"Panchakarma: Detoxification and Rejuvenation in Ayurveda"** by Dr. K. N. Udupa - Covers the importance of Panchakarma in health and disease management.
- **"Ayurvedic Healing: A Comprehensive Guide"** by Dr. David Frawley - Discusses Panchakarma in the context of Ayurvedic healing and its therapeutic applications.
- **"Principles of Ayurvedic Medicine"** by Dr. K. R. Srikanth - Includes detailed explanations of Panchakarma techniques, their indications, and post-care management.

Course Name Advanced Yoga Techniques (Discipline Elective-VII)	L	T	P	Cr
Course Code BYN508	3	0	0	3

### Learning Outcomes

1. Demonstrate advanced asanas and their modifications.
2. Apply advanced pranayama techniques for enhanced energy and focus.
3. Integrate meditation practices to deepen self-awareness and concentration.
4. Design advanced yoga sequences tailored to specific therapeutic needs.
5. Analyze the effects of advanced practices on overall health and wellness.

## **Advanced Asanas**

- **In-depth Study of Advanced Asanas**
  - Exploring complex poses (e.g., arm balances, inversions)
  - Understanding alignment principles and safety precautions
- **Therapeutic Applications of Advanced Asanas**
  - Using advanced poses to address specific physical conditions
  - Modifications and props for accessibility
- **Asana Sequencing**
  - Creating sequences that flow seamlessly and effectively challenge the body

## **Unit 2**

### **Pranayama Techniques**

- **Advanced Pranayama Practices**
  - Techniques such as Kapalabhati, Bhastrika, and Nadi Shodhana
  - Understanding the physiological effects of breath control
- **Pranayama for Specific Outcomes**
  - Utilizing pranayama for stress reduction, energy enhancement, and focus
  - Integrating pranayama with asana practice for deeper impact
- **Guided Practice Sessions**
  - Developing personalized pranayama routines

## **Unit 3**

### **Meditation and Mindfulness**

- **Advanced Meditation Techniques**
  - Exploring different meditation styles (e.g., Vipassana, Loving-Kindness)
  - Techniques for deepening concentration and awareness
- **Mindfulness in Daily Life**
  - Incorporating mindfulness practices into everyday activities
  - Understanding the impact of mindfulness on mental health
- **Creating a Meditation Practice**
  - Developing a structured meditation routine to support individual goals

## **Unit 4**

### **Integrative Approaches and Ethical Considerations**

- **Integrating Advanced Techniques**
  - Designing comprehensive yoga sessions that incorporate asana, pranayama, and meditation
  - Therapeutic applications for different populations
- **Ethics and Professional Practice**
  - Understanding the ethical responsibilities of teaching advanced techniques

- Professionalism in yoga practice and therapy
- **Evaluating Progress and Outcomes**
  - Methods for assessing client progress and adapting practices

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.

**Recommended Reading:**

- *Yoga Anatomy* by Leslie Kaminoff and Amy Matthews
- *The Miracle of Mindfulness* by Thich Nhat Hanh
- *The Heart of Yoga: Developing a Personal Practice* by T.K.V. Desikachar
- *Light on Yoga* by B.K.S. Iyengar

**Semester-6**

<b>Course Code</b>	<b>Title of the Course</b>	<b>Credits</b>
BYN601	INTERNSHIP	<b>24</b>