

**SHRI JAGDISHPRASAD JHABARMAL TIBREWALA, UNIVERSITY
CHUDELA, JHUNJHUNU,
RAJASTHAN**



**P.G. DIPLOMA
IN
NATUROPATHY, YOGIC SCIENCE AND DIETETICS
(Course Curriculum)**

Approved by the Academic Council

ACADEMIC SESSION 2018 – 2021

Institute of Yoga and Natural Health Science
Shri Jagdishprasad Jhabarmal Tibrewala University (Raj.)
Vidya Nagari, Jhunjhunu-Churu Road, Chudela, Distt.- Jhunjhunu-333001, Rajasthan
Tel.: 08805886785, E-mail.- naturecure@jitu.ac.in, Website: www.jitu.ac.in

ORDINANCE NO. _____

**P.G. DIPLOMA IN NATUROPATHY, YOGIC SCIENCE AND DIETETICS
(PG D.N.Y.D.)**

1. Name of the Course :

- PG Diploma in Naturopathy, Yogic Science and Dietetics (PGDNYD).

2. Aims & Objective of the Course :

- The aim of PG Diploma in Naturopathy, Yogic Science and Dietetics is to prepare trained manpower fully equipped with knowledge and skills for treatment of diseases and to improve the overall health in all manifestation with the help of Natural Health Science.
- It is ideal for those always wanted to have in depth understanding of Naturopathy-Yoga & Diet but unable to take a long time off. It covers textual, Psycho-Physiological and practical aspects of Yoga Naturopathy as well as, teaching methods in Naturopathy and yoga.

3. Duration of the Course:

The duration of the course shall be of One Year (Two Semesters).

Availability of Admission Forms : 1 May to 31 July (every year) Last date for submission the Admission Forms 31 July. Diploma Course shall Start on the (Commencement of academic session) 1st August Every Year.

4. Intake Capacity :

50 (Fifty) Students and increase time to time with the permission of university.

5. Eligibility for Admission :

- **Qualification** : Any Candidate who has passed Graduation or any other equivalent examination.(with 45% for open category & 40% for Reserve category)
- **Age** : There is no age bar for the Course.
- **Selection Methods** : Selection is based on First come first Registration.

6. Medium of Instruction :

- Medium of Instruction at the Yogic Science and Dietetics will be Hindi/English.

7. Attendance :

- 75% attendance is compulsory for each semester. He/She should complete all the practical's and other work expected of them of the syllabus.

8. Scheme of Teaching :

- Lectures
- The Students will be given projects, term works and tutorials.
- Group Discussion, Self study, Group Study will be held once in a week of four hours.
- Practical teaching/learning.
- Project implementation.

9. Course Coordinator & Faculty Members :

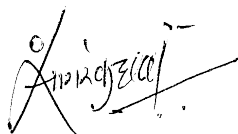
- The senior most teacher HOD Dr. Sagar kachhawa in the Department of Yoga and Natural Health Science Shall be the Course Coordinator of the Course.
- Teachers & Staff of the Department of Yoga and Natural Health Science & Human Values Studies Shri J J T University, Jhunjhunu.
- Outstanding guest lectures.

10. Examination :

Examination are deluded in two parts.

- 1) **Theory** : An examination will be held at the end of the each Semester and which shall be called as "Course Examination". This examination will be of 100 marks and of three hours duration.
- 2) **Practice**: There shall be final practical lesson Conducted at end of the second term.

11. Standard of Passing & Award of Class:



- Each student shall be required to pass in theory and practical work separately. The minimum pass marks in theory and practical work shall be 40 % in each paper and practical work and 50% in the aggregate. Students securing 60% and above shall be placed in Ist Division and those obtaining 50% and above but less than 60% shall be awarded IInd Division.

12. Fees Structure :

- The Fee prescribed for regular students Annual Tuition fee will be Rs. 15000/- per year, its 50% will be payable in each Semester at a time. Exam fee extra.
- **Hostel :** The Students will be provided the possible facility of a Hostel where meals will be available and the students will abide by the Hostel Rules. The Hostel Charges will be as Under: Boarding & Meals : Rs. 5000/- per month (3 months payment at a time)

13. How to get Form and Prospectus for Admission :

- Application form and prospectus can be received by depositing a Bank Draft of Rs. 500/- payable to " Shri J J T University Jhunjhunur" (Demand by post Rs. 50/- extra as postal charges). Last date for receiving prospectus is 31 July (every year). Send a self-addressed envelope of 11" x 9" and 10"x4.5" with draft. The last date for submitting the filled form is 31 July (every year) or filled in application form along with photo copy of all the mark sheets as well as certificates and a demand draft of Rs. 500.00 (Rupees One Hundred) in favour of Shri J J T University be sent at the following address :

Registrar

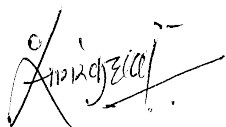
Shri Jagadishprasad Jhabarmal Tibadewala University

Vidya Nagari, Jhunjhunur-Churu Road, Chudela, Dist.- Jhunjhunur-333001, Rajasthan

E mail.- naturecure@jjtu.ac.in, Website : www.jjtu.ac.in

14. University Terms :

- The date for commencement and conclusion of the terms shall be decided by the University.





SYLLABUS

P.G. DIPLOMA IN NATUROPATHY, YOGIC SCIENCE & DIETETICS (PGDNYD)

Department of Yoga & Natural Health Science

Vidya Nagari, Jhunjhunu-Churu Road, Chudela, Dist.- Jhunjhunu-333001, Rajasthan

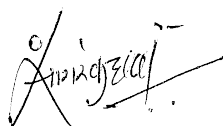
1. Name of the Course : P.G. Diploma in Naturopathy Yogic Science and Dietetics
2. Duration : One year
3. Examination Type : Semesters Wiis
4. Eligibility : Graduation or any other equivalent examination passed.
5. Selection Methods : Selection is based on First come first Registration.

6. SCHEME OF EXAMINATION :

S. No.	Subject Code	Subject Name	Hrs./Week			Exam Hrs.	Maximum & Minimum Marks		
			L	T	P		Internal/Min. Pass Marks	External/Min. Pass Marks	Total/Min. Pass Marks
Theory									
First Semesters									
1	PGDNYD-101	Foundation of Yoga	3	1	-	3	30/12	70/28	100/40
2	PGDNYD-102	Human Anatomy	3	1	-	3	30/12	70/28	100/40
3	PGDNYD-103	Principles of Naturopathy	3	-	-	3	30/12	70/28	100/40
4	PGDNYD-104	Study of Hath-Yoga	3	1	-	3	30/12	70/28	100/40
5	PGDNYD-105	Swastha-Vritta, Diet and Nutrition	3	1	-	3	30/12	70/28	100/40
Practical's									
6	PGDNYD-105	Practical : Yogic Skills & Allied Sciences-I	-	-	3	3	30/12	70/28	100/40
Total			15	4	3		180/72	420/168	600/240
Second Semesters									
1	PGDNYD-201	Application of Naturopathy	3	1	-	3	30/12	70/28	100/40
2	PGDNYD-202	Therapeutic Diet and Medicinal Herbs	3	1	-	3	30/12	70/28	100/40
3	PGDNYD-203	Diagnostic Methods and Management of Diseases	3	1	-	3	30/12	70/28	100/40
4	PGDNYD-204	Mantel Health and Yoga	3	-	-	3	30/12	70/28	100/40
5	PGDNYD-205	Yoga Therapy	3	1	-	3	30/12	70/28	100/40
Practical's									
7	PGDNYD-206	Practical : Yogic Skills & Allied Health Sciences- II	15	4	3	3	180/72	420/168	600/240
Total							180/72	420/168	600/240

Each Papers Distribution of Marks

External Evaluation	70 Marks
Practice Evaluation and Sessional Work (Internal Examination by the Teachers)	30 Marks
(Continues valuation will be used for evaluation based on students understanding (Assignments), Feedback and Project works)	





FIRST-SEMESTERS
P.G. DIPLOMA IN NATUROPATHY, YOGIC SCIENCE & DIETETICS
PAPER: PGDNYD-101
FOUNDATIONS OF YOGA

Time allowed: 3 hours
Paper Code – PGDNYD-101

Max Marks: 100
(External: 70, Internal: 30)

Section-A

Meaning & definitions of yoga, Importance of yoga in modern life, Traditional & historical development of yoga, Elements of success and failure in yoga according to Hathyoga, Patanjali Yogasutra & Gita.

Section-B

Kinds of Yoga:- Karma Yoga, Bhakti Yoga Jnana (Gyan) yoga & Ashtang Yoga. Study of Yoga in :- Vedas, Upanishads & Gita

Section-C

Life sketch of following Yogis with importance incidents of their lives & contributions in the development of Yoga- Maharishi Patanjali, Guru Gorakhnath, Yogi Shyamacharan Lahidi, Swami Shivananda, Swami Vivekananda, Sri Aurobindo.

REFERENCE BOOKS:

- | | |
|---|---|
| 1. Yoga : An Introduction
(Bharat Book Centre, Lucknow,1999) | -Prof. Surendra Singh& Prof. P.D. Misra
Dr.(Mrs.)Beena Misra |
| 2. Raja Yoga, Jnana(Gyan) Yoga, Karma Yoga &
Bhakti Yoga | - Swami Vivekaanda
(Ramakrishan Ashrama Publication) |
| 3. Kalyan(Yogank) | -Geeta Press Gorakhpur |
| 4. Synthesis of Yoga | -Sri Aurobindo |
| 5. Upnishadic Adhyatmic Vigyan | -Dr. Ishwar Bharadwaj. |
| 6. 108 Upanishads in three Volumes(Hindi) | -Shri Ram Sharma Acharya |
| 7. योगासन | - स्वामी कुवालायानंद |
| 8. प्राणायाम | - स्वामी कुवालायानंद |

FIRST-SEMESTERS
P.G. DIPLOMA IN NATUROPATHY, YOGIC SCIENCE & DIETETICS
PAPER: PGDNYD-102
HUMAN ANATOMY
(SHARIR RACHANA & KRIYA VIGYAN)

Time allowed: 3 hours
Paper Code – PGDNYD-102

Max Marks: 100
(External: 70, Internal: 30)

Section-A

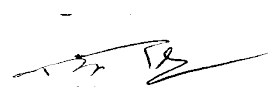
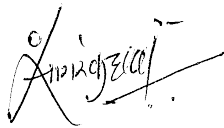
Meaning of Anatomy & Physiology, The brief study of Cell & Tissues, The brief study of Digestive system:- Mouth, Tongue, Stomach, Intestine and Anus, Muscular System: Muscles, their types and functions, Skeletal System:- The Bones, Joints, Vertebral Column, Endocrinal System:- The Study of main endocrine/ductless glands & their function.

Section-B

The brief study of Respiratory System:-Mechanism of Inspiration, Expiration & Control of Respiration, Cardio-vascular (Circulatory) system:- The Heart, Blood and Blood Circulation. Nervous System:- The central Nervous & the Autonomic Nervous system. Excretory System:- Study of Kidneys, Lungs.

REFERENCE BOOKS:

- | | | |
|----|---|----------------------|
| 1. | Anatomy and Physiology of Yogic Practices
(English & Hindi)Kanchan Prakashan, Lonavla. | -M.M. Gore |
| 2. | Anatomy & Physiology | -Waugh-Ross & Wilson |
| 3. | A Glimpse of Human body | -Shirley Telles |
| 4. | Sarir Rachana even Kriya Vigyan | -Charu Supriya |
| 5. | Anatomy and Physiology for Nurses(Faber and Faber Ltd; London, 1968) -Evelyan C. Pearee | |
| 6. | मानव शरीर रचना विज्ञानं | -डॉ अनंत प्रकाश |



FIRST-SEMESTERS
P.G. DIPLOMA IN NATUROPATHY, YOGIC SCIENCE & DIETETICS
PAPER: PGDNYD-103
PRINCIPLES OF NATUROPATHY

Time allowed: 3 hours
Paper Code – PGDNYD-103

Max Marks: 100
(External: 70, Internal: 30)

Section-A

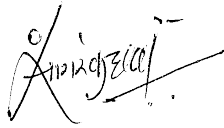
Concept of Health. Naturopathy – Introduction, History, Definition, Principles, Philosophy and Treatment Approaches.. Naturopathy and other system of medicine.

Section-B

Water Therapy:- Hot & Cold Compress and Wet Packs sheet. **Mud/Clay therapy:-** Importance of Soil, Use of mud-packs.(Chest-Pack, Abdomen-Pack & Knee Pack). **Sun-therapy:-** importance of sun rays, Sun-bath & its uses in different diseases. **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.

REFERENCE BOOKS:

- | | | |
|----|--|----------------------------------|
| 1. | Swasth-Vrata Vigyan,(Hindi)
(Chaukhamba Sanskrit Pratishthan,Delhi) | -Prof. Ram Harsh Singh |
| 2. | Science of Natural Life(English)
(Arogya Sewa Prakashan, Modhinagar,U.P.) | -Dr. Rakesh Jindal |
| 3. | Prakritik Ayurvigan(Hindi)
(Arogya Sewa Prakashan, Modhinagar,U.P.) | -Dr. Rakesh Jindal |
| 4. | Pranashakti ek Divya Vibhooti | -Pdt. Shri Ram Sharma, Acharya. |
| 5. | Chikitsa ke Vibin Ayaam. | -Pdt. Shri Rram Sharma, Acharya. |
| 6. | A Complete Handbook of Nature Cure. | -Dr. H.R.Bakhru. |
| 7. | Diet Cure for Common Ailments. | -Dr. H.R.Bakhru. |



FIRST-SEMESTERS
P.G. DIPLOMA IN NATUROPATHY, YOGIC SCIENCE & DIETETICS
PAPER: PGDNYD-104
STUDY OF HATHYOGA

Time allowed: 3 hours
Paper Code – PGDNYD-104

Max Marks: 100
(External: 70, Internal: 30)

Section-A

Meaning & objectives of Hathayaga. Components of Hathayoga:- Sapt Sadhan, Study of Shat-Karmas and Asanas according to Hathapradipika and Gheranda Samhita, with their techniques, benefits and precautions.

Section-B

Meaning and Definitions of Pranayama, Classification of Pranayamas with reference to Patanjali yoga sutra, Hath Pradipika & Gherand Smhita with their techniques, benefits and precautions. Meaning, Techniques & benefits of Mudra & Bandhas according to Hathapradipika.

REFERENCE BOOKS:

- | | |
|---|---|
| 1. Yoga : An Introduction
(Bharat Book Centre, Lucknow,1999) | -Prof. Surendra Singh& Prof. P.D. Misra
Dr.(Mrs.)Beena Misra |
| 2. Raja Yoga, Jnana(Gyan) Yoga, Karma Yoga &
Bhakti Yoga | - Swami Vivekaanda
(Ramakrishan Ashrama Publication) |
| 3. Kalyan(Yogank) | -Geeta Press Gorakhpur |
| 4. Synthesis of Yoga | -Sri Aurobindo |
| 5. Upnishadic Adhyatmic Vigyan | -Dr. Ishwar Bharadwaj. |
| 6. 108 Upanishads in three Volumes(Hindi) | -Shri Ram Sharma Acharya |
| 7. Hathayog Pradipika (English)
(Yoga Publication Trust, Munger, Bihar, India) | -Swami Muktibodhananda |
| 8. Hathapradipika(Hindi)
(Kaivalyadhama, Lonavla) | -Swami Kuvaliyananda |
| 9. Gheranda Samhita (English)
(Kaivalyadhama, Lonavla) | -Digambarji Swami & Gharote |
| 10. Gheranda Samhita (Hindi)
(Yoga Publication Trust, Munger, Bihar, India) | -Swami Niranjanananda Saraswati |
| 11. Pranayama, The art & science.(English) | -Dr. H.R. Nagendra. |
| 12. Yog Nidra..(English) | -Swami Satyananda Sarswati |
| 13. Asan Pranayam Mudra Bandh.(English) | -Swami Satyananda Sarswati |
| 14. Saral Yogasan (Hindi) | -Dr. Ishwar Bhardwaj |

FIRST-SEMESTERS
P.G. DIPLOMA IN NATUROPATHY, YOGIC SCIENCE & DIETETICS
PAPER: PGDNYD-105
SWASTHA-VRITTA, DIET AND NUTRITION

Time allowed: 3 hours
Paper Code – PGDNYD-105

Max Marks: 100
(External: 70, Internal: 30)

Section-A

fundamentals of Ayurveda : Sharir Dharma, Ahar, Nidra, Bhaya, Maithunam, Panchamahabhoot, Dosh, Dhatu, Mala. Saamya (Equilibrium) & vaishamya (In equilibrium). Vrudhi- khsaya, Agni.

Section-B

Concept & Need of Swasth-Vrata, Elements of daily Routine- Dincharya, Ritucharya. The Pillars of Health (Trayopastambha)& Sada-Vrita.. Social health, Environmental health. Air, Water, Light. Garbage & Swage disposal (Aapaddravya Nivarana). Industrial health & Method o maintaining it Epidemiology or infectious diseases (Selected Five). Primary health Prevention. national health Programme. Family welfare Programme

Section-C

Introducing to diet & Nutrients. Meal- planning & Menu- planning. Introduction to Basic food groups. Protective Nutrient - Vitamins & Minerals classification , sources, functions. . Balanced diet, Recommended Nutrient allowance (by ICMR-I latest). Energyt yielding nutrients, classification, sources, functions of fats,carbohydrates and Roteins Diet- Meaning, Definitions, components & Benefits of Balance-died, Sprouted diet & Mitahara, Rules of Yogic-diet, Demerits of Non-vegetarian-diet & merits of Vegetarian diet.

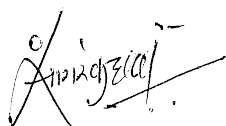
Cooking methods and cooking utensils of foods and its effect on health

Reference Books :

- | | |
|---|--|
| 1. Swasth-Vrata Vigyan,(Hindi)
(Chaukhamba Sanskrit Pratishtan,Delhi) | -Prof. Ram Harsh Singh |
| 2. Science of Natural Life(English)
(Arogya Sewa Prakashan, Modhinagar,U.P.) | -Dr. Rakesh Jindal |
| 3. Prakritik Ayurvigan(Hindi)
(Arogya Sewa Prakashan, Modhinagar,U.P.) | -Dr. Rakesh Jindal |
| 4. Pranashakti ek Divya Vibhooti | -Pdt. Shri Ram Sharma, Acharya. |
| 5 Chikitsa ke Vibin Aayaam. | -Pdt. Shri Rram Sharma, Acharya. |
| 6. A Complete Handbook of Nature Cure. | -Dr. H.R.Bakhru. |
| 7. Diet Cure for Common Ailments. | -Dr. H.R.Bakhru. |
| 8. Nutritive Value of Indian foods | - Gopalan NIN, ICMR, Hyderabad 1996. |
| 9. Dietary guidelines for Indians A manual | - NIN, ICMR, Hyderabad 1998. |
| 10.Biochemical aspects of Nutrition | - Okoye, Z.S.C.Prentice hall of India, New Delhi 1992. |
| 11. Essentials of Food and Nutrition | - Swaminathan M.S.BAPPCO Ltd. Banglore 1993. |
| 5. Food Facts | - Shakuntala Maney Wiley Estern Ltd. New Delhi 1989. |

Assignments -

1. Study of portion size of food given in balanced diet recommended by ICMR
2. Study of Nurtient Analysis of diet survey, Report writing and presenting the reports through seminars and group discussions.
3. Identification of diet and Nutritional status of individuals. Study of food consumption pattern of different families through diet survey. Report writing.
4. Balanced diet and caloric value of different food stuffs.



FIRST-SEMESTERS
P.G. DIPLOMA IN NATUROPATHY, YOGIC SCIENCE & DIETETICS
PAPER: PGDNYD-106
PRACTICAL : YOGIC SKILLS & ALLIED HEALTH SCIENCES-I

Time allowed: 5 hours
Paper Code – PGDNYD-106

Max Marks: 100
External Assessment: 70
Internal Assessment: 30

The practice of the following Yogic Skill & Naturopathy with brief theoretical knowledge about their importance of name, the technique, silent features, precautions to be taken and the benefits.

SEKECTED YOGIC SHATKRAMAS

Vaman Dhuti (Kujal), Sutra Neti, Jala Neti and Ghrit Neti, Trataka, Kapalbhati: Vat karma, viewetkrama & Sheetkrama Kapalbhati

2. SURYA NAMASKARA & SELECTED YOGASANAS

- | | | | |
|-----------------------|---------------------------|------------------|--------------------|
| 1. Siddhasana | 2. Padmasana | 3. Kurmasana | 4. Bhadrasana |
| 5. Vajrasana | 6. Swastikasana | 7. Simhasana | 8. Gomukhasana |
| 9. Virasana | 10. Savasana | 11. Vekrasana | 12. Matsyendrasana |
| 13. Paschimottanasana | 14. Dhanurasana | 15. Matsyasana | 16. Gorakshasana |
| 17. Vrikshasana | 18. 19.Garudasana | 19. Salabhasana | 20. Chakrasana |
| 21. Makarasana | 22. Ushtrasana | 23. Bhujangasana | 24. Utkatasana |
| 25. Naukasana | 26. Sarvangasana | 27. Konasana | 28. Trikonasana |
| 29. Mandukasana | 30. 31Uttana-Mandukasana. | | |

PRANAYAMA , BANDHAS, MUDRAS, DHAYANA (MEDITATION)

Hathyoga : Nadi Shodhana Pranayama , Surya -Bhedana, Ujjayee, Sheeta Seetkari, & Bhrumri

Patanjal Yogasutra:- Bahyavrtti, Abhyantara Vrtti & Stambhavrtti

BANDHAS & MUDRAS: Jalandhar, Uddiyan and Moola Bandhas. Mahamudra, Mahabandha, Vipareet Karani, Kaki, Shambhavi.

DHAYANA (MEDITATION) : Recitation of Pranavajapa (Omkar Japa) & Gyatari Mantra.

NATUROPATHY:

Steam Bath, Hip Bath, Spinal Bath, Footbath. Hot & Cold Compresses, Wet Sheet pack, Mud Packs, Oil Massage. Air bath:- Morning walk, Control over Swar, Left Swar, Right Swar & Sushumna. Sun Baths, Rest, Relaxations & Fasting.

Diet & Nutrients : Preparation of food stuff and recipes. Calorie value of different foods. Visit to various institutions and reporting.

SESSIONAL WORK/ PRACTICE OF TEACHING :

Each student shall have to prepare and give at least one lecture cum Demonstration on different topics of Paper and also shall have to prepare and to give Five (5) lessons in the class under the supervision of their Yoga Practical Teacher. These Lessons should be observed/examined by the Yoga Practical Teacher.

SECOND-SEMESTERS
P.G. DIPLOMA IN NATUROPATHY, YOGIC SCIENCE & DIETETICS
PAPER: PGDNYD-201
APPLICATION OF NATUROPATHY

Time allowed: 3 hours
Paper Code – PGDNYD-201

Max Marks: 100
(External: 70, Internal: 30)

Section-A

Mud Therapy: Type of mud, collection and properties of mud, mud poulties. Applications and the physiological effect and its Contraindications

Hydrotherapy: Introduction and history , General principles and rules of Hydrotherapy, Therapeutic action and use of Hydrotherapy. Physiological properties and chemical composition of water. Importance of water to human body .Physiological effects of water on different systems of body.

Section-B

Massage: a) General & Physiological effects of heat on skin, Respiratory, Circulatory & Nervous System. B) General and physiological effects of cold upon skin, respiration, circulation nervous system. GIT, Body temperature and its maintenance, nervous system c) Action reaction and incomplete reaction. d). Role of water in Acute disease. e). Role of water in chronic disease

Section-C

Chromo therapy & magneto therapy: a.) History & Basic Principles of Chromo Therapy b.) Effects & benefits of Chromo Therapy

Magneto Therapy : a.) History & Basic Principles of Magneto Therapy b.) Effects & benefits of Magneto Therapy

Section-D

PRACTICAL: Mud Therapy (Collection of different types of mud Preparation of mud poulties.) Hydro Therapy(Demonstrate the therapeutic action of water and het). Massage , Chromo & Magneto Therapies .

Reference Books :

- | | |
|--|------------------------------|
| 1. Philosophy of Nature Cure | - Henry Lindlohr |
| 3. Human Care and Nature | - Dr. E.O. Babaiat |
| 4. History and Philosophy of nature Cure | - S.O. Singh |
| 5. My nature Cure | - M.K. Gandhi |
| 6. PRactical nature Cure | - Dr. k. Laxman Sharma |
| 7. New Science of Healing | - Louis Khune |
| 8. Naturopathy | - V.M. Kulkarni |
| 9. प्राकृतिक चिकित्सा की देन | - युगलकिशोर चौधरी |
| 10. प्राकृतिक आयुर्विज्ञान | - डॉ. राकेश जिन्दल, दिल्ली.0 |

SECOND-SEMESTERS
P.G. DIPLOMA IN NATUROPATHY, YOGIC SCIENCE & DIETETICS
PAPER: PGDNYD-202
THERAPEUTIC DIET AND MEDICINAL HERBS

Time allowed: 3 hours
Paper Code – PGDNYD-202

Max Marks: 100
(External: 70, Internal: 30)

Section-A

1. Philosophy of therapeutic fasting. Physiology of Fasting & starvation. Difference between hunger & Appetite
2. Nutrition and diet during infancy, preadolescence, adolescence, pregnancy, lactation and old age.
3. Weaning and supplementary food.

Section-B

1. Reproductive child health care through Nutrition.
2. Balance diet, objectives of therapeutic diets.
3. Nutritional Deficiency Discusses, Protein Calorie Malnutrition in children.

Section-C

Diet in – Gastrointestinal Diseases, Cardio vascular Diseases, Liver diseases, Diabetes, Gout, Arthritis, Osteoporosis, tube feeding

Section-D

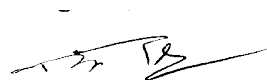
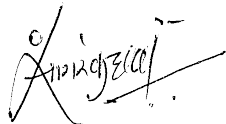
Herbal Therapeutic use of Amla, Ashwagandh, Ajwain, Bilva, Guduchi, Haridra, Hingu, Kalimirch, Punarnava, Tulsi, Karela, Onion, Pudina, Neem et.

Reference Books :

- | | |
|--|---|
| 1. Nutritive Values of Indian food | - C. Gopalan - (NIN Hyderabad 1996) |
| 2. Dietary Guidelines for Indians | - A Manual (NIN Hyderabad 1986) |
| 3. Biochemical Aspects of Nutrition | - Okoyezec Prentice hall of India- New Delhi |
| 4. Essentials of food Nutrition | - Swaminathan M.S. Bappco Ltd. Banglore 1993 |
| 5. Food Facts | - Shakuntala Maney Wiley Estem Ltd. new Delhi 1989 |
| 6. Text-Book of Human Nutrition | - Bamji M.S. Oxford & IBH, Publishing new Delhi 1996 |
| 7. Fundamentals of Food & Nutrition | - Sumati Mudanbi 1990. |
| 8. Educational Planning Group Food & Nutrition | - Arya Publishing House New Delhi |
| 9. Kaya Khave Kiti Khave | - Jayashree Pendharkar, Jayashree Prakashan, Nagpur 2000. |
| 10. Striya aani Mulancha Aahar | - Jayashree Pendharkar, Jayashree Prakashan, Nagpur 2001. |
| 11. Dietetics | - Smt. Laxmi |

Assignments :

1. Preparing food plan according to the need of the patients / clients.
2. Study of Diets of different groups concerned in theory by Diet surveys and report writing
3. Performing Nutrition and health education programmes in the society and its evaluation.



SECOND-SEMESTERS
P.G. DIPLOMA IN NATUROPATHY, YOGIC SCIENCE & DIETETICS
PAPER: PGDNYD-203
DIAGNOSTIC METHODS AND MANAGEMENT OF DISEASES

Time allowed: 3 hours
Paper Code – PGNYD-203

Max Marks: 100
(External: 70, Internal: 30)

Section-A

- 1) Diagnosis Concept, types and methods
- 2) Facial Expression: Concept of foreign Matter, Encumbrance, Back encumbrance, the whole body encumbrance, Mixed back and partial accumulation, causes of accumulation of Foreign Matters, various places of Accumulation.
- 3) Iris Diagnosis: Concept, Methods and Application of Iris Diagnosis, Nabhi Chakra and Swara Vigyan Case History and Various Examinations and tests for Proper Diagnosis.

Section-B

- 1) Management Natural Management of Diseases of the Digestive System- Indigestion, Constipation, Diarrhea, Gastritis, Colic pain, Appendicitis, peptic ulcer, colitis; diseases of the liver and gall bladder. Jaundice, Hepatitis, Cirrhosis of liver;

Section-C

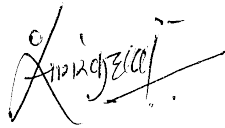
Diseases of urinary system : Neurosis, Nephritis, Infection of urinary tract Diseases of Heart and circulatory disorders : Angina pectoris, High and low blood pressure

Section-D

Diseases of Respiratory system-cough, Pneumonia, Pleurisy, Bronchitis, Asthma, Pulmonary Tuberculosis Diseases of the Nervous System-Epilepsy, Migraine, Paralysis, Sciatica, Diseases of connective tissues, joints and bones- Rheumatoid arthritis, Osteoarthritis, spondylitis, Gout. Diseases of Endocrine System-Diabetes, Hypothyroidism Diseases of the Genital Disorder- Syphilis, Gonorrhoea, AIDS, Impotency, Frigidity First Aid and Emergency

Suggested Books and References:

1. K.S. Josi: Speaking of Yoga & Nature- Cure Therapy, Sterling Publishers Private Limited, 1991.
2. M.M. Bhamgara: The Human Body: Nature's Amazing Creation, Bipin Parkekh Mumbai, 2004.
3. Prakrutik Ayurvijnana- Dr. Jindal- Republication of Kalyana Anka Arogya Seva Prakasham odinagar.
4. History and Philosophy of Nature cure- By S.J. Singh.
5. Prachina Vangamaya Me Prakrutika Chikitsa- Swami Ananta Bharati, CCRYN, New



SECOND-SEMESTERS
P.G. DIPLOMA IN NATUROPATHY, YOGIC SCIENCE & DIETETICS
PAPER: PGDNYD-204
MANTEL HEALTH AND YOGA

Time allowed: 3 hours
Paper Code – PGDNYD-204

Max Marks: 100
(External: 70, Internal: 30)

Section-A


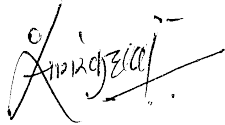
Meaning & Definition of Mental Health, Elements to affecting mental health, Methods for development of mental health through Yoga:- Kriya-Yoga, Punch Kosh-Sidanta, The Philosophy and Meaning of the sacred syllable "Om (OUM)".

Section-B

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

REFERENCE BOOKS:

- | | | |
|-----|---|---|
| 1. | Yoga Practices for Anxiety and Depression | -Dr. R. Nagrathna &
-Dr.H.R.Nagendra |
| 2. | Yogic Management of Stress. | -Swami Suryamani Saraswati |
| 3. | Manorog Vigyan | -Dr. Balkrishan Pathak |
| 4. | Manasrog Vigyan | -Dr. Rajinder Prasad Bhatnagar |
| 5.. | Mansick Chikitsa | -Lalji Ram Shukel. |
| 6. | Mental Health ad Hindi Psychology | -Swami Akhilananda |



SECOND-SEMESTERS
P.G. DIPLOMA IN NATUROPATHY, YOGIC SCIENCE & DIETETICS
PAPER: PGDNYD-205
YOGA THERAPY

Time allowed: 3 hours
Paper Code – PGDNYD-205

Max Marks: 100
(External: 70, Internal: 30)

Section-A

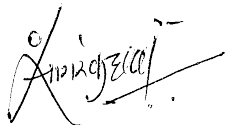
Concept, Meaning & Principles of Yogic Therapy, Causes, signs & symptoms & yogic treatment including dietary measures of the following diseases:- Constipation, Diabetes Mellitus, Obesity, Cervical Spondylitis, Arthritis, Backache, Sciatica & Slipped Disc.

Section-B

Causes, signs & symptoms & yogic treatment including dietary measures of the following diseases: Asthma, High & Low Blood Pressure, Female problems, Sinusitis, Thyroid, Depression & Naval-displacement.

REFERENCE BOOKS:

- | | |
|--|----------------------------------|
| 1. Yogic Management of Comon Diseases
(Yoga Pubication Trust, Munger, Bihar, India) | -Dr. Swami Karmananda |
| 2. New Prespectives in Stress Management
(V.K. YOGAS, Bangalore, 1998) | -Nagendra H.R.
-Nagendra R. |
| 3. Stress and its Management by Yoga(MLBD) | -Udupa K.N. |
| 4. Anatomy and Physiology of Yogic Practices
(English & Hindi)Kanchan Prakashan, Lonavla. | -M.M. Gore |
| 5. Pranashakti ek Divya Vibhooti | -Pdt. Shri Ram Sharma, Acharya. |
| 6. Chikitsa ke Vibin Ayaam. | -Pdt. Shri Rram Sharma, Acharya. |
| 7. A Complete Handbook of Nature Cure. | -Dr. H.R.Bakhru. |
| 8. Diet Cure for Common Ailments. | -Dr. H.R.Bakhru. |



SECOND-SEMESTERS
P.G. DIPLOMA IN NATUROPATHY, YOGIC SCIENCE & DIETETICS
PAPER: PGDNYD-206
PRACTICAL : YOGIC SKILLS & ALLIED HEALTH SCIENCES-II

Time allowed: 3 hours
Paper Code – PGDNYD-206

Max Marks: 100
External Assessment: 30
Internal Assessment: 70

The practice of the following Yogic Skill & Naturopathy with brief theoretical knowledge about their importance of name, the technique, silent features, precautions to be taken and the benefits

SEKECTED YOGIC SHATKRAMAS

Sutra Neti, Vasta Dhauti , Dhanda dhauti, Madhyam Nauli, Kapalbhati: Vat karma, Viewtkrama & Sheetkrama Kapalbhati

SURYA NAMASKARA & SELECTED YOGASANAS

- | | | |
|------------------------|--------------------------|------------------|
| 1. Kukkutasana | 2. Uttana-Kurmasana | 3. Simhasana |
| 4. Matsyendrasana | 5. Paschimottanasana | 6. Dhanurasana |
| 7. Matsyasana | 8. Baddha-Padmasana | 9. Gorakshasana |
| 10. Uttana-Mandukasana | 11. Garudasana | 12. Ushtrasana |
| 13. Bhujangasana | 14. Chakrasana | 15. Sarvangasana |
| 16. Mayurasana | 17. Sirshasana | 18. Sankatasana |
| 19. Setubandhasana | 20. Konasana | 21. Trikonasana |
| 22. Karanpedasana | 23. Pada- angushthasana. | 24. Ashwathasana |

PRANAYAMA, BANDHAS, MUDRAS, DHAYANA (MEDITATION)

Hathayoga:- Nadi Shodhana Pranayama ,Surya Bhedana,Ujjayee, Seetkari, Sheetali, Bhastrika, Bhramri. **Patanjali :-** 1)Bahyavrtti, 2)Abhyantara Vrtti, 3) Stambhavrtti & 4)Bahya-Abhayantara Vishayakshepi. **BANDHAS & MUDRAS:-** Practice of Jalandhar, Uddiyan and Moola Bandhas. Mahamudra, Mahabandha, Mahavedha, Vipareet Karani, Yoni, Ashvani, Tadagi, Kaki, Shambhavi. **DHAYANA (MEDITATION):** Recitation of Pranavajapa (Omkar Japa) & Gyatari Mantra. Akashdaranas:- Chidakasha, Hridayakasha

THERPEUTIC DIET AND MEDICINAL HERBS

Diet in – Gastrointestinal Diseases, Cardio vascular Diseases, Liver diseases, Diabetes, Gout, Arthritis, Osteoporosis, tube feeding

Herbal Therpeutic use of Amla, Ashwagandh, Ajwain, Bilva, Guduchi, Haridra, Hingu, Kalimirch, Punarnava, Tulsi, Karela, Onion, Pudina, Neem et.

SESSIONAL WORK/PRACTICE OF TEACHING :

Each student shall have to prepare and give at least one lecture cum Demonstration on different topics of Paper and also shall have to prepare and to give Five (5) lessons in the class under the supervision of their Yoga Practical Teacher. These Lessons should be observed/examined by the Yoga Practical Teacher.

