

Bachelor of Naturopathy and Yogic Sciences (B.N.Y.S.)

BNYS 1st A

PHYSICS

SUBJECT TITLE: PHYSICS

SUBJECT CODE: PBNYS - T101

Goals:

The goal of introducing physics to students is to make them understand the scientific terms of measurements of physical quantities and to orient them towards the application of physics knowledge in solving physical equations.

Course Objectives:

- Physical quantities, derived units and their measurement units in S.I, C.G.S and MKS units.
- Basic concepts of speed, laws of motions, vectors, forces, Newton's law of gravity etc.
- Mechanism involved in fluid dynamics & thermodynamics.
- Principles of sound, waves, light, electrostatics.

Course Outcomes (Cos) :

At the end of the course, student should be able to:

- **CO 1** - Make use of units & dimensions to measure physical quantities.
- **CO 2** - Analyze & interpret mechanism involved in work, power, speed, velocity & acceleration.
- **CO 3** - Demonstrate the skills of developing the capacitors, thermostats by using the knowledge of electrostatics.



CHEMISTRY

SUBJECT TITLE: CHEMISTRY

SUBJECT CODE: PBNYS-T102

Goals:

The goal of introducing Chemistry to students is to make them understand about atoms, elements, molecules, compounds and their bonding, reactivity to attain stability.

Course Objectives:

- Some basic concepts of chemistry, structure of atom and its sub- atomic particles
- Theories of chemical bonding, chemical reactions and equilibrium.
- Principles and techniques in Organic chemistry, IUPAC NOMENCLATURE.
- Process of extraction and isolation of elements and minerals from the ores.
- General characteristics of state of matter.

Course Outcomes (Cos) :

At the end of the course student should be able to:

- **CO 1** - Make use of indicators to Identify acids, bases and salts.
- **CO 2** - Application of radioactivity in X-rays for clinical purpose
- **CO 3** - Preparation of hydrocarbons, hydrogen peroxide, caustic soda and their uses in day-to-day life.
- **CO 4** - Balancing the chemical reaction by application of properties of elements and its periodicity.



BIOLOGY

SUBJECT TITLE: BIOLOGY

SUBJECT CODE: PBNYS-T103

Goals:

The goal of introducing biology to students is to make them understand about living world, process of evolution, classifications of animal and plant kingdoms, bio-diversity & ecosystem.

Course Objectives:

- Living world, its characteristics of growth, evolution,
- Structure and function of the cell and its organelles.
- Digestion, absorption and assimilation of nutrients and its consequences of malnutrition.
- Molecular mechanism of gene expression, regulation and mutations
- Various aspects of metabolism and their regulatory pathways.

Course Outcomes (Cos) :

At the end of the course, the student should be able to demonstrate and understanding:

- **CO 1** - To analyze the nutritional status in health and disease
- **CO 2** - Demonstrate the skill of prevention in air pollution, sound pollution and soil pollution. There by preventing the diseases in human beings.



SANSKRIT

SUBJECT TITLE: SANSKRIT

SUBJECT CODE: PBNYS-T104

Goal:

The goal of teaching Sanskrit to undergraduate students is to provide a comprehensive knowledge of Sanskrit in order to be able to study, understand, comprehend and utilize the knowledge contained in Indian traditional texts in their professional practice, especially in the field of Yoga.

Course Objectives:

- Demonstrate knowledge of complete Sanskrit script;
- Describe kinds of nouns, verbs, pronouns, etc. with examples;
- Illustrate kinds of gender, number, and declensions employed in Sanskrit,
- Demonstrate skill in pronunciation of different kinds of Sanskrit words, phrases and sentences.

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to

- **CO 1** - Read and understand Sanskrit with respect to script and basic grammar.
- **CO 2** - Familiarize themselves with various texts and compositions such as Madhurashtakam, Vaidyakeeyasubhashitasahityam, etc.;
- **CO 3** - Speak fluently in Sanskrit after having learnt the various peculiar pronunciations.



BNYS 1st B (Part – 1)

BIOCHEMISTRY

Subject Title : BIOCHEMISTRY (Duration : 12 Months)

Subject Code : BNYS – T 101 & BNYS – P 101

Goals:

The goals of introducing to the undergraduate students is to make them understand the scientific basis of the life processes at the molecular level and to orient them towards the application of the knowledge in solving clinical problems.

Course Objectives:

- Molecular and functional organization of a cell, and sub-cellular components;
- Structure, function and interrelationship of biomolecules and consequences of deviation from normal;
- Basic and clinical aspects of enzymology and regulation of enzymatic activity;
- Digestion and assimilation of nutrients and consequences of malnutrition;
- Integration of the various aspects of metabolism, and their regulatory pathways;
- Biochemical basis of inherited disorders and their associated sequelae;
- Mechanisms involved in maintenance of body fluid and pH homeostasis;
- Molecular mechanisms of gene expression and regulation, the principles of engineering and their application in medicine;
- Molecular concepts of body defense and their application in medicine;
- Biochemical basis of environmental health hazards; and biochemical basis of cancer and carcinogenesis, principles of metabolism, and detoxification of xenobiotics.
- Principles of various conventional and specialized laboratory investigations and instrumentation, analysis and interpretation of a given data; the ability to suggest experiments to support theoretical concepts and clinical diagnosis.

Course Outcomes (Cos) :

At the end of the course, the student should be able to

- **CO 1** -Make use of conventional techniques/ instruments to perform biochemical analysis relevant to clinical screening and diagnosis
- **CO 2** -Analyze and interpret investigative data
- **CO 3** - Demonstrate the skills of solving clinical problems and decision making.



PHILOSOPHY AND PRACTICE OF YOGA

Subject Title : PHILOSOPHY AND PRACTICE OF YOGA (Duration : 12 Months)

Subject Code : BNYS – T 102 & BNYS – P 102

Goal:

The goal of teaching Yoga to undergraduate students is to familiarize them with basic principles of Yoga with respect to history, definitions, philosophy and practices of Yoga, with emphasis of Ashtanga Yoga.

Course Objectives:

After the completion of the course, the student shall be able to

- Explain the various definitions of Yoga, history of Yoga and branches of Yoga;
- Describe kinds of Yogasana, its importance, methods, rules, regulations and limitations;
- Illustrate the various limbs of Ashtanga Yoga;
- Demonstrate knowledge of Pranayama, prana and lifestyle, breathing and lifespan.

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Demonstrate various types of Yogasana in their correct method of performance;
- **CO 2** - Demonstrate different Pranayama.
- **CO 3** - Explain about the definitions, origin, branches of Yoga.



संस्कृत (SANSKRIT)

Subject Title : संस्कृत SANSKRIT (Duration : 12 Months)

Subject Code : BNYS – T 103

Goal:

The goal of teaching Sanskrit to undergraduate students is to provide a comprehensive knowledge of Sanskrit in order to be able to study, understand, comprehend and utilize the knowledge contained in Indian traditional texts in their professional practice, especially in the field of Yoga.

Course Objectives:

- Demonstrate knowledge of complete Sanskrit script;
- Describe kinds of nouns, verbs, pronouns, etc. with examples;
- Illustrate kinds of gender, number, and declensions employed in Sanskrit,
- Demonstrate skill in pronunciation of different kinds of Sanskrit words, phrases and sentences.

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to :

- **CO 1** - Read and understand Sanskrit with respect to script and basic grammar.
- **CO 2** - Familiarize themselves with various texts and compositions such as Madhurashtakam, Vaidyakeeyasubhashitasahityam, etc.;
- **CO 3** - Speak fluently in Sanskrit after having learnt the various peculiar pronunciations.



BNYS 1st B (Part – 2)

HUMAN ANATOMY

Subject Title : HUMAN ANATOMY (Duration : 18 Months)

Subject Code : BNYS – T 104A , BNYS– 104B & BNYS – P 104

Goal:

It aims at giving inclusive knowledge of the gross and microscopic structure and development of human body to provide a basis for assessing the correlation of organs and structures and anatomical basis for disease presentations.

Course Objectives:

- Understand normal human anatomy clinically important inter-relationship and functional anatomy of bodily structures;
- Comprehend histological structures of various tissues and organs and co-relate structure and function in order to understand diseased states;
- Recognize basic structure and connections of the central nervous system, Understand the regulation and integration of various organs and systems and be skilled in locating lesion sites according to deficits in diseased states;
- Explain developmental basis of variations and abnormalities with respect to sequential development of organs and systems, teratogens, genetic mutations and environmental hazards.

Course Outcomes (Cos) :

After completion of the program, the student must be able to:

- **CO 1** - Locate and identify body structures including topography of living body; Histologically, identify tissues and organs;
- **CO 2** - Identify gross congenital anomalies and be familiar with the principles of Karyotyping;
- **CO 3** - Interpret new imaging techniques such as CT, Sonogram, MRI etc. after understanding their basic principles;
- **CO 4** - Understand clinical basis of some common clinical procedures i.e., intramuscular and intravenous injection, lumbar puncture and kidney biopsy etc.



PHYSIOLOGY

Subject Title : PHYSIOLOGY (Duration : 18 Months)

Subject Code : BNYS – T 105A , BNYS– 105B & BNYS – P 105

Goals:

The goal of teaching Physiology to undergraduate students is aimed at giving the students comprehensive knowledge of the normal functions of the organ systems of the body facilitate comprehension of the physiological basis of health and disease.

Course Objectives:

- Explicate the normal functioning of all the organ systems and their interactions for well-coordinated body functions;
- appreciate the relative contribution of each organ system to the homeostasis;
- Explain the physiological aspects of normal growth and development;
- Illustrate the physiological response and adaptations to environmental stresses;
- List physiological principles underlying pathogenesis and disease management.

Course Outcomes (Cos) :

After the completion of the programs, the students should be able to:

- **CO 1** - Conduct experiments designed to study physiological phenomena;
- **CO 2** - Interpret experimental/investigative data;
- **CO 3** - Differentiate between normal and abnormal data from results of tests, which he/she has done and observed in the laboratory.



PHILOSOPHY OF NATURE CURE

Subject Title : PHILOSOPHY OF NATURE CURE (Duration : 18 Months)

Subject Code : BNYS – T 106A , BNYS– 106B & BNYS – P 106

Goals:

The goals of introducing philosophy of Naturopathy to the undergraduate students is to make them understand philosophical basis of the system of Naturopathy, including concepts of health, causes and pathogenesis of disease and brief introduction to the various therapeutic modalities used in Naturopathy.

Course Objectives:

- Elucidate the history of Naturopathy including major contributors to the field and their work;
- Understand the evolution and composition of the human body according to different schools of medicine such as Naturopathy, Yoga, Ayurveda, Homeopathy, Modern Medicine, etc.
- Firmly establish his/her diagnostic and therapeutic thought processes in the fundamental principles of Naturopathy:
 1. Laws of nature according to Henry Lindlahr
 2. Concepts of health and disease according to Naturopathy
 3. Ten basic principles of Naturopathy
 4. Concept of Panchamahabhoota and Naturopathy
 5. Foreign matter, toxin accumulation, theory of Toxemia, Unity of disease and Unity of Cure, Concept of vitality
 6. Panchatantra, Shareera Dharma's
 7. Holistic approach of Naturopathy
 8. Modern perspectives of Naturopathy
 9. Natural rejuvenation.
- Understand naturopathic viewpoints of concepts like hygiene, vaccination, family planning personal life and prevention of diseases, geriatrics, etc., and implement them in his/her practice
- Understand Principles behind using the diagnostic procedures of Naturopathy, like spinal diagnosis, facial diagnosis, Iris diagnosis, and chromo diagnosis.
- Demonstrate knowledge of recent advances and research in Naturopathy principles/theories.

Course Outcomes (Cos) :

At the end of the course, the student will be able to:

- **CO 1** - Demonstrate basic knowledge of the various therapeutic modalities utilized in Naturopathy;
- **CO 2** - Describe the various principles of Naturopathy with respect to the body, health, disease and therapy.



FUNDAMENTAL PRINCIPLES OF INTEGRATED SYSTEM OF MEDICINE

Subject Title : FUNDAMENTAL PRINCIPLES OF INTEGRATED SYSTEM OF MEDICINE (Duration : 18 Months)

Subject Code : BNYS – T 107A , BNYS– 107B & BNYS – P 107

Goal:

The goal at giving knowledge about the basics of Ayurveda which are important to identify the cause of disease and guide to follow healthy lifestyle to prevent and treat disease. It also provides a knowledge of History of Ayurveda and in order to be able to study, understand, comprehend and utilize the knowledge contained in Indian traditional texts in their professional practice, especially in the field of Yoga.

Course Objectives:

- Understand origin , history ,important of Ayurveda.
- Understand Principles behind Panchabhoota Siddhanta ,Shareera Vignana ,Swastha Vrittam .
- Understand Fundamental viewpoints of Siddha , Homoeopathy & Unani.

Course Outcomes (Cos) :

At the end of the course, the student will be able to:

- **CO 1** - Describe the various principles of Ayurveda, Siddha , Homoeopathy & Unani.
- **CO 2** - Explore the information about various ayurvedic herbs and their use.
- **CO 3** - Elucidate the history of Ayurveda, Siddha , Homoeopathy & Unani.



BNYS 2nd

PATHOLOGY

Subject Title : PATHOLOGY (Duration : 12 Months)

Subject Code : BNYS – T 201 A , BNYS– 201 B & BNYS – P201

Goal:

The goal of teaching pathology to undergraduate students is to provide a comprehensive knowledge of the mechanisms and causes of disease, so that he/she is able to comprehend fully the natural history and clinical manifestations of disease.

Course Objectives:

- Explain the structure and ultra-structure of a sick cell, mechanism of cell degeneration, cell death and repair and be able to correlate structural and functional alterations.
- Describe the pathophysiological processes which govern the maintenance of homeostasis, mechanisms of their disturbance and the morphological and clinical manifestations associated with it;
- Delineate the mechanisms and patterns of tissue response to injury such that he/she can appreciate the pathophysiology of disease processes and their clinical manifestations;
- Correlate normal and altered morphology (gross and microscopic) of different organsystems in common diseases to the extent needed for understanding of disease processes and their clinical significance.

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Elaborate on principles, procedures and interpretation of results of diagnostic laboratory tests;
- **CO 2** - Perform with proper procedure simple bed side tests on biological fluid samples like blood, urine etc.
- **CO 3** - Prepare investigation flow-charts for diagnosing and managing common diseases;
- **CO 4** - Identify biochemical and physiological disturbances in diseases.



MICROBIOLOGY

Subject Title : MICROBIOLOGY (Duration : 12 Months)

Subject Code : BNYS – T 202 & BNYS – P 202

Goals:

The goal of teaching Microbiology to undergraduate students is to provide a comprehensive knowledge of the natural history, mechanisms and causes of infectious disease, including etiology, pathogenesis, laboratory diagnosis, treatment and control of disease in the community.

Course Objectives:

- Remember and recall all the infectious micro-organisms of the human body host-parasite relationship
- Describe parasitic micro-organisms (viruses, fungi, bacteria, parasites) with the pathogenesis of the diseases they cause.
- Enumerate and illustrate sources and modes of transmission including insect vectors, of pathogenic and opportunistic organisms;
- Describe the pathways and mechanism of immunity to infection.
- Acquire knowledge about different vaccines that are available for the prevention communicable diseases;
- Effectively use sterilization and disinfection to control and prevent nosocomial and community acquired infection;
- Order laboratory investigations for bacteriological examination of food, water and air.

Course Outcomes (Cos) :

After the completion of the course, the students shall be able to:

- **CO 1** - Prescribe and interpret laboratory investigations for diagnosis of communicable diseases and identify infectious agents by clinical manifestations;
- **CO 2** - Perform common bed-side tests to detect and identify pathogenic agents, such a blood film for malaria, filarial, gram stain and stool sample for ova cyst, etc.



YOGA AND PHYSICAL CULTURE-I

Subject Title : YOGA AND PHYSICAL CULTURE-I (Duration : 12 Months)

Subject Code : BNYS – T 203 & BNYS – P 203

Goals:

The goal of teaching Yoga and Physical Culture to undergraduate student is to provide them with comprehensive understanding of yoga with reference to traditional texts like Patanjali Yoga sutras, Hatha Yoga Pradipika, Shiva Samhita, Gheranda Samhita and Swara yoga; various streams of Yoga, advanced meditative techniques like Yog Nidra, Omkar, cyclic meditation, Vipassana meditation and learn about their psychological & physiological benefits compared to exercises.

Course Objectives:

- Illustrate the knowledge of traditional texts like Patanjali Yoga Sutras, Hatha Yoga, Siva Samhita and Gheranda Samhita
- Understand the principles behind various meditative practices like Yog Nidra, Om meditation, cyclic meditation, Vipassana and so on
- Explain about yoga in relation to its application in education, sports;
- Demonstrate basic understanding of procedures of stretching an exercise.
- Describe basic physiological changes in asana
- Be aware of the effects of Shatkriyas and their adverse effects

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Describe the concept of yoga as explained in the traditional texts
- **CO 2** - Deliver a meditative session using any of the meditative styles.
- **CO 3** - Implement various exercises loosening or eye exercises or stretching to complement yoga practice.



DIAGNOSTIC METHOD IN YOGA & NATUROPATHY

Subject Title : DIAGNOSTIC METHOD IN YOGA & NATUROPATHY(Duration : 12 Months)

Subject Code : BNYS – T 204 & BNYS – P 204

Goal:

The goal of teaching diagnostic methods in yoga and naturopathy to undergraduate students is to provide them with comprehensive knowledge of diagnostic methods employed traditional naturopaths that can be efficiently use to diagnose various diseases without the use of sophisticated.

Course Objectives:

- Define and be aware of the historically significant developments in diagnosis procedures used in naturopathy
- Illustrate the characteristics of a healthy body with respect to naturopathic principles
- Describe the philosophical theories of causation of disease according to naturopathy
- Utilize knowledge of encumbrances, their types an interpretation, along with, naturopathic ways of therapeutically correcting them
- Understand and diagnose the pathology or the preponderance to a pathology based on physical diagnosis, anthropometric measurements and gait patterns.

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Describe the characteristics of normal an unhealthy skin in different diseases
- **CO 2** - Comprehend the techniques and interpretations of stool and urine diagnosis correlating modern medical knowledge and Ayurvedicsthoola and muthrapariksha
- **CO 3** - Use of different diagnostic procedures in naturopathy to effectively and accurately diagnose various diseases, such as facial diagnosis, stool and urine diagnosis.



MODERN DIAGNOSTIC METHODS

Subject Title : MODERN DIAGNOSTIC METHODS (Duration : 12 Months)

Subject Code : BNYS – T 205 & BNYS – P 205

Goal:

The goal of teaching Diagnostic Methods in Conventional Medicine to undergraduate students is to provide them with comprehensive knowledge of diagnostic methods employed by conventional doctors that can be used efficiently to diagnose various diseases, for diagnosis as well as prognosis

Course Objectives:

- Understand the procedures and nuances in approaching a patient and taking a detailed history and writing a case report;
- Illustrate examination procedures and techniques generally as well as for specific systems and make provisional diagnoses of common diseases;
- Describe laboratory investigations used for supporting the provisional diagnosis made after history taking and examinations;
- Prescribe and interpret radiological investigations, biochemical investigations, sonography, EEG, ECG, EMG, echocardiography, CT, PET, MRI, etc for diagnostic and prognostic purposes;
- Explain and demonstrate knowledge of invasive tests such as paracentesis, thoracocentesis, lumbar puncture, laparoscopy, endoscopy, biopsy, etc.

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Effectively take a case history with examinations and prepare a detailed report;
- **CO 2** - Prescribe and interpret any further investigations required for the provisional diagnosis made.

Integration:

At the completion of training, the student should be able to comprehensively understand the principles, procedures and nuances of Diagnostic Methods in Conventional Medicine and employ the same for diagnostic and prognostic purposes.



BASIC PHARMACOLOGY

Subject Title : BASIC PHARMACOLOGY (Duration : 12 Months)

Subject Code : BNYS – T 206

Goal:

The goal of teaching Pharmacology to undergraduate students is to provide a comprehensive knowledge of scientific, evidence-based treatment of diseases through drug administration.

Course Objectives:

- Illustrate pharmacokinetics and pharmacodynamics of essential and common drugs.

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Be proficient in describing pharmacokinetics and pharmacodynamics of essential and common drugs
- **CO 2** - Observe medical ethics in his professional practice.



BNYS 3rd

FORENSIC MEDICINE & TOXICOLOGY

Subject Title : FORENSIC MEDICINE & TOXICOLOGY (Duration : 12 Months)

Subject Code : BNYS – T 301 & BNYS – P 301

Goal:

The goal of teaching Forensic Medicine and Toxicology to undergraduate students is to provide a comprehensive knowledge of medico-legal responsibilities in the practice of medicine. He/she learns about law with respect to medical practice, medical negligence and respect for codes of medical ethics.

Course Objectives:

- Outline basic medico-legal aspects of hospitals and general practice;
- Define medico-legal responsibilities of a general physician working in a rural primary health center or an urban health center

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Observe and infer well, to enquire in criminal and medico-legal matters
- **CO 2** - Diagnose and manage acute poisoning and chronic toxicity
- **CO 3** - Be proficient in post mortem examinations including interpretation of findings.
- **CO 4** - Observe medical ethics in his professional practice.



COMMUNITY MEDICINE

Subject Title : COMMUNITY MEDICINE (Duration : 12 Months)

Subject Code : BNYS – T 302 & BNYS – P 302

Goals:

The goal of teaching Community Medicine to undergraduate students is to prepare them to function as community and first level physicians in accordance with the institutional goals.

Course Objectives:

- Describe the health care delivery system including rehabilitation of the disabled in the country.
- Describe the National Health Programme with particular emphasis on maternal and child health programmes, family welfare planning and population control.
- List epidemiological methods and describe their applications to communicable and non-communicable diseases in the community or hospital situation.
- Apply bio-statistical methods and techniques; delineate the demographic pattern of the country and appreciate the roles of the individual family, community and socio-cultural environment in health and disease.
- Explain the health information systems; enunciate the principles and components of primary health care and national policies to achieve the goal of Health administration, Health education in relation to community.
- Able to plan a Health Program and able to evaluate a Programme.
- Able to describe principles of organization.

Course Outcomes (Cos) :

After the end of the course, the student should be able to:

- **CO 1** - Use epidemiology as a scientific tool for making national decisions relevant to community and individual patient intervention.
- **CO 2** - Collect, Analyses interpret and present simple community and hospital-based data.
- **CO 3** - Diagnose and manage common health issues and emergencies at the individual family and community levels with existing healthcare resources, respecting socio-cultural beliefs.
- **CO 4** - Diagnose and manage maternal and child health problems and conduct family planning counseling and community programs keeping in mind national priorities
- **CO 5** - Diagnose and manage common nutritional problem at individual and community level
- **CO 6** - Design, implement and evaluate health education program using simple audio-visual aids.
- **CO 7** - Participate with team members in organizing and implementing health care programs; Conduct group meetings, give talks on medical issues.



PSYCHOLOGY & BASIC PSYCHIATRY

Subject Title : PSYCHOLOGY & BASIC PSYCHIATRY (Duration : 12 Months)

Subject Code : BNYS – T 303

Goal:

The goal of teaching Psychology and Basic Psychiatry to undergraduate students is to provide them with comprehensive knowledge of normal and abnormal psychology and assessment of the same for therapeutic purposes.

Course Objectives:

- Describe the evolution of Psychology from speculation to science;
- Illustrate mechanisms of sense and perception, states of consciousness and their functions;
- Understand basic and complex functions such as learning memory, thinking language, motivation, emotion, intelligence, development of psychology across the lifespan, personality, stress coping, social psychology, attitudes, etc.
- Explain abnormal psychology and describe etiology and psychopathology along with classification of disorders; Demonstrate knowledge of therapies aimed at psychological health, such as psychotherapy, Yoga, etc.;

Course Outcomes (Cos) :

- **CO 1** - After the completion of the course, the student shall be able to:
- **CO 2** - Utilize knowledge of psychology and psychiatry in diagnosing and managing various psychological disorders, assessing psychological profile;
- **CO 3** - Demonstrate usage of various therapeutic tools in psychiatry to improve mental health in professional practice.

Integration:

At the completion of training, the student should be able to integrate knowledge of normal and abnormal psychology and psychiatric therapies and efficiently utilize the same for therapeutic purposes.



OBSTETRICS & GYNECOLOGY

Subject Title : OBSTETRICS & GYNECOLOGY (Duration : 12 Months)

Subject Code : BNYS – T 304 & BNYS – P 304

Goal:

The goal of teaching Obstetrics and Gynaecology to undergraduate students is to provide them with the comprehensive knowledge of anatomy, physiology and pathophysiology of the reproductive system and gain the ability to optimally manage common problems.

Course Objectives:

- Delineate the anatomy, physiology and pathophysiology of the reproductive system and the common conditions affecting it;
- Detect normal pregnancy, labour, and puerperium;
- Elucidate the leading causes of maternal and perinatal morbidity and mortality;
- Understand the principles of contraception and various methods employed, methods of medical termination of pregnancy, sterilization and their complications;
- Recognize the use, abuse and side effects of drugs in pregnancy, premenopausal and post-menopausal periods;
- Explain the National Programmes of Maternal and Child Health and Family Welfare and their implementation;
- Assess different gynaecological diseases and describe principles of their management;
- Explain the indications, techniques and complications of procedures like Caesarean section, laparotomy, abdominal and vaginal hysterectomy, and vacuum aspiration for Medical Termination of Pregnancy (MTP)

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Examine a pregnant woman, recognize high risk pregnancies and make appropriate referrals;
- **CO 2** - Recognize complications of delivery and provide postnatal care;
- **CO 3** - Recognize congenital anomalies of new-born;
- **CO 4** - Advise a couple on the use of various available contraceptive devices;
- **CO 5** - Perform pelvic examination, diagnose and manage common gynaecological problems including early detection of genital malignancies;
- **CO 6** - Interpret data of investigations like biochemical, histopathological, Radiological, ultrasound etc.

Integration:

At the completion of training, the student should be able to integrate knowledge of Obstetrics and Gynaecology to manage related ailments and educate masses on family planning norms.



YOGA & PHYSICAL CULTURE II

Subject Title : YOGA & PHYSICAL CULTURE II (Duration : 12 Months)

Subject Code : BNYS – T 305 & BNYS – P 305

Goal:

The goal of teaching Yoga & physical culture to undergraduate students is to understand the intricacies of Yoga as a philosophy, its relation to ancient texts, other religious thoughts like Buddhism, with reference to nyaya, Vasishta, Samkhya, Mimamsa, Vedanta and Patanjali Yogasutras.

Course Objectives:

- Explain the basic understanding of Yoga as a philosophy
- Describe the various schools of philosophy which had an influence on Yogic text like Buddhism, Samkhya, Mimamsa etc.
- Comprehend the concept of brahman according to Vedanta

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Perform and demonstrate various asanas, pranayama, kriyas and meditations;
- **CO 2** - Describe various philosophies of Yoga and apply them therapeutically, relating to a patient's life situation or personality.



NUTRITION & HERBOLOGY

Subject Title : NUTRITION & HERBOLOGY (Duration : 12 Months)

Subject Code : BNYS – T 306 & BNYS – P 306

Goal:

The goal of teaching nutrition and herbology to undergraduate students is to enable them to analyze nutritional profiles of their patients and prescribe diets to them based on nutritional requirements, as well as use herbs in the management of various diseases.

Course Objectives:

- Describe fundamentals of nutrition, with respect to different nutrients and food groups;
- Illustrate details of nutritional requirements for different age groups, as well as pregnant and lactating women.
- Demonstrate therapeutic application of nutrition for common diseases
- Compare modern nutrition to traditional; naturopathic diets;
- Have detailed knowledge of recent advances and studies, such as carcinogens in food, food additives, contaminants, etc.
- Illustrate the use of specific herbs in common diseases, with therapeutic values.

Course Outcomes (Cos) :

After the completion of the course, the students shall be able to:

- **CO 1** - Assess the nutritional status of a patient.
- **CO 2** - Plan, implement and evaluate nutritional advice for people with different ages and patients of different diseases, including the use of herbs. .

Integration:

At the completion of training, the student should be able to comprehensively integrate traditional naturopathic nutrition and modern nutrition along with the herbs, and employ the same for the therapeutic purposes.



MANIPULATIVE THERAPY

Subject Title : MANIPULATIVE THERAPY (Duration : 12 Months)

Subject Code : BNYS – T 307 & BNYS – P 307

Goal:

The goal of teaching manipulative therapy to the undergraduate student is to provide them with a comprehensive understanding of science and modes of application of different manipulative modalities like massage, chiropractic, osteopathy, and aromatherapy with preventive, curative and rehabilitative therapy.

Course Objectives:

- Understand the principles and historical highlights of massage and manipulative techniques
- Demonstrate basic understanding of principles and procedures of different types of massage their physiological effects, indications, and contraindications
- Delineate the principles and procedures of various manipulative therapies like chiropractic, osteopathy, reflexology and aromatherapy
- Describe essential oils with respect to the extraction, uses and combination that are therapeutically used.

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Perform different types of massage and manipulative therapies, such as osteopathy, chiropractic, aromatherapy, Swedish massage, Kellogg's massage Shiatsu, Geriatric massage, Pediatric massage, antenatal massage, Ayurvedic massage, etc.
- **CO 2** - Use therapies such as reflexology and zone therapy in their professional practice for musculoskeletal disorders, etc.



BNYS 4th

YOGA THERAPY

Subject Title : YOGA THERAPY (Duration : 12 Months)

Subject Code : BNYS – T 401 & BNYS – P 401

Goal:

The goal of teaching Yoga Therapy to undergraduate students is to provide them with comprehensive knowledge of Yoga and the physiological effects of various yogic practices and utilisation of the same for therapeutic purposes.

Course Objectives:

- Describe the physiological effects of various yogic practices like kriyas, asana, Pranayama's, mudras, bandhas, Drishti's, Guided relaxation and Meditation;
- Define rules and regulations of Yoga to be followed;
- Understand the therapeutic aspects of Yoga as applied to different disease conditions;
- Understand contraindications and indications of yogic practices in order to efficiently use Yoga as a therapy
- Understand the concept of health and disease in yogic lore and role of stress in disease causation and management of the same with Yoga;
- Understand importance of food according to Yoga;
- Delineate the importance of Yoga and mental health;

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Utilise knowledge of Yoga therapy in managing various diseases;
- **CO 2** - Demonstrate usage of therapeutic aspect of Yoga in Promotive, preventive, curative and rehabilitative therapy.
- **CO 3** - Institute remedial measures in Yoga for various disease conditions.

Integration:

At the completion of training, the student should be able to integrate knowledge of Yoga and efficiently utilize the same for therapeutic purposes.



HYDROTHERAPY & CLAYTHERAPY

Subject Title : HYDROTHERAPY & CLAYTHERAPY (Duration : 12 Months)

Subject Code : BNYS – T 402 & BNYS – P 402

Goals:

The goal of teaching Hydrotherapy and Clay Therapy to undergraduate students is to provide them with comprehensive knowledge of treating diseases using water and mud, and the physiological effects of various kinds of such applications, and utilization of the same for therapeutic purposes

Course Objectives:

- Describe the properties and chemical composition of water and mud used for therapeutic purposes, physiology of the skin, production of heat and body temperature regulation, which are essential as a foundation for hydrotherapy.
- Illustrate physiological effects of hot and cold water upon the different systems of the body and applications to reflex areas;
- Explain action and reaction mechanisms and physiology, with their effects and uses
- Demonstrate use of water in preservation, acute diseases, chronic diseases
- Show in-depth knowledge of general principles of hydrotherapy, therapeutic applications of water, along with therapeutic actions, indications and contra-indications; and classification of mud, storing of mud, modes. of mud treatment, cosmetic uses of mud and research updates in hydrotherapy and mud therapy
- Demonstrate techniques and procedures of various types of hydriatic applications

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Utilise knowledge of hydrotherapy and mud therapy in managing various diseases;
- **CO 2** - Demonstrate usage of therapeutic aspect of hydrotherapy and mud therapy treatments in Promotive, preventive, curative and rehabilitative therapy.
- **CO 3** - Institute and evaluate remedial measures in hydrotherapy for various disease conditions in clinical as well as research settings.
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Integration:

At the completion of training the student is able to integrate knowledge of hydrotherapy in various diseases and efficiency utilizes the same for therapeutic purposes.



FASTING & DIET THERAPY

Subject Title : FASTING & DIET THERAPY (Duration : 12 Months)

Subject Code : BNYS – T 403 & BNYS – P 403

Goals:

The goal of teaching Fasting and diet therapy to undergraduate students is to provide them with comprehensive knowledge of diet management and fasting therapy and utilization of the same for therapeutic purposes.

Course Objectives:

- Describe definitions and historical highlights of fasting therapy through the centuries, including fasting employed in different religions;
- Classify fasting according to duration, purpose, type, etc;
- Define rules and regulations of fasting to be followed;
- Understand the metabolism of fasting
- Understand contraindications and indications of fasting in order efficiently use fasting as a therapy;
- Understanding Calorie Restriction: Concept, Method, Prevailing basic Clinical-applied evidence
- Understand the concept of dietetic principles in Naturopathy, understand food combinations and health, including dietary requirements for different age groups, including pregnant and lactating women;
- Describe importance of various components of diet, such as dietary fibre, vitamins, minerals, etc;
- Explain auxiliary concepts of dietetics such as food hygiene, etc.
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Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Utilise knowledge of fasting therapy and dietetics in managing various diseases;
- **CO 2** - Demonstrate usage of therapeutic diets and fasting therapy in Promotive, preventive, curative and rehabilitative therapy.

Integration: At the completion of training, the student should be able to integrate knowledge of fasting therapy and dietetics and efficiently utilise the same for therapeutic purposes



CHROMOTHERAPY & MAGNETOTHERAPY

Subject Title : CHROMOTHERAPY & MAGNETOTHERAPY (Duration : 12 Months)

Subject Code : BNYS – T 404 & BNYS – P 404

Goal:

The goal of teaching Chromo therapy & Magneto therapy to undergraduate students is to provide them with comprehensive understanding of philosophy, science and modes of applications of colors and magnets in preventive, curative and rehabilitative therapy.

Course Objectives:

- Demonstrate basic understanding of principles along which colors and magnets can be used as therapeutic agents, along with history of therapeutic uses of colors and magnets;
- Understand bio-magnetism, electro-magnetism, properties of magnets, mechanisms of action of magnets on the human body, magnetic overload, charging, modes of application, etc. and apply this knowledge to therapeutically use magnets;
- Be aware of the contraindications and harmful effects of colors and magnets;
- Illustrate classification of colors, physics of light, electromagnetic spectrum, pathway of vision, human aura, chakras, heliotherapy, colour breathing, chromo charging, and latest research, applying the same to disease management;

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Diagnose various diseases and disorders of the body and mind using the principles of colour diagnosis;
- **CO 2** - Outline and implement a plan of treatment using colors and magnets as therapeutic tools
- **CO 3** - Evaluate the therapeutic values of colors and magnets in treatment of various diseases
- **CO 4** - Utilize latest research finding in improving his/her professional practice



PHYSIOTHERAPY

Subject Title : PHYSIOTHERAPY (Duration : 12 Months)

Subject Code : BNYS – T 405 & BNYS – P 405

Goals:

The goal teaching Physiotherapy undergraduate students is to provide them with the knowledge and skills needed for utilizations of physical medicine for therapeutic, rehabilitative purposes.

Course Objectives:

- Define principles of physics that act as a foundation for physical medicine
- Describe exercise therapy detail, including starting positions, movements and their strength, joint movement, relaxation, posture, ordination, walking aids, neuromuscular facilitation, suspension therapy and therapeutic applications, including allied modalities like treatments cryotherapy;
- Understand electrotherapy terms fundamentals, principles, laws of electricity magnetism, practical and theoretical aspects electrotherapeutic applications, such faradic and galvanic currents, high. frequency currents, ultrasound, radiation therapy (IR & UV), TENS and IFT

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Demonstrate usage of therapeutic applications physical Promotive, preventive, curative rehabilitative therapy, focusing on rehabilitation.
- **CO 2** - Institute remedial measures in Yoga for various disease conditions.

Integration:

At the completion of training, the student should be able to integrate knowledge of various treatments used in Physical Medicine and efficiently utilize the same for rehabilitative and therapeutic purposes.



ACUPUNCTURE, ACUPRESSURE, REFLEXOLOGY PRANIC HEALING & REIKI

Subject Title : ACUPUNCTURE, ACUPRESSURE, REFLEXOLOGY PRANIC HEALING & REIKI
(Duration : 12 Months)

Subject Code : BNYS – T 406 & BNYS – P 406

Goal:

The goal of teaching acupuncture to undergraduate students is to provide them with a comprehensive understanding of the science and art of Acupuncture, Acupressure, and related therapies.

Course Objectives:

- Illustrate the definition of Acupuncture;
- Understand the principles and historical highlights of Acupuncture;
- Explain the concepts and theories behind the mechanism in which acupuncture works, both traditional and modern;
- Demonstrate a basic understanding of procedures of different styles of Acupuncture and related therapeutic modalities, such as traditional Acupuncture, scalp Acupuncture, Auriculotherapy, Acupuncture anesthesia, Reflexology, Ozone therapy, Acupressure, etc.;
- Describe basic and advanced tools used in acupuncture;
- Be aware of the contraindications and dangers of Acupuncture, so as to avoid these in his/her professional practice.

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Diagnose common disease and the disorders using diagnostic techniques employed in Acupuncture, such as Tongue Diagnosis, Pulse Diagnosis, etc.
- **CO 2** - Demonstrate skill in topographically locating meridians and acupuncture points on the human body
- **CO 3** - Perform needling and other essential skills in delivering acupuncture therapy to a patient.
- **CO 4** - Plan, implement and evaluate Acupuncture sessions with expertise in his/her professional practice.

Integration:

At the completion of training, the student should be able to comprehensively understand the traditional and modern approaches to acupuncture and effectively utilize the same in preventive, primitive, curative and rehabilitative clinical practice as well as research projects.



MINOR SURGERY, FIRST AID AND EMERGENCY MEDICINE

Subject Title : MINOR SURGERY, FIRST AID AND EMERGENCY MEDICINE

(Duration : 12 Months)

Subject Code : BNYS – T 407 & BNYS – P 407

Goal:

The goal of teaching First Aid and Emergency Medicine to undergraduate students is to provide them with the skills and knowledge required to manage medical emergencies efficiently.

Course Objectives:

- Illustrate working knowledge about Golden hour
- Describe quick assessment and recognition of emergency
- Demonstrate specific first aid measures and emergency treatments used for handling emergency cases before and after diagnosis of the condition

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Demonstrate usage of first aid procedures in various emergency situations
- **CO 2** - Describe assessment of emergencies and treatment of the same with suitable procedures.
- **CO 3** - Possess the knowledge and skills to perform Basic Life Support procedures in the Golden Hour.
- **CO 4** - Able to assess the severity of an emergency condition so as to act in accordance and take necessary steps to prevent further complications.

Integration:

At the completion of training, the student should be able to effectively use his/her knowledge of assessment and management of medical emergencies in his/her professional practice.



HOSPITAL MANAGEMENT & RESEARCH METHODOLOGY

Subject Title : HOSPITAL MANAGEMENT & RESEARCH METHODOLOGY

(Duration : 12 Months)

Subject Code : BNYS – T 408

Goal:

The goal of teaching Hospital Management & Research Methodology to undergraduate students is to provide them with the latest updated scientific, knowledge in the field of Naturopathy and Yoga and introduce them to research methodology.

Course Objectives:

- Describe research methodology under process, materials and methods, design of a study, literature review, ethics, sampling, measurement tools, data organisation, statistics, data analysis, reliability and validity, etc, and implement this knowledge in practically designing, conducting, evaluating and publishing a study.
- Illustrate statistics and probability theory,
- Use technological aids for preparing research reports;
- Demonstrate knowledge about inter-disciplinary research

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Prepare a research study, conduct, evaluate and publish it
- **CO 2** - Interpret research findings and analyse whether data is significant or not;

Integration:

At the completion of training, the student should be able to integrate knowledge of clinical Naturopathy and Yoga with skills in research methodology to conduct and publish research studies in the field, to help shift the basis of Naturopathy and Yoga to an evidence-based science.



Diploma in Naturopathy and Yoga Therapy (D.N.Y.T.)

SEMESTER 1ST

BIOLOGY

Subject Title: Biology

Subject code: DNYT – CT101

Goal:

The goal of introducing biology to DNYT students is to make them understand about living world, process of evolution, classifications of animal and plant kingdoms, bio-diversity & ecosystem.

Course Objectives:

- To know about basic knowledge of life on earth, living world and characters of living.
- To understand about normal cell & its organelles their structure and functions.
- Comprehend histological structures of various tissues and organs and co-relate structure and function in order to understand diseased states.
- Brief knowledge about the organisms and its organ system.
- To impart necessary knowledge of eco system, organisms and population

Course Outcomes (Cos) :

After completion of the program, the student must be able to:

- **CO 1** - Locate and identify body structures, organs and their functions.
- **CO 2** - Identify the microbes causing ill health and effected populations.
- **CO 3** - Understand some common features of living organisms and their habituations.



SANSKRIT

Subject Title: Sanskrit

Subject code: DNYT – AECCT102

Goals:

The goal of teaching Sanskrit to DNYT students is to provide a comprehensive knowledge of Sanskrit in order to be able to study, understand, comprehend and utilize the knowledge contained in Indian traditional texts in their professional practice, especially in the field of Yoga.

Course Objectives:

- Demonstrate knowledge of complete Sanskrit script;
- Describe kinds of nouns, verbs, pronouns, etc. with examples;
- Illustrate kinds of gender, number, and declensions employed in Sanskrit,
- Demonstrate skill in pronunciation of different kinds of Sanskrit words, phrases and sentences.

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to

- **CO 1** - Read and understand Sanskrit with respect to script and basic grammar.
- **CO 2** - Familiarize themselves with various texts and compositions such as Madhurashtakam, Vaidyakeeyasubhashitasahityam, etc.;
- **CO 3** - Speak fluently in Sanskrit after having learnt the various peculiar pronunciations.



PHILOSOPHY OF NATUROPATHY

Subject Title: Philosophy of Naturopathy

Subject code: DNYT – DSE 103

Goals:

The goals of introducing philosophy of Naturopathy to the DNYS students is to make them understand philosophical basis of the system of Naturopathy, including concepts of health, causes and pathogenesis of disease and brief introduction to the various therapeutic modalities used in Naturopathy.

Course Objectives:

- Elucidate the history of Naturopathy including major contributors to the field and their work;
- Understand the evolution and composition of the human body according to different schools of medicine such as Naturopathy, Yoga, Ayurveda, Homeopathy, Modern Medicine, etc.
- Firmly establish his/her diagnostic and therapeutic thought processes in the fundamental principles of Naturopathy:

Course Outcomes (Cos) :

At the end of the course, the student will be able to:

- **CO 1** - Demonstrate basic knowledge of the various therapeutic modalities utilized in Naturopathy;
- **CO 2** - Describe the various principles of Naturopathy with respect to the body, health, disease and therapy.



YOGA PHILOSOPHY

Subject Title: Yoga Philosophy

Subject code: DNYT – CT104

Goal:

The goal of teaching Yoga philosophy to DNYT students is to understand the intricacies of Yoga as a philosophy, its relation to ancient texts, other religious thoughts like Buddhism, with reference to Patanjali Yogasutras.

Course Objectives:

- Explain the basic understanding of Yoga as a philosophy
- Describe the various schools of philosophy which had an influence on Yogic text like Buddhism.
- Comprehend the concept of Brahman according to Vedanta, yoga.

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Perform and demonstrate various Asanas, Pranayama, Kriyas and Meditations;
- **CO 2** - Describe various philosophies of Yoga and apply them therapeutically, relating to a patient's life situation or personality.



SEMESTER 2nd

HUMAN PHYSIOLOGY

Subject Title: Human Physiology

Subject code: DNYT – CT201

Goals:

The goal of teaching Physiology to DNYT students is aimed at giving the comprehensive knowledge of the normal functions of the organ systems of the body facilitate comprehension of the physiological basis of health and disease.

Course Objectives:

- Explicate the normal functioning of all the organ systems and their interactions for well-coordinated body functions;
- appreciate the relative contribution of each organ system to the homeostasis;
- Explain the physiological aspects of normal growth and development;
- Illustrate the physiological response and adaptations to environmental stresses;
- List physiological principles underlying pathogenesis and disease management.

Course Outcomes (Cos) :

After the completion of the programs, the students should be able to.

- **CO 1** - Conduct experiments designed to study physiological phenomena;
- **CO 2** - Interpret experimental/investigative data;
- **CO 3** - Differentiate between normal and abnormal data from results of tests, which he/she has done and observed in the laboratory.



NATUROPATHY THERAPIES

Subject Title: Naturopathy Therapies.

Subject code: DNYT – DSE202

Goals:

The goal of teaching Naturopathy Therapies to DNYT students is to provide them with comprehensive knowledge of treating diseases using water and mud, and the physiological effects of various kinds of such applications, and utilization of the same for therapeutic purposes

Course Objectives:

- Describe the properties and chemical composition of water and mud used for therapeutic purposes, physiology of the skin, production of heat and body temperature regulation, which are essential as a foundation for hydrotherapy.
- Illustrate physiological effects of hot and cold water upon the different systems of the body and applications to reflex areas;
- Explain action and reaction mechanisms and physiology, with their effects and uses
- Demonstrate use of water in preservation, acute diseases, chronic diseases
- Show in-depth knowledge of general principles of hydrotherapy, therapeutic applications of water, along with therapeutic actions, indications and contra-indications; and classification of mud, storing of mud, modes. of mud treatment, cosmetic uses of mud and research updates in hydrotherapy and mud therapy
- Demonstrate techniques and procedures of various types of hydriatic applications

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Utilize knowledge of hydrotherapy and mud therapy in managing various diseases;
- **CO 2** - Demonstrate usage of therapeutic aspect of hydrotherapy and mud therapy treatments in Promotive, Preventive, Curative and Rehabilitative Therapy.



HOLISTIC THERAPIES

Subject Title: Holistic Therapies

Subject code: DNYT – DSE 203

Goals:

The goal of teaching Holistic therapies to DNYT students is to provide them with comprehensive knowledge of treating diseases using Holistic approach, and the physiological effects of various kinds of such applications, and utilization of the same for therapeutic purposes

Course Objectives:

- Describe the properties treatment modalities used for therapeutic purposes, physiology of the skin, production of heat and body temperature regulation, which are essential as a foundation for all therapies.
- Illustrate physiological effects of acupressure points upon the different systems of the body and applications to reflex areas;
- Explain action and reaction mechanisms and physiology, with their effects and uses of magnet and Chromo therapies.
- Demonstrate use of water in preservation, acute diseases, chronic diseases
- Show in-depth knowledge of general principles exercise therapy & electrotherapy therapeutic applications, indications and contra-indications
- Demonstrate techniques and procedures of various types of Panchakarma therapies and its applications

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Utilize knowledge of Holistic therapies in managing various diseases;
- **CO 2** - Demonstrate usage of therapeutic aspect of color and magnet treatments in Promotive, preventive, curative and rehabilitative therapy.
- **CO 3** - Institute and evaluate remedial measures in Panchakarma for various disease conditions in wellness.



YOGA THERAPY

Subject Title: Yoga Therapy

Subject code: DNYT – CT204

Goal

The goal of teaching yoga and its applications to DNYT student is to provide them with comprehensive understanding traditional texts like Patanjali Yogasutras, Hatha Yoga Pratipika, various streams of Yoga, advanced meditative techniques like Yoganidra, Omkar, cyclic meditation, Vipassana meditation and learn about their psychological & physiological benefits compared to exercises.

Course Objectives:

- Illustrate the knowledge of traditional texts like Patanjali Yoga Sutras, Hatha Yoga.
- Understand the principles behind various meditative practices like Yoganidra, Om meditation, cyclic meditation, Vipassana and so on
- Explain about yoga in relation to its application in education, sports;
- Demonstrate basic understanding of procedures of stretching an exercise.
- Describe basic physiological changes in asana
- Be aware of the effects of Shatkriyas and their adverse effects

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Describe the concept of yoga as explained in the traditional texts
- **CO 2** - Deliver a meditative session using any of the meditative styles.
- **CO 3** - Implement various exercises loosening or eye exercises or stretching to complement yoga practice.

