

**PAPERS OF B.A. IN
YOGA & NATUROPATHY**

SEMESTER –I to VI.

Ist Sem	No. of Theory Paper-I Introduction of Yoga	Marks 60
	No. of Practical Paper – I	25
	Internal Assessment	15 (20%)
	Total	100
IInd Sem	No. of Theory Paper – I	Marks 60
	Basics of Naturopathy	
	No. of Practical Paper – I	25
	Internal Assessment	15 (20%)
	Total	100
IIIrd Sem	No. of Theory Paper – I	60
	Introduction to Hatha Yoga	
	No. of Practical Paper – I	25
	Internal Assessment	15 (20%)
	Total	100
IV Sem	No. of Theory Paper – I Naturopathy-II	60
	No. of Practical – I	25
	Internal Assessment	15 (20%)
	Total	100
Vth Sem	No. of Theory Paper – I	60
	Science of Hatha Yoga	
	No. of Practical – I	25
	Internal Assessment	15 (20%)
	Total	100
VIth Sem	No. of Theory Paper – I Common Problem & Yoga Therapy & Naturopathy Treatment	60
	No. of Practical –I	25
	Internal Assessment	15 (20%)
	Total	100
	Grand Total	600

Ist Semester
THEORY PAPER

PAPER – IST

INTRODUCTION OF YOGA

I – SEMESTER

M.M: 100 Marks

Theory : 60

Marks

Int. Assessment :

Time : Three hours
15 Marks

Practical : 25 Marks

Note: The question paper will consists of five units I, II, III, IV &V. The paper setter will set two question from each unit. The candidate will attempt five question in all selecting at least one question from each unit. All question carry equal marks.

- Unit-I Introduction of Yoga –Meaning and definition of yoga.
- Objective of Yoga
- Unit – II Types of Yoga, Relevance of Yoga in Modern age.
Yoga in different texts –
- Unit – III Veda, Sankhya, Upnishads, Geeta
Types of Yoga : - Its brief introduction
- Hatha Yoga
 - Bhakti Yoga
 - Karma Yoga
- Unit – IV Ashtang Yoga
Life Sketch of Ancient Contemporary Yogies and yoginies of India
- Swami Vivekananda
 - Sri Aurobindo
 - Swami Shivananda
 - Meera Bai
 - Sharda Maa
- Unit – V Shri Maa
Introduction of contemporary Yog Institutes of India
1. Bihar Yoga Bharti Yog Institute – Munger, Bihar.
 2. Kaivalya Dham – Lonavala

3. Gurukul Kangari University – Hardwar
4. Swami Vivekananda Institute of Yoga & Research, Banglor.

Reference Books

1. Science of Yoga – Swami Vigyananand Saraswati
2. Yog Mahavigyan – Dr. Kamakhya Kumar
3. Yog Dharshan – Swami Niranjananand Saraswati
4. Bhartiya Dharshan – Acharya Baldev Upadhyaya
5. Yogank – Geeta Press Gorakhpur

6. Kalyan – Geeta Press Gorakhpur

YOGA PRACTICAL

Unit – I	Prayer, Mantra – Stuti - Gayatri Mantra, Prayer	2
Unit – II	Shat Karma - Jala Neti, Raber Neti	4
Unit – III	Asanas : Pawan Mukta, I, II, III, Surya Namaskar, Tadasan, Trikonasana, Padhastasana, Kati Chakrasana, Padmasana, Swastikasan, Siddhasan	7
Unit – IV	Pranayama – Nadi Shodhan, Anuloma – Viloma	5
Unit – V	Meditation – Om recitation	2

IInd Semester

THEORY PAPER

BASICS OF NATUROPATHY

M.M: 100

Marks

Theory : 60 Marks

Int. Assessment :

Time : Three hours

15 Marks

Practical : 25 Marks

Note: The question paper will consists of five units I, II, III, IV &V. The paper setter will set two question from each unit. The candidate will attempt five question in all selecting at least one question from each unit. All question carry equal marks.

Unit-I	Meaning of Naturopathy
	Definition of Naturopathy
Unit – II	Principles of Naturopathy
	Hydrotherapy
	General Principles of Hydrotherapy
	Importance of water
Unit – III	Properties of water
	Introduction of Mud Therapy
	Types of Mud Therapy
Unit – IV	Action & reaction of Mud Therapy
	Fasting
	Meaning of fasting
	Types of Fasting
Unit-V	Benefits of Fasting
	Massage Therapy :
	History of Massage, Types of Massage, Steps of Massage

Reference Books

1. प्राकृतिक आयुर्विज्ञान - डॉ रakesh जिन्दल
2. Acupressure – Dr. Attar Singh
3. जल चिकित्सा - डॉ हीरा लाल
4. उपवास चिकित्सा - श्री बर्नर मैकफेडन
5. उपवास के लाभ - डॉ विठ्ठलदास मोदी

PRACTICAL PAPER

Prayer, Mantra

MM : 25

Unit – I Shat Karmas –

Jala Neti, Rubber Neti, Kunjal

Unit – II **Asanas :-**

Surya Namaskar, Trikonasan, Ardhchandrakarsan, Garudasan, Veerasan, Padangusthan, Sheeshpadanqushthasan, Utkatasan, Baddhpadmasan, Vakrasan, Mandukasan, Shashank, Pawan Mukhtasan, Ardhhalasan, Shalbhasan, Bhujangasan, Ardhhdhanursan, Naukasan, Pashchimotanasan.

Unit – III Pranayam – Bhastrika Pranayam, Sheetali, seetkari

IIIrd Semester

INTRODUCTION TO HATHA YOGA

M.M: 100

Marks

Theory : 60 Marks

Int. Assessment :

Time : Three hours

15 Marks

Practical : 25 Marks

Note: The question paper will consists of five units I, II, III, IV &V. The paper setter will set two question from each unit. The candidate will attempt five question in all selecting at least one question from each unit. All question carry equal marks.

Unit-I Meaning of Hatha Yoga

Step of Hatha Yoga

Objectives of Hatha Yoga

Unit – II Proper Diet in the Practice of Hatha Yoga

Proper Place for the Practice of Hatha Yoga

Proper Time for the Practice of Hatha Yoga

With the reference of Hatha Yogic Grantha Gherand Sanhita & Hatha Yog
Pardipika

Unit – III What are the Sadhak Tatwa

What are the Badhak Talwas

Special reference to Gherand Samhita & Patanjali Yoga Sutra.

Unit – IV Meaning of Prana

Types of Prana

Importance & Place of Prana in Human body

Unit – V Types of Chakras

Location of Chakras in Human body

Meaning of Kundalini

Role of Kundiline in Human Life.

Reference

1. Hathyoga Pardipika – Swami Swatmaram
2. Gherand Samhita – Gherand Muni
3. Asan Pranayam Vigyan – Dev Varth Acharya
4. Asan Pranayam, Mudra Bandh – Swami Satyanand
5. Poorna Yoga – Iyenger
6. सरल योगासन – डॉ ईश्वर भारद्वाज

MM : 25

PRACTICAL PAPER

- Unit – I Shatkarma – Jalneti, Rubbneti, Kunjal, Agnisar Kriya
- Unit – II Asanas – Surya Namaskar (with Mantras) Vatayan, Natraj, Ek padhastana, Standing Chakrasana, Matsyasan, Gupt Padmasana, Vajrasana, Suptvajrasana, Matsyendrasana (Ardh) Gomukhasana, Akarndhanurasana, Singh Garjanasana, Vrikshasana, Kukkutasana, Tulankulasana, Garbhasana, Hridayastambhasana, Setubandhasana, Sarvangasana.
- Unit – III Prayayam – Ujjayi, Kevali, Sury Bhedan, Chandra bhedhan, murchha
- Unit – IV Meditation

IVth Semester

THEORY PAPER

NATUROPATHY - II M.M: 100 Marks

Theory : 60 Marks

Int. Assessment :

Time : Three hours
15 Marks

Practical : 25 Marks

Note: The question paper will consists of five units I, II, III, IV &V. The paper setter will set two question from each unit. The candidate will attempt five question in all selecting at least one question from each unit. All question carry equal marks.

Unit-I	Introduction of Diet
	Types of Diet
	Balance Diet
Unit – II	Concept of Vegetarian Diet
	Meaning of Diet Therapy
	Diet in different age groups
Unit – III	Elements of Diet – Protein, Fat, Carbohydrates, Water, Vitamins
	Acupressure –
	Meaning of Acupressure
	Principles of Acupressure
Unit – IV	Location of different points in hands
	Sun Therapy -
	Introduction of sun therapy
	Benefits of sun therapy
Unit-V	Sun therapy in common problems – obesity, gout Arthritis, skin problem
	Colour Therapy – Meaning of colour therapy, uses of colour therapy in common problems – Diabetes, Arthritis, Constipation.
Reference Book	1. प्राकृतिक आयुर्विज्ञान - डॉ राकेश जिन्दल
	2. Acupressure – Dr. Attar Singh
	3. आहार तथा पोषण एवं मानवीय विकास - डॉ सन्तोष

शर्मा

4. सूर्य किरण चिकित्सा - डॉ हीरा लाल
5. प्राकृतिक चिकित्सा विधियां - डॉ कुलरंजन मुखर्जी
6. रंग चिकित्सा - पंडित श्री राम शर्मा आचार्य

PRACTICAL PAPER

MM:25

- Unit – I Kriyas – Jal Neti, Sutra neti, Jal Kapal, Tratak
- Unit – II Asan :- Surya Namaskar, Purn Chakrasan, Samkonasan, Dwikonasan, Yogmudrasan, Poorna Matsyendra, Utthit Paschhimotansan, Vibhaktapashchhimotansan, Meruvakrasan, Parivirti Janusheerasan, Padam sarvangasan, Parvatasan, Ek Padasan, Raj Kapotasan, Ek Pad Skandhasan, Gorakshasan, Naukasan, Padambakasan, Kurmasan.
- Unit – III Pranayama :- Murchha Pranayama, Kevali Pranayamas.

Vth Semester

SCIENCE OF HATHA YOGA

BENEFITS OF YOGIC PRACTICES

M.M: 100

Marks

Theory : 60 Marks

Int. Assessment :

Time : Three hours
15 Marks

Practical : 25 Marks

Note: The question paper will consists of five units I, II, III, IV &V. The paper setter will set two question from each unit. The candidate will attempt five question in all selecting at least one question from each unit. All question carry equal marks.

Introduction of Shatkarma

Unit-I Physiological benefits of Shatkarma

Psychological benefits of Shatkarma

Physical & mental benefits of – Neti

Physical & mental benefits of Dhauti

Unit – II Physiological Benefits of Asanas

Psychological Benefits of Asanas

Unit – III Physiological Benefits of Pranayama

Psychological Benefits of Pranayama

Unit – IV Physiological Benefits of Mudra &

Psychological Benefits of Mudra &

Unit – V Physiological Benefits of Meditation

Psychological Benefits of Meditation

- Reference
1. Anatomy & Physiology & Yogic Practices – Dr. M.L. Gharote and Prof. S.K. Ganguly
 2. Yoga Therapy – Dr. M.L.
 3. ध्यानतंत्रा के आलोक में
 4. Meditation – N.C. Panda

5. घेरणुड संहलतल - घेरणुडडुनल

MM : 25

V- SEMESTER

PRACTICAL

Unit-I Prayer

Unit-II Aasnas : Surya Namaskar, Trikonasan, Ardhchandrakarsan, Garudasan, Veerasan, Padangusthan, Sheeshpadanqushthasan, Utkatasan, Baddhpadmasan, Vakrasan, Mandukasan, Shashank, Pawan Muktdasan, Ardhhalasan, Shalbhasan, Bhujangasan, Ardhhdhanursan, Naukasan, Pashchimotanasan, Surya Namaskar (with Mantras) Vatayan, Natraj, Ek pad pad hostasan, Standing Chakrasan, Matsyasan, Gupt Padmasan, Vayrasan, Suptvajrasan, Matsyendrasan (Ardh) Gomukasan, Akarndhanurasan, Singh Garjanasan, Vshtrasan, Kukkutasan, Tulankulasan, Garbhasan, Hirdaystambhasan, Setubandhasan, Sarvangasan.

Unit-III Pranayama : Bhastrika Pranayam, Sheetali, seetkari
Naturopathy Practical

Steam Bath

Arm & Foot bath

Vlth Semester

COMMON PROBLEMS & YOGA THERAPY &

NATUROPATHY TREATMENT

**Time : Three hours
15 Marks**

**M.M: 100 Marks
Theory : 60 Marks
Int. Assessment :**

Practical : 25 Marks

Note: The question paper will consists of five units I, II, III, IV &V. The paper setter will set two question from each unit. The candidate will attempt five question in all selecting at least one question from each unit. All question carry equal marks.

Unit-I	What is Disease
	What is Health
	Types of Health
Unit – II	Yoga Therapy – Meaning
	Need of Yoga Therapy in Modern time
	Objective of Yoga Therapy
	Precautions in Yoga Therapy
Unit – III	Common Problems :-
	<ul style="list-style-type: none">• Common cold symptoms & causes• Cough symptoms & causes
	<ul style="list-style-type: none">• Digestive disorders symptoms & causes
Unit – IV	Yoga Therapy in Common Problems :-
	<ul style="list-style-type: none">• Common cold & its yogic treatment• Cough & its yogic treatment
	<ul style="list-style-type: none">• Digestive disorders & its yogic treatment
Unit – V	Naturopathy treatment in common problems :-
	<ul style="list-style-type: none">• Common Cold• Cough

- Digestive Disorders

References

1. रोग एवं योग - स्वामी शिवानन्द सरस्वती
2. प्राकृतिक आयुर्विज्ञान - डॉ राकेश जिन्दल
3. जल चिकित्सा - डॉ हीरा लाल
4. उपवास चिकित्सा - श्री बर्नर मैकफेडन
5. उपवास के लाभ - डॉ विठ्ठलदास मोदी
6. AsanPranayam, Mudra Bandh – Swami Satyanand

PRACTICAL PAPER

Yoga & Naturopathy

MM : 25

Unit – I Shatkarmas

- Jal Neti, Danda Dhauti, Varisar Dhauti, Trataka

Unit – II Asanas & Pranayam

Aasnas : Surya Namaskar, Trikonasan, Ardhchandrakarsan, Garudasan, Veerasan, Padangusthan, Sheeshpadanqushthasan, Utkatasan, Baddhpadmasan, Vakrasan, Mandukasan, Shashank, Pawan Mukhtasan, Ardhhalasan, Shalbhasan, Bhujangasan, Ardhhdhanursan, Naukasan, Pashchimotanasan, Surya Namaskar (with Mantras) Vatayan, Natraj, Ek pad pad hostasan, Standing Chakrasan, Matsyasan, Gupt Padmasan, Vayrasan, Suptvajrasan, Matsyendrasan (Ardh) Gomukasan, Akarndhanurasan, Singh Garjanasan, Vshtrasan, Kukkutasan, Tulankulasan, Garbhasan, Hirdaystambhasan, Setubandhasan, Sarvangasan.

Advanced Surya Namaskar, Medetative posture, Balancing Asanas, Forward Bending, Backward bending

Pranayama : Bhastrika Pranayam, Sheetali, seetkari

Unit – III Naturopathy Practical

Steam bath, Sauna Bath, Spinal bath, Hip bath and Project