

# SEMESTER III

## COURSE DETAILS – 1

SUBJECT NAME – PRINCIPLES AND METHOD OF YOGA TEACHING

SUBJECT CODE – MY-CT-301

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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### Course Objectives:

The Objectives of learning this course are to:

- Understand the core principles and philosophy of Yoga teaching.
- Learn effective methods for instructing asanas, pranayama, and meditation.
- Develop skills to adapt Yoga practices for different needs and abilities.
- Enhance communication and class management for an engaging learning experience.
- Promote holistic well-being through structured and mindful teaching.

<b>BLOCK-01</b>	<b>Action-Oriented Philosophy</b>
<b>UNIT-01</b>	The definition, significance, and nature of awareness as they are presented in the Vedas, Upanishads, Bhagwad Geeta, Yogasutra.
<b>UNIT-02</b>	A scientific and spiritual approach to the consciousness of humans.
<b>UNIT-03</b>	Yogic practices of enlightenment human consciousness including Jnanyoga, Karmayoga, Ashtangayoga, Hathayoga, Bhaktiyoga, and Mantrayoga.
<b>BLOCK-02</b>	<b>General Introduction to Teaching Methods of Yoga</b>
<b>UNIT-01</b>	Understand the concepts and practices of primary yoga teaching approaches, to introduce the philosophy of yoga education and principles.
<b>UNIT-02</b>	Understanding of classroom management and lesson planning, learn about the many tools used in yoga instruction.
<b>BLOCK-03</b>	<b>Holistic Yoga Education</b>
<b>UNIT-01</b>	Important aspects and components of yoga education



<b>UNIT-02</b>	Value-based education: definition, meaning, and various types of values for teachers, students, and yoga teaching.
<b>BLOCK-04</b>	<b>Teaching Methodology in Yoga and Educational Technology</b>
<b>UNIT-01</b>	Principles of Teaching: Individual, group, and mass teaching strategies; the definition and application of teaching methods; and the elements that influence them.
<b>UNIT-02</b>	Relationship between learning and teaching., planning of events (workshops, camps)
<b>UNIT-03</b>	The principles, requirements, and planning of teaching yoga (Shodhanakriya, Asana, Mudra, Pranayama, and Meditation), fundamentals of a good lesson plan.
<b>UNIT-04</b>	Lesson plan models; the necessity of a topic and lesson plan; The eight-step process of overview as it is presented in Kaivalyadhama.
<b>UNIT-05</b>	Classroom management: Yoga classroom: Key components, space, seating configuration, and student's interactions with the instructor Pranipaata, Pariprashna, and Seva

## REFERENCE BOOKS

1. A Handbook of Education – A.G. Sundarams & R.N. Kaul, Kapoor Brothers, Jammu.
2. Applied Yoga – Dr. Kamakhya Kumar
3. Methods and Techniques of Teaching – S.K. Kochar, Sterling Publications Pvt. Ltd., New Delhi.
4. आसन ,प्राणायाम, मुद्रा, एवं बंध – स्वामी सत्यानंद सरस्वती ।
5. योगाभ्यास की अध्यापन विधियाँ ।

**COURSE DETAILS – 2**  
**SUBJECT NAME – SHRIMAD BHAGAVAD GITA AND YOGA VASHISHTHA,**  
**SAMKHYAKARIKA**  
**SUBJECT CODE – MY-CT-302**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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## Course Objectives:

The Objectives of learning this course are to:

- Understand the philosophical essence of Shrimad Bhagavad Gita and Yoga Vashishtha.
- Explore their teachings on self-realization, duty, and the mind.
- Analyze their relevance in modern life and personal growth.
- Apply their wisdom to yoga, meditation, and ethical living.

<b>BLOCK-01</b>	<b>Fundamentals of Bhagavad Gita</b>
<b>UNIT-01</b>	Essence and Background of the Bhagavad Gita – Historical Context and Relevance (1.1–1.47, 2.11, 4.7–4.8, 18.66 )
<b>UNIT-02</b>	Three Modes of Material Nature (Triguna) – Sattva, Rajas, and Tamas (14.5–14.20, 17.2–17.6, 18.19–18.22)
<b>UNIT-03</b>	Concept of Faith, Thoughts, and Deeds Corresponding to the Three Gunas, Atma and Paramatman, Prakriti (17.2–17.4, 13.19–13.22, 15.7, 10.20, 3.27 )
<b>UNIT-04</b>	Karma Yoga – Four Principles: Duty, Detachment, Neutrality, and Unconcern for Results, Bhakti types and qualities of devotees (2.47, 3.19, 2.48, 3.30, 12.13–12.20 )
<b>BLOCK-02</b>	<b>Philosophical and Psychological Teachings of Bhagavad Gita</b>
<b>UNIT-01</b>	Stitha Prajna (Steady Wisdom) – Qualities of an Enlightened Individual (2.54–2.72)
<b>UNIT-02</b>	Overcoming Negative Traits – Anger, Greed, Lust, and Desires (3.36–3.43, 16.21, 2.62–2.63)
<b>UNIT-03</b>	Psychoanalysis in the Gita – Understanding the Cycle of Desire and Destruction (Verses 2.62 & 2.63)



<b>UNIT-04</b>	Samatvam (Equanimity) and Dhyana Yoga – The Role of Meditation in Spiritual Growth (2.48, 6.10–6.15, 6.20–6.23, 6.5)
<b>BLOCK-03</b>	<b>Devotion, Action, and Self-Realization in Bhagavad Gita</b>
<b>UNIT-01</b>	Nature of Action – Action, Inaction, and Ego-Less Action (4.18, 4.18, 18.63 )
<b>UNIT-02</b>	Devotion and Surrender – Concept of Bhakti and Shraddha (Faith & Perseverance) (9.22, 9.26, 12.13–12.20, 18.66 )
<b>UNIT-03</b>	Moderation in Life – Balance in Sleep, Diet, and Daily Activities, yajna and yajnārtha karma, Lok sangraha (6.16–6.17, 3.9–3.16, 3.20–3.21)
<b>UNIT-04</b>	Dhyana Yoga – The Process of Meditation and Self-Realization, Jnana and Karma yoga (6.10–6.32, 4.33–4.42, 3.4–3.9, 5.7–5.12 )
<b>BLOCK-04</b>	<b>Wisdom from Yoga Vashishtha and Introduction to Samkhyakarika</b>
<b>UNIT-01</b>	Nature of the Mind – The World as a Projection of the Mind (Manah Prashamanaḥ Upāyaḥ Yogaḥ)
<b>UNIT-02</b>	Concept of Adhi and Vyadhi – Understanding Mental and Physical Disturbances
<b>UNIT-03</b>	Lifestyle and Mental Discipline – Practicing Detachment, Self-Control, and Abhyasa (Practice), Self-Realization – Overcoming Desires and Fixing the Mind on the Supreme
<b>UNIT-04</b>	Self-Realization – Overcoming Desires and Fixing the Mind on the Supreme

## BOOKS FOR REFERENCE:

- Bhawuk, D. P. S. (2011). Spirituality and Indian Psychology: Lessons from the BhagavadGita. New York, NY: Springer. doi:10.1007/978-1-4419-8110-3
- Davis, R. H. (2015). The Bhagavad Gita. New Jersey: Princeton University Press. Doi: 10.2307/40085138
- Easwaran, E. (2011). Essence of the Bhagavad Gita: A Contemporary Guide to Yoga, Meditation & Indian Philosophy. Tomales, CA: Nilgri Press.
- Sivananda, S. (2000). Bhagavad Gita. Rishikesh, India: The Divine Life Society. <http://www.sivanandadlshq.org>

**COURSE DETAILS – 3**  
**SUBJECT NAME – NATUROPATHY**  
**SUBJECT CODE – MY-CT-303**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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## Course Objective:

The Objectives of learning this course are to:

1. Understand the principles and philosophy of Naturopathy.
2. Explore natural healing methods like diet, hydrotherapy, and yoga.
3. Learn the role of self-healing, prevention, and lifestyle modifications.
4. Apply Naturopathy practices for holistic health and well-being.

<b>BLOCK-01</b>	<b>Fundamentals of Naturopathy</b>
<b>UNIT-01</b>	Introduction to Naturopathy – Concept, History, and Basic Principles
<b>UNIT-02</b>	Understanding Diseases – Acute and Chronic Conditions, Root Causes
<b>UNIT-03</b>	Detoxification – Principles of Remedial Aggravation and Alien Toxins
<b>UNIT-04</b>	Holistic Health Approach – Role of Natural Healing in Wellness
<b>BLOCK-02</b>	<b>Nature's Healing Therapies – Mud &amp; Chromotherapy</b>
<b>UNIT-01</b>	Mud Therapy – Importance, Types, Properties, and Benefits
<b>UNIT-02</b>	Applications of Mud Therapy – Mud Packs (Back, Throat, Eye, Abdomen), Mud Bath
<b>UNIT-03</b>	Sun Therapy – Types of Sunbaths and Their Health Benefits
<b>UNIT-04</b>	Chromotherapy – Principles, Color Healing, and Its Effects on the Body
<b>BLOCK-03</b>	<b>Massage Therapy &amp; Natural Detoxification</b>
<b>UNIT-01</b>	Massage Therapy – Meaning, History, and Effects on the Body
<b>UNIT-02</b>	Types of Massage – Techniques, Benefits, and Their Applications
<b>UNIT-03</b>	Fasting Science – Distinguishing Starvation from Fasting, Principles & Reactions
<b>UNIT-04</b>	Fasting for Healing – Guidelines, Benefits, and Best Practices



<b>BLOCK-04</b>	<b>Advanced Fasting Techniques &amp; Their Benefits</b>
<b>UNIT-01</b>	Types of Fasting – Water Fasting, Juice Fasting, Fruit Fasting, One-Meal Fasting
<b>UNIT-02</b>	Duration-Based Fasting – Short vs. Long Fasting, Half vs. Complete Fasting
<b>UNIT-03</b>	Fasting for Disease Management – How It Helps in Healing and Recovery
<b>UNIT-04</b>	Combining Fasting with Other Therapies – Integrative Approaches in Naturopathy

### Prescribed text book

1. प्राकृतिक चिकित्सा एवं आयुर्विज्ञान – डॉ. राकेश हजारे
2. प्राकृतिक चिकित्सा एवं योग – डॉ. नागेन्द्रानी राज

#### COURSE DETAILS – 4

**SUBJECT NAME – FUNDAMENTAL IN COMPUTER APPLICATIONS - II**

**SUBJECT CODE – MY-SEC-304**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

- Understand the fundamental concepts of computer systems and applications.
- Learn essential software tools, including word processing, spreadsheets, and presentations.
- Develop practical skills in data management, internet usage, and cybersecurity basics.
- Apply computing knowledge to enhance productivity and problem-solving in various domains.

<b>BLOCK-01</b>	<b>Advanced Data Management &amp; Research Tools</b>
<b>UNIT-01</b>	Advanced Spreadsheets & Data Analytics
<b>UNIT-02</b>	Database Management for Yoga Research

<b>UNIT-03</b>	Statistical Tools for Yoga Research
<b>UNIT-04</b>	Referencing & Research Writing
<b>BLOCK-02</b>	<b>Advanced Digital Content Creation &amp; Online Teaching</b>
<b>UNIT-01</b>	Professional Video Editing
<b>UNIT-02</b>	Website Development for Yoga Professionals
<b>UNIT-03</b>	Digital Marketing & Social Media Strategies
<b>UNIT-04</b>	AI & Automation in Yoga Science
<b>BLOCK-03</b>	<b>Advanced Cybersecurity &amp; Legal Aspects</b>
<b>UNIT-01</b>	Cybersecurity for Yoga Professionals
<b>UNIT-02</b>	Ethical Hacking & Digital Privacy
<b>UNIT-03</b>	Legal Aspects of Digital Wellness Business
<b>UNIT-04</b>	Online Safety for Yoga Practitioners
<b>BLOCK-04</b>	<b>Future Trends in IT &amp; Yoga Science</b>
<b>UNIT-01</b>	AR/VR in Yoga & Meditation
<b>UNIT-02</b>	Future of AI in Wellness & Yoga
<b>UNIT-03</b>	Blockchain & Data Security in Yoga Therapy
<b>UNIT-04</b>	Entrepreneurship & Digital Yoga Business

**COURSE DETAILS – 5**  
**SUBJECT NAME – GUIDANCE & COUNSELLING (ELECTIVE)**  
**SUBJECT CODE – MY-GE-305**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

1. To develop an understanding of the concepts of guidance and counseling.



2. To develop an understanding of the types of guidance
3. To acquaint students with different testing devices and techniques of guidance.
4. To develop and understanding of the role of teacher as counselor.
5. To create an awareness of the working of guidance centers.

<b>BLOCK-01</b>	<b>Foundations of Guidance &amp; Counselling</b>
<b>UNIT-01</b>	Meaning, Nature & Functions of Guidance
<b>UNIT-02</b>	Types of Guidance: Educational, Vocational & Personal
<b>UNIT-03</b>	Guidance Services & Job Analysis
<b>UNIT-04</b>	Guidance for Differently-Abled Students
<b>BLOCK-02</b>	<b>Fundamentals of Counselling</b>
<b>UNIT-01</b>	Meaning, Purpose & Scope of Counselling
<b>UNIT-02</b>	Types of Counselling: Directive, Non-Directive & Eclectic
<b>UNIT-03</b>	Process & Skills in Counselling
<b>UNIT-04</b>	Role & Professional Ethics of a Counselor
<b>BLOCK-03</b>	<b>Tools &amp; Techniques in Guidance &amp; Counselling</b>
<b>UNIT-01</b>	Psychological Tests: Intelligence, Aptitude & Personality
<b>UNIT-02</b>	Techniques of Guidance & Counselling: Interview & Case Study
<b>UNIT-03</b>	Records in Counselling: Cumulative, Anecdotal & Diary
<b>UNIT-04</b>	Questionnaire & Other Assessment Tools
<b>BLOCK-04</b>	<b>Specialized Areas in Guidance &amp; Counselling</b>
<b>UNIT-01</b>	Job Satisfaction & Occupational Information
<b>UNIT-02</b>	Supporting Students with Learning Disabilities
<b>UNIT-03</b>	Mainstreaming & Support Services for Special Needs
<b>UNIT-04</b>	Emerging Trends & Future Prospects in Counselling



## References:

1. Aggarwal J. C. (2004) Educational and Vocational Guidance and Counseling, 7th Edition, Doaba House; Delhi.
2. Aggarwal J.C. (2005) Career Information in Career Guidance - Theory and Practice, Doaba House, Delhi.
3. Chauhan S.S. Principles and Techniques of Guidance.
4. Dash M. (1997) Education of Exceptional Children, Atlantic publishers, New Delhi.
5. Dev Kapil (2006) Educational Counseling, Pragun Publications, New Delhi- 3.
6. Gibson Robert & Mitchell Marianne (2005) Introduction to Guidance and Counseling, 6th Edition, Prentice Hall of India, New Delhi.
7. Gladding Samuel (2011) Counseling - A Comprehensive Profession, 6th Edition, Dorling Kindersley India Pvt. Ltd., New Delhi
8. Kenkateish, S. (2001) Special Education, Anmol Publication Pvt. Ltd., New Delhi.
9. Kochhar S.K. (1981) Guidance in Indian Education, New Delhi.
10. Kochhar S.K. (1987) Educational and Vocational Guidance in Secondary Schools, Sterling Publishers, New Delhi
11. Kochhar S.K. (1987) Guidance and Counseling in Colleges and Universities, Sterling Publishers, New Delhi.
12. Milne Aileen (2003) Teach Yourself Counseling, McGraw Hill companies, Chicago.
13. Panda, K.C. (1997) Education of Exceptional Children, Vikas Publishing House, Delhi.
14. Sharma R.A. Fundamentals of Guidance and Counseling
15. Sharma Ramnath and Sharma Rachana (2004) Guidance and Counseling in India, Atlantic Publishers and Distributors, New Delhi.

### COURSE DETAILS – 5

**SUBJECT NAME – GLORIOUS CHAPTERS OF INDIAN HISTORY (ELECTIVE)**

**SUBJECT CODE – MY-GE-306**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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## Course Objectives:

- Know the glorious past of their ancestors.

<b>BLOCK-01</b>	<b>Saindhav and Gangetic Culture</b>
<b>UNIT-01</b>	Harappan Civilization – Rise and Development
<b>UNIT-02</b>	Vedic Civilization and Gangetic Culture
<b>UNIT-03</b>	Mahajanapadas and Rise of Magadha
<b>UNIT-04</b>	Invasion and Interaction – Alexander and Porus
<b>BLOCK-02</b>	<b>Rise of Indian Empires</b>
<b>UNIT-01</b>	The Mauryan Empire – Unification and Administration
<b>UNIT-02</b>	Post-Mauryan Cultural Renaissance
<b>UNIT-03</b>	The Gupta Empire – Political and Cultural Zenith
<b>UNIT-04</b>	Decline and Legacy of the Gupta Dynasty
<b>BLOCK-03</b>	<b>Regional Powers and Cultural Expansion</b>
<b>UNIT-01</b>	Rise and Role of Rajputs
<b>UNIT-02</b>	South Indian Kingdoms – Cholas and Beyond
<b>UNIT-03</b>	Vijayanagar and Bahmani Conflict
<b>UNIT-04</b>	Regional Dynasties of Medieval India
<b>BLOCK-04</b>	<b>India's Freedom Struggle</b>
<b>UNIT-01</b>	Revolt of 1857 and Early Nationalism
<b>UNIT-02</b>	Partition of Bengal and Revolutionary Movements
<b>UNIT-03</b>	Gandhian Movements and Mass Awakening
<b>UNIT-04</b>	Path to Independence

## Text Book

- Singh, U., A History of Ancient and Early Medieval India, From the Stone Age to the 12th Century, Delhi 2016.
- Ram Lakhan Shukla: Adhunik Bharat ka Itihas Satya Rao: Bharat mein Upnivesh vad aur Rashtravad, Delhi 2016.

## Reference

1. Sharma, L.P.: History of Ancient India,
2. Majumdar, R.C.: Prachin Bharat, Motilal Banarasidas Delhi, 1962.
3. Raychoudhury, H. C., Political History of Ancient India, Calcutta, 1931.
4. Goyal, S. R., Magadh, Satavahan, Kushan Samrajyon ka Yug (Hindi), Jaipur Sharma, R. S., Prarambhik Bharat ka Parichay, (Hindi) New Delhi 2017.
5. Srivastava, K. C., Prachin Bharat ka Itihas Tatha Sanskriti, Allahabad, 2019
6. Shastri, K. A. N., The Age of Nandas and Mauryas, Varanasi, 1967.
7. Majumdar, R.C. and A. D. Pusalker (eds.), The History and Culture of the Indian People, Vols. I – V (relevant chapters), Bombay, 1951-1957.
8. Jha D. N., Ancient India: In Historical Outline, 1997
9. R.C. Majumdar: Suvarṇadvīpa: A Cultural History. (reprint) Gian Publishing House, 1986
10. R.S. Tripathi: History of Kanauj to the Moslem Conquest. Motilal Banarsidass, 1989
11. Vishuddhananda Pathak: Uttari Bharat ka Rajanitik Itihas
12. Verma Harishchandra: Madhyakalin Bharat 2 Part
13. Ramkrishna Mukherji: The Rise and Fall of the East Indian Company
14. R.C. Mazumdar, H.C. Roychaudhuri & Kalinkar Datta: An Advanced History of India (In Hindi: Bharat ka Brihad Itihas)
15. G.S. Sardesai: New History of the Marathas, (In Hindi: Marathon ka Naveen Itihas)
16. A.R. Desai: Social Background of Indian Nationalism (In Hindi: Bhartiya Rashtravad Ki Samajik Pristabhoomi)
17. Ram Lakhan Shukla: Adhunik Bharat ka Itihas Satya Rao: Bharat mein Upnivesh vad aur Rashtravad
18. G.N. Singh: Landmarks in the Constitutional and National Development of Indian (In Hindi Bharat ka Samvaidhanik aur Rashtriya Vikas)
19. S.C. Sarkar: The Bengal Renasissance (In Hindi: Bengal ka Navjagaran)



**COURSE DETAILS – 5**

**SUBJECT NAME – INTEGRATED WELLNESS IN TOURISM (ELECTIVE)**

**SUBJECT CODE – MY-GE-307**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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### Course Objectives:

The course intent to upgrade the knowledge of the latest trends in tourism particularly the health tourism in the country. Since health tourism constitute a niche market for the industry and the government as well, it becomes desirable for the students to get in touch with this new segment of tourism industry. After studying this course, the student shall be able to define the trends, issues and challenges in the field of health tourism in India.

<b>BLOCK-01</b>	<b>Introduction to Wellness &amp; Tourism</b>
<b>UNIT-01</b>	Meaning and Concept of Wellness
<b>UNIT-02</b>	Introduction to Tourism – Meaning, Nature, Scope & Objectives
<b>UNIT-03</b>	Relationship between Yoga and Tourism
<b>UNIT-04</b>	Role of Wellness in Tourism
<b>BLOCK-02</b>	<b>Components &amp; Types of Wellness Tourism</b>
<b>UNIT-01</b>	Tourism Products and Concepts
<b>UNIT-02</b>	Elements & Components of Tourism
<b>UNIT-03</b>	Peace & Wellness Tourism – Meaning and Significance
<b>UNIT-04</b>	Factors Influencing Wellness Tourism
<b>BLOCK-03</b>	<b>Health &amp; Medical Tourism</b>
<b>UNIT-01</b>	Introduction to Health & Medical Tourism – Meaning, Nature & Scope
<b>UNIT-02</b>	Health & Medical Tourism Markets – Global Perspective
<b>UNIT-03</b>	India's Position in Global Medical Tourism Market – Advantages & Challenges
<b>UNIT-04</b>	Role of Private Sector in Health & Medical Tourism

<b>BLOCK-04</b>	<b>Health Tourism in India</b>
<b>UNIT-01</b>	Traditional Healthcare Systems in India
<b>UNIT-02</b>	Government Initiatives for Health & Medical Tourism
<b>UNIT-03</b>	Health Tourism Centers in India – Haridwar & Rishikesh, Kerala & Tamil Nadu
<b>UNIT-04</b>	Case Studies – Patanjali and Other Leading Wellness Tourism Institutions

## Reference

1. Smith, Melanie, &Puczko, Laszlo, Health and Wellness Tourism.
2. Conell, John, Medical Tourism.
3. Kumar, Medical Tourism in India (Management and Promotion)
4. Edlin, Gordon &Golanty, Eric, Health and Wellness.

**COURSE DETAILS – 6**  
**SUBJECT NAME – YOGA PRACTICUM-III**  
**SUBJECT CODE – MY-CP-308**

<b>CREDIT: 2</b>	<b>CA: 15</b>	<b>SEE: 35</b>	<b>MM: 50</b>
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## Course Objectives:

The objectives of this course are

1. State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
2. To demonstrate and instruct the undermentioned yogic practices.

### Shatkarma

Dand, Dhauti, Nauli, Trataka, VastraDhauti and all the exercises of the first & second semester.

### Posture



Padma Sarvangasana, Mayurasana, Shirshasana, Ekpaadskandha Asana, Tolangulasana, Vatayanasana, Tittibhasana, Garbhasana, Shirsha Padangushthasan, Guptasana, Vibhakta Paschimottanasana, Padmabakasan, Ek Paad Rajakapotasana, Purna Ustrasana

Including all asanas of 1st and 2nd semesters.

#### **Pranayama**

Bhramari, Bhastrika, Stambhavritti and all the practices of previous semesters.

#### **Mudras and Bandhas**

Khechari Mudra, Mahavedha Mudra, Maha Mudra, Maha Bandha and all the practices of the former semesters

#### **Teaching Practice**

Viva - (Brahmayagya and Swastivachan Mantra - Meaning, Memorization & Recitation)

### **COURSE DETAILS – 7**

**SUBJECT NAME – NATUROPATHY PRACTICUM**

**SUBJECT CODE – MY-CP-309**

**CREDIT: 2**

**CA: 15**

**SEE: 35**

**MM: 50**

### **Course Objectives:**

The objectives of this course are

- Apply naturopathy principles through hands-on therapies.
- Develop skills in assessment and holistic treatment.
- Gain practical experience in natural healing techniques.

#### **Naturopathy Practical File**

**(The practical file will be prepared under guidance of faculty concerned.)**

#### **Forms of Water Therapy:**

(Jalpaan, natural bath, simple and friction bath, Hip bath/katisnan, MehanSnan, steam bath, spine bath, hot foot bath, full body wet bandage, chest, abdomen, throat and limbs wet bandages/packs, sponges, Anima) 's methods, benefits, precautions, health enhancements and various uses and contra-indications for prevention of diseases.

**Different Methods of Massage:**

General, friction, slap, rub, shake, vibration, speaking, caressing, shaking, rhythm, muck, pinch etc. with their physiological effects.

**Naturopathy for Common Diseases:**

Backache, Epilepsy, Insomnia, Obesity Arthritis, Psoriasis, Asthma, Pneumonia, Hyper / Hypotension, Depression, Impotence, Diabetes, Depression, Anxiety, Ovarian cysts, Menstrual problems, Smoking & Alcoholism, Migraine