

Syllabus for the Three Year Degree Course

Bachelor of Vocational (B.Voc.) in Yoga and Nature Cure

Semester - I

Course Structure: BVYN- 1

Job Role: Yoga Demonstrator

NSQF Level: - 04

QP aligned: BWS/Q2201 of SSC.

Course Objectives: After completing this course, the students will be able

- to understand about the Origin, History and Development of Yoga
- to know various Basics of Yogic Anatomy and Physiology Systems.
- to demonstrate breathing practices and Surya Namaskar.
- to possess communication Skills with scientific reasoning in the trade and basics of Management.

Code No	Title of the Course	General/ Skill	Credit	Contact hrs/Week	Mark ESE	Mark IAT	Total Marks
BVYN-101	Communicative English	General	6	6	80	20	100
BVYN-102	Management Concepts & Organisational Behaviours	General	6	6	80	20	100
BVYN-103	Foundations of Yoga	Skill	6	6	80	20	100
BVYN-104	Basics of Yogic Anatomy and Physiology	skill	6	6	80	20	100
BVYN-105	Yoga Practicals-1	Skill	6	6	60	40	100

SEMESTER-I

Paper Title: Communicative English

Paper/Module Code: BVYN-101

Contact Hours: Minimum 90

Credit: 6

Maximum Marks: 100

End Semester Exam: 80

Internal Assessment: 20

Unit I: (15 Hours)

Principles of correct use of languages

words, sentences, paragraphs, continuity and flow. Pronunciation: Phonemic symbols, Consonants, Vowels, Syllable-word stress, Strong and weak forms, Intonation. Dialogue Practice (Students should be given ample practice in dialogue, using core and supplementary materials), Functional Grammar and Business Vocabulary- English for Specific Purposes, Phrasal Verbs, Word Pairs, Synonyms and Antonyms- Use of Tense.

Unit II: (15 Hours)

Communication

Understanding Communication, The purpose of communication, The communication process, The importance of Communication, Communication in the organization, Forms of Communication- oral and written, verbal and non- verbal (Kinesics, Proxemics, Occulesics, Haptics, Paralinguistics, Chronemics), Barriers in effective Communication, Electronic media in Communication.

Unit III: (15 Hours)

Listening skills

Difference between listening and hearing, Types of Listening, Barriers to listening, Academic listening- listening for details- listening and note taking- listening for sound contents videos- listening to talks and descriptions- listening for meaning- listening to announcements-listening to news programmes.

Unit IV: (15 Hours)

Speaking skills

Interactive nature of communication, Importance of context- Formal & informal, Set expressions in different situations- Introducing-making, Requests-asking for giving permission, Giving instructions and directions, Agreeing/disagreeing, Seeking and giving advice, Inviting and apologizing, Telephonic skills, Public speaking, Conversational manners.

Unit V: (15 Hours)

Professional Speaking skills

Group Discussion with evaluation, Debate, Presentation with evaluation, Jam/ Extempore, Mock Interview and Meetings with evaluation, Dealing with difficult people- Role play based on behavioural patterns.

Unit VI: (15 Hours)

Reading & Writing skill

Reading skills, Types, Reading strategies, Guidelines for effective reading, Writing as a skill, Functional use of writing- Principles of Communicative Writing, Business& Personal Letters, Formal letters, Covering letter, Follow-up letter, Application, Enquiry, Complaints, Reservations- E-Mails, CV Writing, Fax, Job application, Writing Proposals

Reference Books:

1. A. Ashley: Commercial Correspondence, Oxford University Press
2. Agrawal, Suchi: Business Communication- A streamlined approach to Business Communication, Authors Press
3. Bailey Stephen, "Academic Writing", , Routledge, 2006

SEMESTER-I

Paper Title: Management Concepts and Organisational Behaviour

Paper/Module Code: BVYN-102

Contact Hours: Minimum 90

Credit: 6

Maximum Marks: 100

End Semester Exam: 80

Internal Assessment: 20

Unit I (15 Hours)

Concept and Nature of Management

Concept & Definitions, Features of Management, Management As Science, Art & Profession, Levels of Management, Scope of Evolution of Management Thought. Approaches to Management (Classical, Behavioural, Quantitative Contingency), Contribution of Leading Thinkers, Recent Trends in Management Thought.

Unit II (15 Hours)

Planning and Decision Making

Nature, Strategic planning process and Types of Planning, Management by Objectives (MBO), TOWS Matrix & Porter's Industry Analysis, Decision Making, Forecasting.

Unit III (15 Hours)

Organising

Nature & Principles of Organisation, Departmentation, Span of Management, Authority & Responsibility, Delegation and Decentralisation of Authority, Forms of Organisation Structure, Line & Staff Functional Authority Relationships.

Unit IV (15 Hours)

Directing

Nature & Scope of Directing, Motivation & Morale, Theories of Motivation, Communication, Leadership, Coordination.

Unit V (15 Hours)

Controlling

Nature & Process of Controlling, Techniques of Control, Control for Organisational Effectiveness and Organisational Culture.

Unit VI (15 Hours)

Organisational Behaviour

Definition, Importance, Fundamental Concepts of Organisational Behaviour, Influence of Socio-Cultural Factors on Organisation, Perceptions, Personality and Attitudes, Learning, Group Dynamics, Management of Change, Conflict Management.

Reference Books:

1. Stoner, Freeman and Gilbert Jr., "Management", Prentice Hall of India, New Delhi, 2003
2. Gupta, C.B., "Management Concepts and Practices", Sultan Chand and Sons, New Delhi, 2003
3. O'Donnel, Koontz and Weihrich, "Management", Tata McGraw Hill Publishing
4. Robbins, S.P. "Organisational Behaviour", New Delhi, Prentice Hall of India, 2005
5. Prasad L.M. "Organisational Behaviour" New Delhi, Sultan Chand

Semester - I

Paper Title: **Foundations of Yoga**

Paper/Module Code: BVYN-103

Contact Hours: Minimum 90

Credit: 6

Maximum Marks: 100

End Semester Exam: 80 – 46

Internal Assessment: 20 – 10

Unit I: (15 hrs)

General introduction to Yoga

Brief about the origin of Yoga : Psychological aspects and Mythological concepts; History and Development of Yoga ; prior to the Vedic period ; Vedic period, Medieval period, Modern era ; Etymology and Definitions of Yoga, Aims and Objectives of Yoga, Misconceptions of Yoga

Unit II: (15 hrs)

Basics of yoga

Brief about Streams of Yoga, the Four main streams of Yoga, Gyana, Bhakti, Raja and Karma Yoga, Importance of Yoga, principles of Yoga and Yogic Practices.

Unit III: (15 hrs)

General Introductions to Indian Philosophy:-

Philosophy: meanings, definitions and scopes; Indian Philosophy: Salient features, Branches (Astika and Nastika Darshanas), Distinction between Religion and Science, Brief introduction to Prasthanatrayee and Purushartha Chatushtaya; Relationship between Yoga and Indian Philosophy.

Unit IV: (15 hrs)

Brief introductions about Principal Upanishads, Epics, Yoga Vasistha and Narada Bhakti Sutras

Brief to Upanishads and Yoga in Principal Upanishads, Yoga in Yogopanishad; Yogic perspective of Epics: Ramayana, Adhyatma Ramayana and Mahabharata; Yogic perspective: Bhagavad Gita, Yoga Vasistha, Narada Bhakti Sutras

Unit V: (15 hrs)

Definitions and concepts of Yoga according to various Yoga Texts and Spiritual lore.

Definitions of Yoga according Patanjala Yoga Sutra, Bhagavad Gita and Yoga Vasistha, Concept of Yoga according to Upanishads and Puranas.

Unit VI: (15 hrs)

Life Sketches of Ancient Contemporary Yogies and Yoginies of India

Swami Vivekananda, Sri Aurobindo, Swami Shivananda, Meera Bai, Sharda Maa, Shri Maa.

Books:

1. Essence of Yoga – Swami Sivananda, The Divine life Society
2. Yoga Sadhana – Swami Anandananda, Yog Sadhana Ashram, Bpu Nagar, Jaipur (Raj)
3. Pranayama-Kala Aur Vigyan, Dr. H.R. Nagendra, SVYP, Bangalore.

Semester – I

Paper Title: **Basics of Yogic Anatomy**

Paper/Module Code: BVYN-104

Contact Hours: Minimum 90

Credit: 6

Maximum Marks: 100

End Semester Exam: 80

Internal Assessment: 20

Unit I: (15 hrs)

General Anatomy

General introduction to Anatomy, its Significance, Nomenclature & Terminology; Introduction to Organ System of Bodies, Bones and Joints; Movement at various joints.

Unit II: (15 hrs)

Head and Neck

Face-facial muscles, functions of facial muscles, Eye-lids, Lachrymal Apparatus, Nose, Nasal Cavity, Sinuses, Oral Cavity and pharynx, Bones, joints and muscles of Head and Neck.

Unit III: (15 hrs)

Thorax and Abdomen

Bones, Muscles and Joints of Thorax and Abdomen; Structure of Heart, lungs, and other systems relevant to Yoga;

Unit IV: (15 hrs)

Upper and Lower Extremities

Skeleton, Position and joints of upper and lower extremities; Muscles and muscles groups of upper and lower extremities, Applied Anatomy and surface markings of limbs

Unit V: (15 hrs)

Functional Anatomy of Systems-I

Respiratory system – Structure and functions; Digestive system- structure and functions; Reproductive system-structures and functions.

Unit VI: (18 hrs)

Functional Anatomy of Systems-II

Nervous System, Endocrine system and Excretory system—structure and functions – Immune System and Cardiovascular System – components, functions.

Books:

1. MM Gore Kavalyadhama, Lonawala, Pune - Anatomy and Physiology of Yogic Practices.
2. Thatte Sharir Rachna Vigyan - Text Book of Human Anatomy.

Semester – I

Paper Title: **Practical-1**

Paper/Module Code: **BVYN-105**

Contact Hours: **Minimum 90**

Credit: **6**

Maximum Marks: 100

End Semester Exam: 60

Internal Assessment: 40

1. Preparations and maintenance of working areas to conduct basic yoga sessions, sitting arrangement in Yogic Asanas (05 hrs)
2. How to approach to Yoga teachers - Pranipapta, Pariprashna (05 hrs)
3. Study of various bones of human body and various joints.(10 hrs)
4. Hasta Mudra: Chin, Jnana, Hridaya, Bhairava, Yoni, Sankha, Adi and Brahma.(10 hrs)
5. Shatkarnas; Dhauti (Kunjal); Neti (Jalneti, Sutrane); Kapalabhati and its variants (10 hrs)
6. Suryanamaskar with maintenance of each posture and Dynamic Suryanamaskar (20 hrs)
7. Breathing practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog, Tiger, Straight leg raising breathing; Breath Awareness: Shwas-prashwas samyama; Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen + Thoracic + Clavicular Breathings, Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing); Practice of Puraka, Rechaka & Kumbhaka (Antar. & Bahya Kumbhaka) (30 hrs)

Pass Mark
 $\frac{40 \times 60}{100} = 24$

Syllabus for the Three Year Degree Course

Bachelor of Vocational (B.Voc.) in Yoga and Nature Cure

Semester - II

Course Structure: BVYN- 2

Job Role: Naturopathy Therapist/Instructor

NSQF Level: 05

QP aligned: Not yet Released

Course Objectives: After completing this course, the students will be able

- to acquire basic principles of Nature cure.
- to acquire knowledge & importance of water and its physiological effects to human body.
- to demonstrate uses of Bath, Packs & Compress.
- to acquire capability to use ICT in learning situations.

Code No	Title of the Course	General/ Skill	Credit	Contact hrs/Week	Mark ESE	Mark IAT	Total Mark s
BVYN-201	Personality Development & Communication skill	General	6	6	80	20	100
BVYN-202	Introduction to Information Technology (IT)	General	6	6	80	20	100
BVYN-203	Introduction to Naturopathy	Skill	6	6	80	20	100
BVYN-204	Introduction to Hydrotherapy and Mud Therapy	Skill	6	6	80	20	100
BVYN-205	Practical-II	Skill	6	6	60	40	100

SEMESTER-II

Paper Title: Personality Development & Communication Skills

Paper/Module Code: BVYN-201

Contact Hours: Minimum 90

Credit: 6

Maximum Marks: 100

End Semester Exam: 80

Internal Assessment: 20

Unit I: (15 Hours)

Understanding Personality

Benefits of Self Knowledge, Personality Type, Patterns of diversity, Energy sources- Extroversion. Ways to talk people like you. Make people think in your way. Analyse worry.

Unit II: (15 Hours)

Personality Development Training

Interview skill- Interview dress code, Controlling your nerves, Positive visualization, Creating a positive Impression, Opening conversation, Assessing the degree of formality, Getting comfortable, Recovering from poor starts etc.

Unit III: (15 Marks)

Group Discussion

Questions, attributes, Individual characteristics, Do's & Don'ts, Must & Must Not's. Management skills- Time Management, Keeping & Analysing time log, Task typing, Effective decision making, Break daunting tasks etc.

Unit IV: (15 Hours)

Meeting Skill

Meeting agenda, Illustration of agenda, Guidelines, Formal closure of meeting, Action notes etc. Negotiation skill: Introduction, Phases of negotiation, Characteristics of negotiation, Critical factors, Types of approaches etc. use of concessions, Concessions trading, Avoiding use of trends, Removing deadlock.

Unit V: (15 Hours)

Presentation skill

Preparation of venture, Attention to detail, Equipment check, Optimisation of seating arrangements, Audience, Final Preparation. Getting started, Introduction, Best style, Using audio-visual aids. Body language, Communication, Movement, Eye Contact, Posture. Control, Reading audience, Coping audiences with hostile.

Unit VI: (15 Hours)

Writing Strategies & Study Skills

Paragraph writing- Characteristics of good paragraph, Paragraph writing tips, Types of paragraphs. Essay Writing- Types of essays, Precis writing- Paraphrasing & Summarizing, Note taking- Tips of note taking, Synopsis, Reports, Professional Brochures, Surveys, Questionnaires, Writing Proposals.

Reference Books:

1. Agrawal, Suchi: Business Communication- A streamlined approach to Business Communication, Authors Press
2. Bajpai, B.L.: Making Management still more effective
3. Bajpai B.L.: Indian Ethos and Modern management
4. Bailey Stephen, "Academic Writing", ", Routledge, 2006

SEMESTER-II

Paper Title: Introduction to Information Technology (IT)

Paper/Module Code: BVYN-202

Contact Hours: Minimum 90

Credit: 6

Maximum Marks: 100

End Semester Exam: 80

Internal Assessment: 20

Unit I: (15 Hours)

Introduction to computers

Definition of computer, Advantages and Characteristics, Origin, Evolution, Types, Classification of computers, Essentials of computer systems, Generation of computers, Essentials of computer systems, Data and information, Data representation, Bits and bytes, Number systems conversion, Binary arithmetic.

Unit II: (15 Marks)

Components of computers

Hardware: Hardware elements- Input devices, Memory types (primary & secondary), Storage devices, Processing & Output devices. Fundamental concepts of operating systems, Booting process, Software: Software and its classifications, Types of software, operating software- DOS & Windows.

Unit III: (15 Hours)

Application Software

Windows based MS Word, Excel, Power point (MS Office). Internet: Browser, Search engine, World Wide Web (WWW), Websites, e-mail etc.

Unit IV: (15 Hours)

Programming languages

Low level languages (machine, assembly), high level languages, Translators (assembler, compiler, Interpreter), Utilities- Software utilities (zip, recovery, pdf. etc.), Hardware utilities (hardware diagnosis, partition managers etc.), Viruses, definitions & types.

Unit V: (15 Hours)

Application of IT in Industries

Use of networks, Internet, Intranet, Extranet, Types of Network (LAN, WAN, MAN), Centralized & Global reservation system, Intranet, Property Management systems. Computer for communication in companies: Application in MS Word, MS Excel & Power point for industries. Statistical Analysis of Data using computer such as standard deviation and variance, Anova, 't' test etc

Unit VI: (15 Hours)

Uses of computers in industries

Performing front office operations, Features of Packages. Back office Management- Use of Property management system. Computerized management system and their application for sales and Yield management & Billing.

Reference Books:

1. Yadav, D.S.: Fundamentals of Information Technology. New age International Publisher, New Delhi
2. Goel, R. & Kakkar, D.N.: Computer Applications in Management. New Age Publisher, New Delhi
3. Saxena. S & Chopra, P.: Computer Applications in Management. Vikas Publishing House Pvt. Ltd. New Delhi

Semester - II

Paper Title: **Introduction to Naturopathy-1**

Paper/Module Code: BVYN-203

Contact Hours: Minimum 90

Credit: 6

Maximum Marks: 100

End Semester Exam: 80

Internal Assessment: 20

Unit I: (15 Hours)

Introduction to Naturopathy

History and Origins, Basic principles of Naturopathy, Catechism of Nature Cure, Philosophy of Nature Cure.

Unit II: (15 Hours)

Fundamental Principles of Naturopathy

Concept of Health according to Naturopathy, Concept of Disease according to Naturopathy, The 10 basic principles of Naturopathy.

Unit III: (15 Hours)

Introduction to Naturopathy & Yoga Practitioners

Comparative study of Naturopathy with other system of Medicine, Introduction to Qualities of a Naturopathy & Yoga Practitioner, Approach to the Patient with Naturopathic view, scope and limitations.

Unit IV: (15 Hours)

Recent Advances in Naturopathy & Yoga

Introduction to Psychosomatic Disease & Psychoneuroimmunology, Introduction to Mind Body Medicines, Life Style and Psychological Behaviours, Introduction to integrative Medicines

Unit V: (15 Hours)

Water and its importance

Physical properties of water, Physiological effects of water, applications of water on skin respiration, digestion, action and reaction, cold water drinking and hot water drinking, Enema – hot, cold, graduated, colocyter, retentive and tonic.

Unit VI: (15 Hours)

Physiological Effects of water on Different Systems of the Body

General and physiological aspects of heat upon: Skin, Respiration Of Circulation, Nervous system, Heat and its production-dissipation, Tactile and temperature sense, General and physiological effects of cold upon: Skin, Respiration, Circulation, Nervous system, GIT, body temperature and its maintenance. Circulatory system, Reflex areas of the body, results of application of hot and cold over areas, Actions and reaction, incomplete reaction, conditions that encourage reaction internal reaction, thermic reaction, modified thermic reaction

Text Book

3. Philosophy of Nature Cure - Henry Lindlahr
4. Practice of Nature Cure - Henry Lindlahr

Reference Book

8. Nature Health Care – A to Z - Belinda Gran
9. My Nature Cure or Practical Naturopathy - S.J. Singh
10. Nature Cure - J.N. Jassawalla

Semester – II

Paper Title: Introduction to Hydrotherapy and Mud Therapy

Paper/Module Code: BVYN-204

Contact Hours: Minimum 90

Credit: 6

Maximum Marks: 100

End Semester Exam: 80

Internal Assessment: 20

Unit I: (15 Hours)

Introduction to Hydrotherapy

History and origin, Physiological basics of Hydrotherapy on skins and its anatomical constructions, function of skins, Temperature sense.

Unit II: (15 Hours)

General principles of Hydrotherapy

General rules of Hydrotherapy, Therapeutic significance of Reaction, Exaggerations of symptoms under treatment, untoward effects and how to avoid them , General indications and contra-indication.

Unit III: (15 Hours)

Therapeutic Actions and use of Hydrotherapy

Classification of Hydriatic effects, general principles of excitation and depression; primary excitant effect and secondary excitant effect, resolvent effect.

Unit IV: (15 Hours)

Techniques of Hydrotherapy-1I

Water Bath-Plain water bath, cold hip bath, shallow bath, graduated bath, natural bath, fever bath, repeat bath ,river bathing; various bath and air baths:- stem bath, local stem bath, stem inhalation, hot air bath, local hot air bath, cold bath, indoor & outdoor bath.

Unit V: (15 Hours)

Fomentation

Types, Mode of application, Precaution, Indication and Contra-indications, hot water bag, the siphon hot water bag ,the thermopore ,the mustard fomentation, clay and the glycerin poultice ,charcoal poultice ,cotton poultices.

Unit VI: (15 Hours)

Douches

Types;cold,hot,neutral,alterative,underwater,constrict,horizontal,cephalic,lumbar,fan,rain and shower, application, precaution, indication, contra-indication,

Text Book

Baths — Si Singh

Water Cure Sebastian Kneippational

Hydrotherapy — JH Kellogg

Reference Book

1. Handbook of Hydrotherapy — Shew Joel
2. Hydrotherapy in Practice Davis BC & Harrison. RA
3. Medical Hydrology — Sidney Licht

Semester - II

Paper Title: **Practical-II**

Paper/Module Code: **BVYN-205**

Contact Hours: **Minimum 90**

Credit: **6**

Maximum Marks: 100

End Semester Exam: 60

Internal Assessment: 40

1. **Vitals Data Measurements:** Blood pressure, pulse rate, respiratory rate. (5 hrs)
2. **Therapeutics Practice of hydrotherapy**
Baths: Hip bath, arm and foot bath, spinal bath, spinal spray bath, steam bath
Packs: Chest pack, trunk pack, throat pack, gastrointestinal pack, kidney pack, pelvic pack, full wet sheet pack.
Compress: Abdominal Heating compress: hot and cold compress; Chest compress, lumbar compress, pericardial compress, Cephalic compress, joint compress, cold spinal compress, renal compress, gastro hepatic compress. (35 hrs)
3. **Case History Taking:** Methods and how to approach patients.(Project Report Writing) (50 hrs)

Syllabus for the Three Year Degree Course

Bachelor of Vocational (B.Voc.) in Yoga and Nature Cure

SEMESTER-III

Course Structure: BVYN- 3

Job Role: Yoga Instructor

NSQF Level: - 05

QP aligned: Not yet Released

Course Objectives: After completing this course, the student will be

- able to demonstrate and explain each pranayamas techniques.
- understand and explain the practices of Kriyas.
- basic ideas of Business Entrepreneurship in the field of Yoga.

Code No	Title of the Course	General/ Skill	Credit	Contact hrs/Week	Mark ESE	Mark IAT	Total Marks
BVYN-301	Interpersonal Effectiveness and Business Communication	General	6	6	80	20	100
BVYN-302	(A) Basics of Accounting & Finance (B) Communicative Hindi/Sanskrit	General	6	6	80	20	100
BVYN-303	Introduction to Hatha Yoga and Practice	Skill	6	6	80	20	100
BVYN-304	Yoga Darshanas	Skill	6	6	80	20	100
BVYN-305	Practicals – III	Skill	6	6	60	40	100

SEMESTER-III

Paper Title: Interpersonal Effectiveness & Business Communication

Paper/Module Code: BVYN-301

Contact Hours: Minimum 90

Credit: 6

Maximum Marks: 100

End Semester Exam: 80

Internal Assessment: 20

Unit I: (15 Hours)

English Language Uses

Use of English language for communication, Pronunciation: Phonemic symbols, Consonants, Vowels, Syllable-word stress, Intonation. Dialogue Practice, Grammar and Business Vocabulary- Phrasal Verbs, Word Pairs, Diminutives, Homonyms, Homophones, Synonyms and Antonyms, Use of Tense. English idioms & Idiomatic expressions.

Unit II: (15 Hours)

Communication

Concept & Process, Forms of Communication- Verbal, Visual & Non-verbal, Body language- Kinesics, Para-language; Media/Channels of Business Communication, Barriers to Business Communication & Overcoming methods.

Unit III: (15 Hours)

Personal skills

Knowing oneself- JOHARI window, Transactional analysis, Confidence building, Defining strengths, Thinking effectively, Personal values-time & Stress management. Art of effective communication & Listening.

Unit IV: (15 Hours)

Workplace Speaking

Steps of effective Speaking, Workplace communication essentials, Team briefing, 12Cs of Team building, Conflict management- Elements of conflict, Steps to resolve conflicts, Workplace conflict management strategies. Negotiation skills, Meeting & Guidelines for effective meeting.

Unit V: (15 Hours)

Business Correspondence

Faxes, Memos, e-mail, Reports, Memorandum, Meeting, Documentation etc. Telephone equipment & Telephone handling for business purposes. Technology enabled Business Communication. Audio-visual communication.

Unit VI: (15 Hours)

Writing Sills

Writing Business letters, Components, Kinds of Business letters, Planning and the 7Cs of Business writing. Business reports & Proposals writing- Importance, Need, Types, Techniques, Languages, Structure, Planning & Drafting.

Reference Books:

1. Agrawal, Suchi: Business Communication- A streamlined approach to Business Communication, Authors Press
2. Lesikar, Pettit: Business Communication. AITBS
3. K.K. Sinha: Business Communication. Galgotia Publishing House
4. Shirley Taylor: Communication for Business. Pearson Education Asia
5. AshaKaul: Effective Business Communication. Prentice Hall of India
6. Rajinder Pal: Business Communication. Himalayan Publishing House

SEMESTER-III

Paper Title: Basics of Accounting & Finance

Paper/Module Code: BVYN-302A

Contact Hours: Minimum 45

Credit: 3

Maximum Marks: 50

End Semester Exam: 40

Internal Assessment: 10

Unit I: (8 Hours)

Introduction- Accounting- Definition, Nature & Scope, Objectives of Financial accounting, Accounting v/s Book Keeping, Conceptual framework- Accounting concepts, Generally Accepted Accounting Principles (GAAP), and Conventions, Accounting standards. Recording of transactions- Journals, Subsidiary books, Ledger, Cash book, Bank reconciliation statement, Trial balance.

Unit II: (7 Hours)

Preparation of Final accounts- Preparation of trading and Profit & Loss account and Balance sheet of sole proprietary business with adjustments. Basics of computerized accounting- Journalizing and preparing final accounts using TALLY.

Unit III: (8 Hours)

Nature of Financial Management: Introduction- Financial Functions; goals of financial management; risk & return trade off; organization of finance functions, time value of money.

Basic of capital budgeting: Nature of investment decisions; importance of investment decisions; investment evaluation criteria; capital budgeting techniques – NPV, IRR, payback and accounting rate of return.

Unit IV: (7 Hours)

Capital Structure: Source of Finance; meaning of capital structure, Determinant of capital structure, Financial Leverage, Debt capacity of company Debt equity ratio.

Unit V: (8 Hours)

Working Capital Management: Concept of working capital; need for working capital; determinants of working capital; computation of working capital; an elementary knowledge of components of working capital management: cash management, receivables management and inventory management

Unit VI: (7 Hours)

Financial Statements and Analysis: Meaning, Analysis – Ratio, Fund flow, Cash flow, Cost volume Analysis. Dividend decisions: Introduction; meaning of dividend; aspects of dividend policy; practical considerations on dividend policy; forms of dividend.

Reference Books:

1. Gupta R.L. and Radhaswamy, M.: Advanced Accounting. Sultan Chand & Sons, New Delhi.
2. Shukla M.C., Grewal T.S. & S.C. Gupta: Advanced Accounts. S. Chand & Co. Ltd. New Delhi
3. Jain S.P. and Narang P.L.: Financial Accounting. Kalyani Publishers, New Delhi
4. Naseem Ahmed, Nawab Ali Khan & Gupta M.L.: Fundamentals of Financial Accounting: Theory & Practice. Ane Books Pvt. Ltd. New Delhi

SEMESTER-III

Paper Title: Communicative Hindi/Sanskrit

Paper/Module Code: BVYN-302B

Contact Hours: Minimum 45

Credit: 3

Maximum Marks: 50

End Semester Exam: 40

Internal Assessment: 10

(*TO BE TRANSLATED IN HINDI***)**

Unit I: (10 Hours)

Principles of correct use of Hindi languages

words, sentences, paragraphs, continuity and flow. Pronunciation: Consonants, Vowels, Syllable-word stress, Intonation. Dialogue Practice (Students should be given ample practice in dialogue, using core and supplementary materials), Functional Grammar and Business Vocabulary, Synonyms and Antonyms- Use of Tense.

Unit II: (5 Hours)

Communication

Understanding Hindi Communication, The importance of Hindi Communication in India, Communication in the organization, Forms of Communication- oral and written, verbal and non-verbal.

Unit III: (10 Hours)

Listening skills

Academic listening- listening for details- listening and note taking- listening for sound contents videos-listening to talks and descriptions- listening for meaning- listening to announcements- listening to news, programmes etc.

Unit IV: (10 Hours)

Speaking skills

Interactive nature of communication, Importance of context- Formal & informal, Set expressions in different situations- Introducing-making, Requests-asking for giving permission, Giving instructions and directions, Agreeing/disagreeing, Seeking and giving advice, Inviting and apologizing, Telephonic skills, Public speaking.

Unit V: (10 Hours)

Reading & Writing skill

Reading skills, Reading strategies, Guidelines for effective reading, Writing as a skill, Functional use of writing- Business & Personal Letters, Formal letters, Application, Notice, Enquiry, Complaints, E –Mails, Fax, Job application.

Semester - III

Paper Title: Introduction to Hatha Yoga

Paper/Module Code: BVYN-303

Contact Hours: Minimum 90

Credit: 6

Maximum Marks: 100

End Semester Exam: 80

Internal Assessment: 20

Unit I: (15 Hours)

General introduction to Hatha yoga:

Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Philosophy and Foundations; Hatha Yoga Parampara, Natha Cult Hatha Yogis and their contribution; Ghatashudhi: its importance and relevance in Hatha Yoga sadhana; Inter-relation of Hatha Yoga and Raja Yoga

Unit II: (15 Hours)

Pre-requisites

Bedhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive), Types of aspirants; Desha Yana and Niyama and its relevance in Hatha Yoga Sadhana; Swara, Importance of Svarodaya-jnana in Hatha Yoga Sadhana; Hatha Siddhi Lakshanam

Unit III: (15 Hours)

Principles of Hatha Yoga

Introduction to Tantra Yoga and its relationship with Hatha Yoga. Concept of Swas-prashwas, Vapi, Pram and Upaprasna. Concept of Kand, Nadi, Swat, ChakTa and Granthi .Kundalini prabodhan, Unmani avastha, nadanusandhan Concept of Samadhi according to Hatha Yoga Texts

Unit IV: (15 Hours)

Introduction to Hatha yoga Text

; Introduction to hatha yoga texts: Brief: Hatha Yogic Texts, their nature and objectives; Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita; Brief: Hatha Yoga Pradeepika, Gheranda Samhita, Hatha Rathnavali

Unit V: (15 Hours)

Relationship between Patanjala Yoga and Hatha Yoga

Jnana Yoga: Meaning of Jnana and Jnana-Yoga, Sadhana-chatushtaya, Means of Jnana-Yoga; Bhakti Yoga: Meaning of Bhakti and Bhakti-Yoga, Stages of Bhakti, Types of Bhakti Means of Bhakti-Yoga; Karma Yoga: Meaning of Karma and Karma-Yoga, Concept o Nishkama Karma, Means of Karma Yoga; Inter-relationship between Bhakti-Yoga an Karma-Yoga, Theory of Karma and Rebirth (Reincarnation);

Unit VI: (15 Hours)

Patanjala Yoga: Philosophical Foundations of Patanjala Yoga,, Ashtanga Yoga of Patanjali, Relevance of Patanjala Yoga in day-to-day life; Hatha: Philosophical Foundations of Hatha Yoga, Hatha Yoga Sadhana Chaduranga yoga and Saptanga Yoga, Relevance of Hatha Yoga in day to day life; inter Relationship between Patanjala Yoga and Hatha Yoga and their inter-dependence; Kundalini Yoga Philosophical Foundations and Practices of Kundalini Yoga.

BOOKS:

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
2. HathaYoga Pradeepika of Svratmarama, MDNIY Publication, 2013

Semester – III

Paper Title: Yoga Darshanas

Paper/Module Code: BVYN-304

Contact Hours: Minimum 90

Credit: 6

Maximum Marks: 100

End Semester Exam: 80

Internal Assessment: 20

Unit I: (15 Hours)

Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya

Brief introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.), Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (vyasa Bhasya, Tatvavaisharadi, (Moja Vritti and Yoga-vartika); Concept of Maria, Buddhi, Ahankar and Chitta; Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha); Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya);

Unit II: (15 Hours)

Sarnadhi pada

Concept of Yoganushasanam, Yoga Lakshanam and its results; Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); Concept of Samapatti and kinds of Samapatti (Savitraka and Nirvitraka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

Unit III: (15 Hours)

Sadhana pada

Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh Concept of Diikhavacia (Heya, Hetu, Flana/Hanopaya) Drishta and Drisha-nirupanam (Prakriti), Drastunirupanama (Purusha), PrakritiPurushaSamYoga.; Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

Unit IV: (15 Hours)

Vibhuti and Kaivalya Pada

Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakhyati and its Siddhis; vivekInana Nirupanani, Kaivalya Nirvachana; Role of Dharana, Dhyana, Samadhi and its application. Five Types of Siddhis and Jalyantar Parinamh; Concept of Nirman Chitta and four types of Karma s; Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities.

Unit V: (15 Hours)

Yoga and Psychology

Brief History of modern Psychology Major Perspectives in Modern Psychology, Key data collection methods in Psychology. Introduction to Altered States of Consciousness : Sleep: Stages of Sleep, Circadian Rhythm, Sleep Disorders; Dreams: The Content of Dreams; Hypnosis, Biofeedback.

Unit VI: (15 Hours)

Behavioral Psychology

Psychology as a Science of Behavior; Definition of Behavior; Psychic forces and human behavior, behavior and Consciousness, Psychological basis of behavior. Personality: Nature and Types of Personality; Determinants of Personality: Heredity and Environment; Facets and Stages of Personality Development; Personality Theories of Sigmund Freud, Alfred Adler and C.G. Jung, Carl Rogers; Assessment of Personality:

TEXT BOOKS

1 Swami Digambara Ji and others: Glossary of the Sarnkhakarika, Kaivalyadharna, Lonavala, 2012

BOOK FOR REFERENCE

1. V.V. Sovani: A critical study of the Sankhya System, Chulthambha Sanskrit Pratisthan, Ncv: Delhi, 2005
2. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970

Semester – III

Paper Title: **Practical-III**

Paper/Module Code: BVYN-305

Contact Hours: Minimum 90

Credit: 6

Maximum Marks: 100

End Semester Exam: 60

Internal Assessment: 40

Practical Fundamental of Yoga-1

1. Yogasana (Standing Postures and body alignment) Thdasana, Vrikshasana, Urdhva-l-lastottanasana, Kati Chakrasana, Ardha Chakrasana, Trikonasana, Parshva Konasann, Veerabhadrasana and its variations. **(30 hrs)**
2. Yogasana (Sitting Postures); Dtinclasana, Swastikasana, Pacimasana, Vajrasana, Supta Vajrasana, Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Manclukasana, Utthana Manclukasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana **(30 hrs)**
3. Yogasana (Supine lying Postures); Panamuktasana, Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana **(15 hrs)**
4. Yogasana (Prone lyine Postures), Makarasana, Bhujangasana, Shalabhasana, Dhanurasana **(15 hrs)**

Syllabus for the Three Year Degree Course

Bachelor of Vocational (B.Voc.) in Yoga and Nature Cure

Semester IV

Course Structure: BVYN- IV

Job Role: Naturopathy/Diet Therapist

NSQF Level:- 06

QP aligned: Not Yet Released

Course Objectives: After completing this course, the student will be able

- to acquire the knowledge of Chromo Therapy, Mud Therapy, Massage Therapy.
- to acquire the knowledge of Diet Therapy and preparation of Douches.
- to acquire food and supplementary food from different food group for different ages group.
- management of Naturopathy therapy Centers

Code No	Title of the Course	General/ Skill	Credit	Contact hrs/Week	Mark ESE	Mark IAT	Total Marks
BVYN-401	Entrepreneurship Development Programme (EDP)	General	6	6	80	20	100
BVYN-402	Human Resource Management, Planning & Development	General	6	6	80	20	100
BVYN-403	Naturopathy Therapy - I	skill	6	6	80	20	100
BVYN-404	Naturopathy Therapy – II	Skill	6	6	80	20	100
BVYN-405	Practical	Skill	6	6	60	40	100

SEMESTER-IV

Paper Title: Entrepreneurship Development Programme (EDP): Theory & Practices of Entrepreneurship

Paper/Module Code: BVYN-401

Maximum Marks: 100

Contact Hours: Minimum 90

End Semester Exam: 80

Credits: 6

Internal Assessment: 20

Unit I: (15 Hours)

The concept of Entrepreneurship

Definition, Significance, Types of entrepreneurs, characteristics-functions, Charms of being an Entrepreneur, Entrepreneurial traits, Distinction between entrepreneur and manager, Entrepreneur and intrapreneur, Entrepreneur and Entrepreneurship- traits and motivation- Theories of motivation- Maslow's Need Hierarchy theory, McClelland's Three Needed model and Alderfer's ERG theory. Problems faced by a new entrepreneur.

Unit II: (15 Hours)

Entrepreneurship and Intrapreneurship

Entrepreneurial process; identification of an opportunity, market assessment, analyzing competitive situation, understanding trade practices, resource mobilization. Entrepreneurship as a preferred "Career Option". Role and Importance of Entrepreneur in economic growth and socially responsible business. Factors affecting entrepreneurial growth in general. Women empowerment and entrepreneurship.

Unit III: (15 Hours)

EDP

Meaning and Objectives, Understanding and developing creativity and innovation, Creativity- Generating and implementing ideas, creative thinking skills (imaginative problem solving) and motivation (passion for specific challenges), Strategies to boost employee's expertise (technical, intellectual and procedural). Innovation: Sources of innovation, innovation management.

Unit IV: (15 Hours)

Venture promotion steps

Idea Generation and searching for prospective business ideas or opportunities, Environment scanning, sources of information (primary, secondary), Product Selection, Technology determination, Site selection, Financial planning, Financial institutions for small enterprises.

Unit V: (15 Hours)

Business Plan

Preparation of business plan, Elements of business plan, Environmental analysis (situation analysis (PESTEL), SWOT analysis, Market structure, market trend, and target market and competitor analysis), Project classification, Project identification, Project formulation, Project appraisal, Project selection, Project implementation, Management. Format of feasibility report. Comparative study of PERT and CPM. Forms of ownership, TQM.

Unit VI: (15 Hours)

Functional Management

Marketing (Needs, wants and demand; markets, marketing mix strategies); Finance (investment and financing decisions); Human resource (workforce planning, recruitment and selection, remuneration and compensation, and performance management). Procedures and formalities for setting up new enterprise, Regulations governing new ventures: Schemes of assistance, insurance, incentives of Government and other institutions. Role of business incubation centers. Stages of new venture development, Why new ventures fail, Causes and remedies.

Books:

1. Peter Drucker, 'Innovation and Entrepreneurship'
2. Desai, V. Dynamics of Entrepreneurial Development and management. Himalaya Publishing house.
3. Gupta, C.B. & Srinivasan, N.P – Entrepreneurial development.
4. Jeffry A. Timmons and Stephen Spinelli. (2004). New Venture Creation: Entrepreneurship for the 21st Century. McGraw-Hill/Irwin: NY

SEMESTER-IV

Paper Title: Human Resource Management, Planning & Development

Paper/Module Code: BVYN-402A

Contact Hours: Minimum 45

Credit: 3

Maximum Marks: 50

End Semester Exam: 40

Internal Assessment: 10

Unit I: (10 Hours)**Foundations of Human Resource Management**

Concept of HRM & HRD, Role of HR practitioner, Basic Philosophy and Approaches in HRD Planning. HRD Functions, Managing the HR function, Contribution of HR function to organization success, Evaluating HR functions.

Unit II: (5 Hours)**Human Resource Management (HRM) in Perspective**

HRM- The Field and It's Environment. The Evolving Role of HRM in the tourism industries.

Unit III: (10 Hours)**Human Resource policy**

Job, Role & Competence analysis, Human resource Planning, recruitment & selection, Induction, redundancy, Outplacement & dismissal, Maintenance & Welfare activities- Employee health & safety, Fatigue & Welfare activities.

Unit IV: (10 Hours)**Human resource Development**

Learning & development, Personal development planning, Training, Management development, career management, HR approaches to improving competencies. Managing Employee Growth: Conflict and Stress management. Importance of Discipline and Counselling.

Unit V: (10 Hours)**Employee Compensation**

Aims, Components, Factors influencing employee compensation, Internal equity, External equity & Individual worth, Pay structure, Incentive payments, Employee benefits & services, Performance appraisal, 360 degree feedback.

Reference Books:

1. Pattanayak: Human Resource Management. Prentice Hall of India
2. Dessler: Human Resource Management. 7th Edition, Prentice Hall of India
3. Armstrong, Michael: A handbook of Human Resource Management. Practice Kurgan page, 1999
4. Aswathappa K.: Human Resource & Personal Management. Tata McGraw Hill, New Delhi

SEMESTER-IV

Paper Title: Basic Principles of Economics

Paper/Module Code: BVYN-402B

Contact Hours: Minimum 45

Credit: 3

Maximum Marks: 50

End Semester Exam: 40

Internal Assessment: 10

Unit I: (10 Hours)

Introduction

Nature, scope and application of economics in industries, Theory of the firm and business objectives - Economic, Behavioural and Managerial theories.

Unit II: (10 Hours)

Demand

Law of Demand, Determinants of Demand; Elasticity of Demand; Nature of demand analysis and its forecasting; Law of supply; Determinants of demand and supply; Elasticity of supply analysis and forecasting

Unit III: (10 Hours)

Input-Output decisions

Production function, Short-run analysis; Long-run function; Short run and long-run cost functions. Empirical estimation of production and costs.

Unit IV: (10 Hours)

Price-Output Decisions

Price determination under different market conditions; Pricing practices and strategies; Profit measurement and profit policy; Determinants of investment decision

Unit V: (5 Hours)

Macroeconomic environment

economic transition in India, a quick Review- Liberalization, privatization & Globalization

Reference Books:

1. Peterson, H.C. & W.C. Lewis: Managerial economics. Prentice Hall India, New Delhi, 2004
2. Varshney R.L. & Oza A. L.: Micro Economics for Management Students. Oxford Universal Press, New Delhi, 2004
3. Dwidevi DN: Managerial Economics. Vikash publications, New Delhi, 2001

Semester - IV

Paper Title: **Naturopathy Therapy - I**

Paper/Module Code: BVYN-403

Contact Hours: Minimum 90

Credit: 6

Maximum Marks: 100

End Semester Exam: 80

Internal Assessment: 20

Unit I: (15 Hours)

Fasting

Definitions, differences between fasting and starvation, Type of fast; methods, Metabolism, benefits, physiological and psychological effects, precautions, indications and contraindications,

Unit II: (15 Hours)

Foods

Classifications of foods and Drinks; Deficiencies, Diseases, Artificial Foods and their ill effects, Acidic and alkaline Foods, Digestion, Absorption and assimilations

Unit III: (15 Hours)

Diet and Diet therapy

Based on nature cure treatments; Introduction to Diet and Diet Therapy, Natural food and Health : Importance of green vegetables, others vegetables, fruits and ingredients

Unit IV: (15 Hours)

Chemical composition of raw juices and their effects and uses

Beet root, cabbage juice, carrot juice, cucumber, Lemon, papaya, pineapple, mango, pomegranate, grapes, apple, bittergourd, ashgourd, lettuce, tomato, knoll kol, pumpkin etc. Sprouts and their nutritive values and methods of sproutings

Unit V: (15 Hours)

Food Value

Food values in raw states germinated form and cooked form. Comparison with Raw and cooked foods. Health and Herb

Unit VI: (10 Hours)

Disease management with Diet

Diet and obesity, Dietary modification for specific condition, Diabetes, Renal disease Anemia, PEM, Peptic Ulcer, Constipation Malabsorption, syndrome, Liver disease like Fatty liver, Gall Bladder disease, Cancer, Arthritis etc. Geriatric nutrition and diet

BOOKS:

1. Fasting for Health & Long Life - Carrington
2. Fasting Cure – Lakshman Sharma
3. Essential of Food and Nutrition - Swaminatha

Semester – IV

Paper Title: **Naturopathy Therapy - I**

Paper/Module Code: BVYN-404

Contact Hours: Minimum 90

Credit: 6

Maximum Marks: 100

End Semester Exam: 80

Internal Assessment: 20

Unit I: (15 Hours)

Introduction to Chromo Therapy

Definition and Historical Highlight, classification of colors-physics of light, electromagnetic spectrum, Human aura and colors, impacts of color sense on emotion and psychology, Uses of color therapy in common problem-Diabetes, Arthritics, Insomnia, Migrain, Skin Disorders, Limitation of Chromo therapy.

Unit II: (15 Hours)

Helio/Sun therapy

Introduction & benefits, Physiological and chemical properties of sunlight, Modes of Application, plantain leaf sun bath, chromothermoleum, Procedure, indication and Limitation.

Unit III: (15 Hours)

Mud Therapy

Classification of mud for therapeutic use; collection and precautions for storing mud and properties, general and local mud applications, the physiological and pathological effects,

Unit IV: (15 Hours)

Types of Mud Therapy Application

Natural mud bath, full and partial mud packs, mud plaster, thermal bath, Dry pack, sand pack and sand baths, cosmetics uses of mud therapy, indication& contra-indications.

Unit V: (15 Hours)

Massage therapy

History of Massage, types of Massage, Steps of Massage Benefits; Physical & Emotional

Unit VI: (15 Hours)

Reflexology and Zone Therapy

Definition, History & Development, How does it work, body and its reflex zones, Application, indications and contra-indications, preventive effect of Reflexology.

Books:

1. Color Therapy – Jonathan Dee & Lesley Taylor
2. Healing with color – Theogimbil
3. Our Earth Our Cure – Ray mond Dextroit

Semester – IV

Paper Title: **Practical-IV**

Paper/Module Code: **BVYN-405**

Contact Hours: **Minimum 90**

Credit: **6**

Maximum Marks: 100

End Semester Exam: 60

Internal Assessment: 40

1. Process involved in cooking: pressure cooking, microwave, steaming, grilling, deep fat frying. (10 hrs)
2. General concepts of weights and measures. Eye estimation of raw and cooked foods (10 hrs)
3. Preparation of food from different food groups and their significance in relation to health. (10 hrs)
4. Preparation of supplementary food for different age group and their nutritional significance. (10 hrs)
5. Planning and preparation of low cost diet for Grade I and Grade II malnourished child (20 hrs)
6. Planning and preparation of adequate meal for different age groups with special reference to different physiological conditions: infants, pre-schooler, school children, adolescents, adults, pregnancy, lactation and old age (Project Report Writing). (30 hrs)

Syllabus for the Three Year Degree Course

Bachelor of Vocational (B.Voc.) in Yoga and Nature Cure

Semester V

Course Structure: BVYN- 5

Job Role: Yoga Therapist/
Dietician/Yoga Trainer

NSQF Level:- 07

QP aligned: Not Yet Released

Course Objectives: After completing this course, the student will be able

- To understand the principle of Yoga Therapy for each disease.
- To acquire the knowledge about nutritional values and effects different foods of Human Being.
- To understand the applied value of Yoga in different domain.

Code No	Title of the Course	General/ Skill	Credit	Contact hrs/Week	Mark ESE	Mark IAT	Total Marks
BVYN-501	Environmental Science-1	General	6	6	80	20	100
BVYN-502	Yoga & Health(Optional Module)	General	6	6	80	20	100
BVYN-503	Yogic Therapy	Skill	6	6	80	20	100
BVYN-504	Benefits of Yogic Practices	skill	6	6	80	20	100
BVYN-505	Practical-V	skill	6	6	60	40	100

SEMESTER-V

Paper Title: Environmental Science-I

Paper/Module Code: BVYN-501

Contact Hours: Minimum 90

Credit: 6

Maximum Marks: 100

End Semester Exam: 80

Internal Assessment: 20

Unit I: (15 Hours)

Environmental Studies

Meaning, Scope, Importance, Ecology and ecosystem, Biodiversity and its conservation, and Natural resources.

Unit II: (15 Hours)

Meaning of ecology

Structure and function of an ecosystem-producers- consumers- decomposers- Energy flow in the ecosystem, Ecological succession-Food chain, Food webs and ecological pyramid.

Unit III: (15 Hours)

Ecosystem

Concept, Types of ecosystems, Structure and functions of Forest ecosystem, Grass land ecosystems, Desert ecosystem, Aquatic ecosystem.

Unit IV: (15 Hours)

Natural resources

Features, Air resources, Forest resources, Water resources, Mineral resources, Food resources, Energy resources, Land resources- Consequences, Conservation of natural resources, Role of an individual in conservation of natural resources.

Unit V: (15 Hours)

Biodiversity and its conservation

Introduction, definition, genetic, species and ecosystem diversity. Value of biodiversity- Biodiversity at global, natural and local levels.

Unit VI: (15 Hours)

India as a mega

Diversity nation: hot-spots of diversity, Threat to biodiversity: habitat loss, poaching of wild life, man-wild life conflicts. Conservation of diversity in in-situ, ex-situ.

Reference Books:

1. Misra S.P. and Pandey S.N., "*Essential Environmental Studies*" Ane books India, New Delhi
2. Kiran B. Chokkas and others, "*Understanding Environment*" Sage publications, New Delhi
3. Arumugam N. And Kumaresan v., "*Environmental Studies*", Saras publications Kanyakumari
4. Benny Joseph, "*Environmental Studies*" Tata McGraw Hill Publishing Co. Ltd., New Delhi
5. Anjaneyalu, Y. 2004, Introduction to Environmental Science. BS Publication, Hyderabad, A.P. India

Semester – V

Paper Title: **Yoga and Health**
Paper/Module Code: **BVYN-502**
Contact Hours: Minimum 90
Credit: 6

Maximum Marks: 100
End Semester Exam: 80
Internal Assessment: 20

Unit I: (15 Hours)

Dietetics and Nutrition

Basic Concepts and components of food and nutrition Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification;

Unit II: (15 Hours)

Macro Nutrients

Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body; Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body; Antioxidants and their Role

Unit III: (15 Hours)

Yogic concept of diet and its relevance in the management of lifestyle Nutrients, proximate principles of diet, balanced diet concept; Carbohydrate. Proteins, fats — sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins — sources, roles, requirements

Unit IV: (15 Hours)

Food Groups :

Cereals & Millets – Selection, Preparation and Nutritive Value; Pulses, Nuts and Oils Seeds- Selection, Preparation and Nutritive Value : Milk and Milk Production- Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery- Selection, Preparation and Nutritive Value

Unit V: (15 Hours)

Food and metabolism, Energy

Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement-BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure, Factors affecting BMR.

Unit VI: (15 Hours)

Enzymes

Definition chemical nature, classification, co-enzyme & co-factors, deficiency and role. Minerals; role in nutrition, source, bioavailability, recommended allowances and effects of deficiency of Calcium, Iron, Iodine, Sodium, Potassium and Zinc.

Books:

4. Normal Therapeutic Nutrition – FP Antia
5. Essentials of Food and Nutrition - Swaminathan
6. Nutritive Values of Indian Foods – NIN (Hyd.)

Semester – V

Paper Title: **Yogic Therapy**
Paper/Module Code: BVYN-503
Contact Hours: Minimum 90
Credit: 6

Maximum Marks: 100
End Semester Exam: 80
Internal Assessment: 20

Unit I: (15 Hours)

Introduction to Yogic Therapy:

Roles of Asanas in curing various Disease, Specific importance of Pranayama in curing various Disease, Vital roles of Bandhas, Mudras, Drishtis, in curing various Disease.

Unit II: (15 Hours)

Yogic Therapy:

Yogic therapy for i) Cardio-vascular diseases ; ii) Respiratory Diseases. iii) Digestive diseases, iv) Psychic diseases and v) Neuro musculo diseases.

Unit III: (15 Hours)

Effects of Yogic Practices on different Systems

Effects on Skeletal system, Endocrine System, Nervous System, digestive System, Respiratory System, Excretory System, Cardio-Vascular System, Muscular system.

Unit IV: (15 Hours)

Yoga & Relaxation Techniques

QRT, IRT, DRT,

Unit V: (15 Hours)

Meditation

Practices leading to Meditation, the application of meditations on psychosomatic disorders; “OM” Kara chanting and its benefits.

Unit VI: (15 Hours)

Physiological Effects

Psychological Effects of Shatkarmas, Bandhas and Mudras, Physical and Mental behavior

Books:

1. Yogic Therapy – its basic principles and method – Dr. M.M. Gore
2. Yoga Therapy – Foundation ,Method and Practices for Common Aliments – Mark Stephens

Semester – V

Paper Title: **Benefits of Yogic Practices**
Paper/Module Code: BVYN-504
Contact Hours: Minimum 90
Credit: 6

Maximum Marks: 100
End Semester Exam: 80
Internal Assessment: 20

Unit I: (15 Hours)

Yogic Practice Management of the disease through suitable yogic practices

Yogic diet, Asanas, Shatkarmas; Pranayama; Meditation; Notional corrections through yogic scriptures and counseling; Yama and Niyama; Stress(emotions management) Life style prescriptions - Moderation in Ahara, Vihara, Achara and Vichara.

Unit II: (15 Hours)

Integrated approach of Yoga Therapy in the treatment of diseases

Systemic anatomy, physiology of the related System; Pathophysiology, Stress and disease; Medical Management; Mechanism of imbalances at psychological, pranic, physical, endocrinal, autonomic levels; psychoneuroimmunological aspect of the disease model; Disease specific parameter; what, why and how of each Yogic practice; Prevention. Evidence research done on the particular disease;

Unit III: (15 Hours)

General Parameters and questionnaires to evaluate Health status

GHQ Prakriti, Guna, PSS, STAI

Unit IV: (15 Hours)

Integrated Approach of Yoga therapy for the following Common Ailments: • Respiratory disorders Allergic Rhinitis & Sinusitis: COPD: Chronic Bronchitis, Tuberculosis: Evidence research done on the particular disease • Cardiovascular disorders: Hypertension:, Atherosclerosis / Coronary artery disease: Ischemic Heart disease — Angina pectoris / Myocardial Infarction/ Post CABG rehabilitation: Congestive Cardiac failure, Cardiac asthma. Endocrinal and Metabolic Disorders.

Unit V: (10 Hours)

Yoga for wellness- prevention and promotion of positive Health,

its meaning and definitions, Yogic conceptions of health and diseases, Concept of Pancha kosha Concept of Triguna, Concept of Panchamahabhutas, Yogic principles of Healthy, Living introduction to yogic diet and nutrition

Unit VI: (10 Hours)

Yoga and stress management Human Psyche:

Yogic and modern concepts, Behavior and Consciousness Frustration, Conflicts, and Psychosomatic disorders Relationship between Mind and Body Mental Hygiene and Roll of Yoga in Mental Hygiene, Mental health, Yogic perspective Prayer and meditation for mental health, Psycho-social environment and its importance for mental health (yama, and niyama)

Reference Books:

1. Essence of Yoga - Swami Sivananda, The Divine life Society
2. Yoga for Prenancy, Dr. R. Nagrathana, Dr. H.R. Nagendra & Dr. Shamantakumani – Narendran ,SVYP,Bangalore - 560018
3. Yoga for Diebetics,Dr. H.S. Shrikanta Dr. R. Nagrathana & Dr. H.R. Nagendra, SVYP,Bangalore - 560018

Semester – V

Paper Title: Practical-V
Paper/Module Code: BVYN-505
Contact Hours: Minimum 90
Credit: 6

Maximum Marks: 100
End Semester Exam: 60
Internal Assessment: 40

1. Chanting 1 (10 hrs)
2. Kama Yoga with Report Writing (20 hrs)
3. Internship to Yoga center for 2 months. (60 hrs)

Syllabus for the Three Year Degree Course

Bachelor of Vocational (B. Voc.) in Yoga and Nature Cure

Semester VI

Course Structure: BVYN- 6

Job Role: Naturopathy Healers/
Certified Physiotherapist/
Naturopathy Consultant

NSQF Level:- 07

QP aligned: Not yet Released

Course Objectives: After completing this course, the student will be able

- to become comprehensive understanding of health & healing through Yoga & Nature Cure.
- knowledge of practical learning of Yoga & Naturopathy.
- posses various e

Code No	Title of the Course	General/ Skill	Credit	Contact hrs/Week	Mark ESE	Mark IAT	Total Marks
BVYN-601	Env. Sc.-II	General	6	6	80	20	100
BVYN-602	Basic of Physiotherapy (Optional Module)	General	6	6	80	20	100
BVYN-603	Management of Yoga	Skill	6	6	80	20	100
BVYN-604	Health Management through Naturopathy	Skill	6	6	80	20	100
BVYN-605	Practical-VI	Skill	6	6	80	20	100

Syllabus For Yoga and Nature Cure

SEMESTER-VI

Paper Title: Environmental Science-II

Paper/Module Code: BVGE601

Contact Hours: Minimum 90

Credit: 6

Maximum Marks: 100

End Semester Exam: 80

Internal Assessment: 20

Unit I: (15 Hours)

Biological Diversity

Factors for decline of biological diversity, Approaches for conservation of biological diversity, Protection of wild flora, fauna and natural habitats, Concept of threatened species, Threatened and endangered animals of India.

Unit II: (15 Hours)

Industry and environment

Pollution, Environmental pollution- Definition, Soil pollution, Air pollution, Water pollution, Thermal pollution, Noise pollution, Nuclear hazards.

Unit III: (15 Hours)

Solid waste management

causes, effect and control measures of urban and industrial wastes. Waste management, Waste minimisation through cleaner technologies, Reuse and recycling.

Unit IV: (15 Hours)

Social Issues and the Environment

From unsustainable to sustainable to sustainable development, Urban problems related to energy, water conservation, Rain water harvesting, Watershed management, Resettlement and rehabilitation of people; its problem and concerns.

Unit V: (15 Hours)

Environment Change

Case studies, Environmental ethics, Climatic change, wasteland reclamation, consumerism and waste products.

Unit VI: (15 Hours)

Human population and environment

Population growth, Variation among nations, Population explosion, Environment and human health, Human rights, Value education- women and child welfare.

Reference Books:

1. Misra S.P. and Pandey S.N., "*Essential Environmental Studies*" Ane books India, New Delhi
2. Kiran B. Chokkas and others, "*Understanding Environment*" Sage publications, New Delhi
3. Arumugam N. And Kumaresan v., "*Environmental Studies*", Saras publications Kanyakumari
4. Benny Joseph, "*Environmental Studies*" Tata McGraw Hill Publishing Co. Ltd., New Delhi
5. Mckinney, M.L. & School, R.M. 1996, *Environmental Science Systems & Solutions*, Wed enhanced edition, 639p.

Semester – VI

Paper Title: **Basic of Physiotherapy**

Paper/Module Code: BVYN-602

Contact Hours: Minimum 90

Credit: 6

Maximum Marks: 100

End Semester Exam: 80

Internal Assessment: 20

Unit I: (15 Hours)

Basics of Motion & Exercise

Definitions; Types of Motion; Force, gravity, Centre of Gravity, Line of gravity, base, Equilibrium, Axis, planes, Aims of Exercise Therapy, Introduction to Exercise Therapy, Mechanical principles applied in human body- center of gravity, line of gravity, and others, Exercise Physiology-effects of exercise in various system- musculoskeletal system, neuromuscular, cardiovascular, respiratory systems.

Unit II: (15 Hours)

Technique of Exercise Therapy

Technique of Exercise Therapy- Movements Passive and Active movements—classifications, indications and contra-indications, Limitations, Approach to patient problems, Static power test, Dynamic Power test, Goniometry; types

Unit III: (15 Hours)

Starting Positions

Standing; uses and effects, Kneeling- uses and effects, Sitting-uses and effects, Lying-uses and effects, Hanging- uses and effects, Balance-static and dynamic balance, mechanism of balance control, balancing exercises

Unit IV: (15 Hours)

Relaxation and Suspension

Introduction to Relaxation - definitions and Types, Degree, Technique of Relaxation, Definitions of Suspension-Types, uses and therapeutic applications.

Unit V: (15 Hours)

Exercise Therapy-II

Joint Mobilisation techniques to various joints; Stretching-Types and effects of stretching, precautions, general applications of stretching techniques: Resisted Exercise:-Strength, power, endurance, guiding principles of resisted exercise, determinants, Manual and Mechanical Resisted Exercises.

Unit V: (15 Hours)

Acupressure

Introduction to Science of Acupressure, Importance of Acupressure, clinical importance, important Acupressure points, Special features of Acupressure therapy.

Semester – VI

Paper Title: **Management of Yoga**

Paper/Module Code: BVYN-603

Contact Hours: Minimum 90

Credit: 6

Maximum Marks: 100

End Semester Exam: 80

Internal Assessment: 20

Unit I: (10 Hours)

Applications of Yoga

Yoga in Education: Salient features of Yoga Education, Factors of Yoga Education; Teacher, Student and Teaching, Guru-shish parampara and its importance in Yoga Education; Value Education, its meaning and definitions, types of values, value-oriented education and modes of living, role of value oriented education; contribution of Yoga towards development of values;

Unit II: (10 Hours)

Role of Yoga Teacher

Salient features of ideal Yoga teacher, role of Yoga teacher in value-oriented education, role of Yoga in development of human society; Yogic Concepts for the Development of Four Fold Consciousness - Civic Sense, Patriotic Urge, Service Zeal and Spiritual Growth

Unit III: (10 Hours)

Yoga for Stress Management

Yogic attitudes for personality development, Ashtanga Yoga and personality development, personality development with special emphasis on Panchakosa. Memory and Concentration; Short-term, long-term memory, stages of memory foundation and maintenance.

Unit IV: (15 Hours)

Yoga Modules

Yoga modules to improve memory; Barriers to concentration; creativity eastern concept, silence and creativity; yogic approach to creativity; yogic practices for creativity development; Facets of intelligence; concept of intelligence according to Yoga; Yoga practices for IQ development; Practices for Anger Management

Unit V: (15 Hours)

Yoga for Personality Development

Yogic attitudes for personality development, Ashtanga Yoga and personality development, personality development with special, memory, stages of memory foundation and maintenance; Yoga modules 'to -lm-orc-,memory; Barriers to concentration; creativity eastern concept, silence and create; yogic approach to creativity; yogic practices for creativity development, Facets intelligence; concept of intelligence according to Yoga; Yoga practices for, development; Practices for Anger Management;

Unit VI: (15 Hours)

Method of Yoga Teaching

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumukshu; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training Techniques of Individualized; Teaching Techniques of group teaching; Techniques of mass instructions

Semester – VI

Paper Title: Health Management through Naturopathy
Paper/Module Code: BVYN-604
Contact Hours: Minimum 90
Credit: 6

Maximum Marks: 100
End Semester Exam: 80
Internal Assessment: 20

Unit I: (15 Hours)

Naturopathy treatment in common problems

Common cold, Cough, Digestive Disorders, Cardiovascular Disorders, Endocrine and Metabolic Disorders.

Unit II: (15 Hours)

Concepts in Community Health

Concepts of health, Health & Development, Indications of Health. Concepts of Disease, Concepts of Prevention Disease control & eradication, Public Health, Social Medicine, Community Medicine, Health Services, Planning & Management, Risk Approach, Evaluation of Health Services. V.

Unit III: (15 Hours)

General Epidemiology

Causes of epidemiology, Infectious diseases epidemiology, Disease transmission Immunity, Immunizing agents, Disease prevention & Control, Disinfection, Invest' , tion of an epidemic.

Unit IV: (15 Hours)

Epidemiology of communicable diseases –

Respiratory infection, Small pox, Varicella, Measles, Rubella, Mumps, Influenza, Diphtheria, Pertussis, Tuberculosis, Intestinal infections; Polio, Viral hepatitis, Acute diarrhoea diseases, Typhoid, food poisoning, Amoebiasis, Ascariasis, Ancylostomiasis, Taeniasis, Arthropod borne infections - Yellow fever, Japanese Encephalitis, Malaria, Filariasis, Dengue, Surface infections -- Rabies, Trachoma, Tetanus, Leprosy, STD, AIDS. e. Rodents Leptospirosis

Unit V: (15 Hours)

Environment & Health

Occupational Health • Purification of Water & Water quality standards, Air, Ventilation, Lighting, Noise, Radiation, temperature & humidity, Housing, Solid wastes disposal & control, Excreta disposal, water carriage system, Modern sewage treatment Entomology; Mosquito, Housefly, Lice, Rodents, insecticides. Hazards, Pre placement examination, Measures for General health, protection of workers, prevention of occupational diseases legislation

Unit VI: (15 Hours)

Health Planning Management

International Health organization Planning cycle, management methods & techniques, National Health Policy, Health Planning in India, Five year plan, Health system in India at Centre, State and District levels, Panchayat Raj, Rural Development Schemes.

Semester – VI

Paper Title: Practical-VI
Paper/Module Code: BVYN-605
Contact Hours: Minimum 90
Credit: 6

Maximum Marks: 100
End Semester Exam: 60
Internal Assessment: 40

1. Internship to Naturopathy Centre for 2 months. (60 hrs)

9C

Thoussat C. Mey

MANIPUR UNIVERSITY

CANCHIPUR, IMPHAL

**BACHELOR OF VOCATIONAL (B.VOC.) in
YOGA AND NATURE CURE.**

REGULATIONS, SCHEME AND SYLLABUS