



# माँ विन्ध्यवासिनी विश्वविद्यालय, मीरजापुर

**Maa Vindhyavasini University, Mirzapur**

Website: <http://mvvu.ac.in>.

e-mail : [reg.mvvu@gmail.com](mailto:reg.mvvu@gmail.com)

## **Minor Elective Subject**

### **Yoga and Naturopathy**

#### **OBJECTIVES:**

The main objectives of the study of Naturopathy are to change the unhealthy living habits of person and to teach them the healthy and positive life style in accordance to the laws of nature with the effective help of different Naturopathy modalities. Further, to educate the students to look after their own health and the health of their family, supporting the body's capacity to heal and balancing the body so that illness is less likely to accrued in the future.

The objective of the study of Yoga is to provide practical knowledge of Yogasana, Pranayam, Mudras, Bandhas and Shatkarma. To acquaint students with physiological effect of various Asana and their therapeutic use. To enable them to write yogic prescription in different ailments. To provide desirable knowledge about preventive, promotive and curative aspect of yoga techniques.

**DURATION:** One Semester (Six Month)

**ELIGIBILITY:** Eligibility for Minor Subject will be graduation.

**MEDIUM OF INSTRUCTION:** Hindi and English both

**CURRICULUM:** There will be 1 written paper and 1 Practical with Viva-vice to be taught in one Semester.

One written paper in the semester shall be of 100 marks and Practical / Viva-Voce shall be 100 marks.

## **Minor Elective Subject**

### **Yoga and Naturopathy**

#### **Unit-I**

- Concept, Meaning and Definition of yoga
- Historical Development of yoga
- Elements of Yoga (Ashtanga Yoga)
- Types of Yoga: Karma Yoga, Bhakti Yoga, Gyan Yoga, Raj Yoga, Hath Yoga.

#### **Unit-II**

- Classification of Asana: Meditative Asana, Cultural Asana, Relaxative Asana.
- Suryanamaskar: 12 Steps of Asana
- Pranayama: Meaning and definition of Pranayama
- Anulom Vilom Pranayama
- Nadhi Sodhan
- Bhastrika Pranayama
- Bhramari Pranayama
- Shatkarma: Jal Neti, Tratak, KapalBhati

#### **Unit-III**

- Naturopathy: Meaning and Definition
- History and Development of Naturopathy
- Experiments of Mahatma Gandhi in Naturopathy
- Ramnam
- Basic Principle of Naturopathy: Vitality, Morbid Material etc.
- Therapies applied in Nature Cure: Hydrotherapy, Mud Therapy, Heliotherapy, Fasting, Diet Therapy and Massage therapy.

#### **Unit-IV**

- Five elements and its Importance for the body.
- Natural Diet, Curative Diet, Acidic and Alkaline Food.
- Causes of disease, Acute disease, Chronic disease and Fatal disease.
- Side effects of medicines on health.
- Natural Life Style
- Basic Principles of Healthy life: Diet, Exercise, Sleep and Relaxation.

## Reference Books:

- 1- Arya, Pandit Usharbudh (aka Swami Veda Bharati) (1977/1985), Philosophy of Hatha Yoga. Himalayan Institute Press, Pennsylvania.
- 2- Bhattacharya, P.B. (2007), Surya Namaskar, Sri Aurobindo Ashram Trust: Pondicherry: 9.
- 3- Swami kuvalayananda: Pranayama, Kaivalyadhama, Lonavala, Pune
- 4- Swami, S. S. (1996), Asana Pranayama Mudra Bandha, Munger, Bihar: U.B.S. Publishers and Distributers
- 5- Tiwari O.P. Asanas why? And how? Kaivalyadhama, Lonavala.
- 6- Verse Swami Prabhavananda 46, chapter II; for translation referred: "Patanjali Yoga Sutras" by, published by the Sri Ramakrishna Math ISBN 81-7120-221-7 p. 111
- 7- Yadav, SK., Kumar, Anil. (2013), —Effect of dynamic suryanamaskar on flexibility of male studentll, Journal of Physical Education Sports and Yoga Sciences (AKASH), Vol-III, No-1, 50-55, ISSN.2250-1398.
- 8- Speaking of nature cure- K. Lakshaman Sharma S. Swaminathan.
- 9- Return to Nature- Adolf Just
- 10- Mucusless Diet Healing System- Prof. Arnald Ehret
- 11- Food Combining Made Easy- Herbert M. Shelton
- 12- Fasting for Health- Bernarr Macfadden
- 13- Massage as therapy- Dr. Satyendra Kumar Misra
- 14- ABC of Remedial Exercises- Dr. Satyendra Kumar Misra
- 15- Yoga-Mimamsa - Quarterly Journal (Back volumes) Published from Kaivalyadhama, Lonavala.
- 16- Yogasanas: A Teacher's Guide - NCERT, New Delhi.
- 17- Asanas - Why? and how? - Sri. O.P. Tiwari Kaivalyadhama, Lonavala.
- 18- Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority- B.K.S. Iyengar

**YOGA & NATUROPATHY EDUCATION CENTRE**  
**FACULTY OF EDUCATION**  
**MAA VINDHYAVASINI UNIVERSITY, MIRZAPUR**

---

**Syllabus (Proposal)**  
**Minor Elective Subject**  
**Yoga for Wellness**

## **Minor Elective Subject**

### **Yoga for Wellness**

#### **Objectives:**

The objective of the study of Yoga for Wellness is—

- ✓ To provide knowledge of positive health through yoga in a systematic and scientific manner.
- ✓ To acquaint students about concept of wellness.
- ✓ To enable students about applications of wellness in present scenario.

**DURATION:** One Semester (Six Month)

**ELIGIBILITY:** Eligibility for Minor Subject will be graduation.

**MEDIUM OF INSTRUCTION:** Hindi and English both

**CURRICULUM:** There will be 1 written paper and 1 Practical with Viva-vice to be taught in one Semester.

One written paper in the semester shall be of 100 marks and Practical / Viva-Voce shall be 100 marks.

#### **Unit-1**

- Yoga: Meaning, Definition and Importance
- Aims and Objectives of Yoga
- Brief history and development of Yoga
- Traditional schools of Yoga
- Elements of Yoga (Ashtanga Yoga)
- General guidelines for Yoga practice

## **Unit-2**

- Yogic Practices for health and wellness
- Classification of Asana: Meditative Asana, Cultural Asana, Relaxative Asana
- Introduction about Suryanamaskar
- Types of Bandh
- Pranayama
- Hasta Mudra
- Shatkarma

## **Unit-3**

- Concept of wellness
- Meaning and definition of wellness
- Dimensions of health and their relation with wellness
- Self-awareness through wellness

## **Unit-4**

- Components of wellness: Physical, Emotional, Intellectual, Social, Spiritual, Environmental, Occupational and Financial.
- Wellness: its origins and applications in the 21<sup>st</sup> century.
- Ayush Health Wellness Centres (HWCs) under Scheme of National Ayush Mission.

### **Reference Book-**

1. Yogasana Vijnana- Swami Dharendra Brahmachari.
2. Yogic Sukshma Vyayama- Swami Dharendra Brahmachari.
3. The Seven Spiritual Laws of Yoga- Deepak Chopara.
4. The Wellness Sense- Om Swami.
5. The Power of Positive Thinking- Norman Vincent Peale.
6. Textbook of Yoga - George Feuerstein. Rider and Company, London.
7. Yogic Therapy - Swami Kuvalayananda and Dr.S.L. Vinekar, Govt. of India, Ministry of Health, New Delhi.

8. Yadav, SK., Kumar, Anil. (2013), —Effect of dynamic suryanamaskar on flexibility of male studentll, Journal of Physical Education Sports and Yoga Sciences (AKASH), Vol-III, No-1, 50-55, ISSN.2250-1398.
9. Patanjali Yoga Sutras- Translation and Commentary by Dr. P.V. Karambelkar Kaivalyadhama SMYM Samiti, Lonavala.
10. Patanjali Yoga Sutras – Translated with a new commentary by Swami Prabhavananda and Christopher Isherwood, Ramakrishna Math, Mylapore, Madras-4.
11. ASANAS– by Dr. P. Mariayyah, Sports Publications, Coimbatore.
12. SUIYANAMASKAR - by Dr. P. Mariayyah, Jaya Publishing House, Perunthurai, Erode.
13. Hathapradipika - Published from Kaivalyadhama.
14. Gherandasamhita - Published from Kaivalyadhama.
15. Yoga-Mimamsa - Quarterly Journal (Back volumes) Published from Kaivalyadhama, Lonavala.
16. Yogasanas: A Teacher's Guide - NCERT, New Delhi.
17. Asanas - Why? and how? - Sri. O.P. Tiwari Kaivalyadhama, Lonavala.
18. Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority- B.K.S. Iyengar