



Bachelor of Vocation (Yoga & Naturopathy)

B.Voc. (YN)

Year 1 (Diploma)

FIRST SEMESTER

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
BVYN101	Human Anatomy & Physiology-1	40	60	100
BVYN102	Foundations and Principles of Yoga-I	40	60	100
BVYN103	Massage and Accupressure	40	60	100
BVYN104	Health Education-I	40	60	100
BVYN105	Fundamental of Computers	40	60	100
BVYN106	General English & Soft Skills	40	60	100
PRACTICAL				
BVYN107	Human Anatomy & Physiology-1 Lab	60	40	100
BVYN 108	Foundations and Principles of Yoga-I Lab	60	40	100
BVYN 109	Massage and Accupressure Lab	60	40	100
BVYN 110	Health Education-I Lab	60	40	100
BVYN 111	Fundamental of Computers Lab	60	40	100
Total		540	560	1100

SECOND SEMESTER

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
BVYN201	Human Anatomy & Physiology -2	40	60	100
BVYN 202	Foundations and Principles of Yoga-II	40	60	100
BVYN 203	Accupressure and Su-Jok	40	60	100
BVYN 204	Clinical Pathology	40	60	100
BVYN 205	Health Education-II	40	60	100
BVYN 206	Basics of Health Market & Economy	40	60	100
PRACTICAL				
BVYN 207	Human Anatomy & Physiology -2 Lab	60	40	100
BVYN 208	Foundations and Principles of Yoga-II Lab	60	40	100
BVYN 209	Accupressure and Su-Jok Lab	60	40	100
BVYN 210	Clinical Pathology Lab	60	40	100
BVYN 211	Health Education-II Lab	60	40	100
Total		540	560	1100

Bachelor of Vocation (Yoga & Naturopathy)

B.Voc. (YN)

Year 2 (Advanced Diploma)

THIRD SEMESTER

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
BVYN301	Yoga & Health	40	60	100
BVYN302	Magnet Therapy	40	60	100
BVYN303	Fitness Management	40	60	100
BVYN304	Chromo Therapy	40	60	100
BVYN305	Advance Computing Skills	40	60	100
BVYN306	Human Values & Professional Ethics	40	60	100
PRACTICAL				
BVYN307	Yoga & Health Lab	60	40	100
BVYN308	Magnet Therapy Lab	60	40	100
BVYN309	Fitness Management Lab	60	40	100
BVYN310	Chromo Therapy Lab	60	40	100
BVYN311	Advance Computing Skills Lab	60	40	100
Total		540	560	1100

FOURTH SEMESTER

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
BVYN401	Applied Yoga	40	60	100
BVYN402	Enviromental Education	40	60	100
BVYN403	Dravyagun Vidnyan	40	60	100
BVYN404	Panchakarma and it's Applications-I	40	60	100
BVYN405	Advance Communication & Soft Skills	40	60	100
BVYN406	Hydrotherapy & Mud Therapy	40	60	100
PRACTICAL				
BVYN407	Applied Yoga Lab	60	40	100
BVYN408	Environmental Education Lab	60	40	100
BVYN409	Dravyagun Vidnyan Lab	60	40	100
BVYN410	Panchakarma and it's Applications-I Lab	60	40	100
BVYN411	Advance Communication & Soft Skills Lab	60	40	100
Total		540	560	1100

Bachelor of Vocation (Yoga & Naturopathy)

B.Voc. (YN) Syllabus

Year 3 –B.Voc Degree FIFTH SEMESTER

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
BVYN501	Yoga Therapy	40	60	100
BVYN502	Disaster Management	40	60	100
BVYN503	Kashay Kalpana	40	60	100
BVYN504	Panchakarma and it's Applications-II	40	60	100
BVYN505	Diet Nutrition and Fasting	40	60	100
BVYN506	Introduction to national Healthcare System	40	60	100
PRACTICAL				
BVYN507	Yoga Therapy Lab	60	40	100
BVYN508	Disaster Management Lab	60	40	100
BVYN509	Kashay Kalpana Lab	60	40	100
BVYN510	Panchakarma and it's Applications-II Lab	60	40	100
BVYN511	Diet Nutrition and Fasting Lab	60	40	100
Total		540	560	1100

SIXTH SEMESTER

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
BVYN601	Physiotherapy Application	40	60	100
BVYN602	Physiotherapy: Electropathy	40	60	100
PRACTICAL				
BVYN603	Physiotherapy Application Lab	60	40	100
BVYN604	Physiotherapy: Electropathy Lab	60	40	100
BVYN605	Internship in Hospital			300
BVYN606	Project in Hospital			400
Total		200	200	1100

Yoga and Naturopathy

Year 1 (Diploma)

Semester I

BVYN -101 BASICS OF HUMAN ANATOMY AND PHYSIOLOGY-1

UNIT-1

Anatomy : Introduction to human body , definition of anatomy, planes, position and movement of human body, anatomy of head and neck, cranial cavity, mouth pharynx, nose, pectoral region, shoulder, scapular region, upper and lower limbs ,bones and joints, pericardium and heart, lungs , diaphragm, trachea, esophagus, thoracic duct, brief introduction of skeletal system, organization of skeleton, definition, classification, constituents of bones and bone tissue, growth and development of bones, bones of cranium, electronic microscopic structure of cell, Structure of arteries, veins and capillaries

UNIT-2

Anatomy : Tissue- classification, functions and structure of primary tissues – epithelial tissue, connective tissue, muscular tissue, nervous tissue, function of arteries, veins and capillaries, cardiac cycle and heart sound, factors affecting heart rate and its regulation, physiological variations, factors controlling blood pressure, hemorrhage and shock, disease related to cardiovascular system, definition and classification of muscular tissue, characterization of skeletal, smooth, cardiac muscles, types of cartilage, skeletal, smooth and cardiac muscle.

UNIT-3

Physiology: introduction on physiology, cell-description of cell and its components, functions of cell, homeostasis, basics about different organs and systems, structure and functions of urinary system, organs of urinary system, glomerular filtration, physiology of urine formation, functions of kidney, glomerular filtration rate.

UNIT-4

Physiology: Introduction to blood and its components, functions of RBCs, WBCs and platelets, difference between serum and plasma components and organs of lymphatic system, introduction to reproductive system, structure and functions of male and female reproductive organs, parts of male and female reproductive organs.

Foundations and Principles of Yoga – I

Unit –I Aim, Objectives and Misconceptions about Yoga, Definitions of Yoga in different Classical Yoga texts. Brief introduction to origin, history and development of Yoga,

General Introduction to Shad-darshanas (Yoga, Sankhya, Nyaya, Vaisheshk, Purva Mimansa & Uttar Mimansa) with special reference to Sankhya and Yoga.

Unit-II General introduction to four paths of Yoga (Rajyoga, Hathayoga, Mantrayoga & Laya Yoga), Principles of Yoga and Yogic practices (Asana, Pranayama, Shatkarma, Bandha & Mudra, Dhyana), Distinction between Yoga Asana and Non-Yogic physical practices.

Unit-III Introduction to important Hatha Yoga, Texts with special reference to Hatha Yoga, Pradipika and Gheranda Samhita, Concept of Yogic Diet, Causes of Success (Sadhaka Tattwa) and Causes of Failure (Badhaka Tattwa) in Hatha Yoga Sadhana

Unit-IV Concept of Ghata and Ghata Shudhhi in Hatha Yoga, Purpose and utility of Shatkriya Hatha Yoga, Purpose and utility of Asana in Hatha Yoga, Purpose and importance of Pranayama in Hatha Yoga

BVYN-103-Massage & Acupressure

Unit – I Introduction and brief History of Massage, definition of massage Basic needs of Massage, characteristics of a masseur, Therapeutic use of different types of oils, Preparation of oils

Unit – II Massage techniques (Effleurage, Stroking, Petrissage, kneading, friction wringing, Twisting, Rolling, Shaking) Massage techniques (Tapotement: Hacking, Tapping, Clapping, Breathing, Pounding Joint movement, Vibration.) Massage techniques for different parts of the body (Foot, leg, arm, abdomen, chest, throat, back, head and Neck)

Unit – III Effects of massage on heart and circulatory system, Muscular system, Lymphatic system, Digestive system, Respiratory system, Kidney, skin and skeletal system. Laws of Massage & techniques in different diseases (Insomnia Neurasthenia, madness, High blood pressure, polio, obesity, underweight, beautification of female, skin disease, Fracture, sprain.

Unit – IV Introduction and brief history of acupressure. Concept of Yin and Yang Five element theory, Organ clock. Concept and definition of meridian. meridians (Lung, Large Intestine, Kidney, Urinary bladder)

Health Education-I

Unit-I Health: - Meaning, definition of health, Dimensions of Health, factors affecting health. Health Education: - Meaning, definition, objectives and scope of Health Education Principles of health education.

Unit-II Personal Hygiene –Meaning, definition and importance of personal hygiene. Mental Health-Meaning, definitions & factors influencing, Types, symptoms and preventive measures of mental illness. School health:- Importance of developing good habits for health in school & at home. Comprehensive school health programme, School health services.

Unit-III Communicable diseases, causes and preventive measures, immunity viral hepatitis HIV/Aids, Tuberculosis, Malaria, Rabies, Tetanus, measles, mumps, rubella, Dengue & Swine Flu their causes, symptoms and prevention.

Unit-IV Occupational Health: meaning, Scope of occupational health, principles to reduce occupation health problems, Factors responsible for occupational health problems, various occupational diseases, their symptoms preventive measures. Drug addiction- causes, adverse effects on health, preventive measures.

BVYN -105-Fundamental of Computers

Unit-1

Introduction to Computers

History of Computer , Generations, Characteristics, Advantages and limitations of

Computer, Classification of Computers, Functional Components of Computer, Input ,Output and Processing, Concept of Hardware and Software, Data & Information .Concept of data storage .

Number system. Decimal, Binary, Hexadecimal ASCII .

UNIT-2

Introduction to GUI Based Operating System

Basics of Operating system , Basics of DOS & LINUX, The User interface, File and directory management, Windows setting, Control Panel, devices and Printer setting, Using various window commands for desktop.

UNIT-3

Word Processing

Word processing basics, Menu Bar, Opening and closing documents ,save & save as , Page setup ,print preview, and printing. Text creation and manipulation Editing, cut copy paste.

Document creation ,editing, Formatting the text – Paragraph indenting, bullets and numbering ,changing case, Table manipulation – creation of table ,insertion and deletion of cell, row and column.

UNIT-4

Network basics , Internet

Basics of computer network LAN, WAN etc, Concept of Internet ,Basic of Internet Achitecture, Services on Internet Architecture, World wide web and websites, Communication on Internet , Internet Services, Preparing Computer for Internet Access, ISPs and Examples ,Internet Access Technologies. Web Browsing , Configuring web browser, Popular search engines Downloading and printing web pages.

Internet application

Basics of E-mail , E-mail addressing , forwarding and searching, Composing

BVYN-106-GENERAL ENGLISH AND SOFT SKILL

Introduction to English language

- a) Role and significance of English language in the present scenario
- b) English language: its relevance for the Indian industry.
- c) Introduction to listening, speaking, reading, writing and bench marking of the class.

Functional Grammar

- a) Parts of speech, articles, tenses, verbs and modals.
- b) Practice of daily use words, numerals and tongue twisters
- c) Vocabulary building, construction of simple sentences: Basic sentence pattern, subject and predicate.
- d) Sentence construction – simple, complex and compound

English communication- About myself

- a) Let's talk, making conversation, meeting and greeting
- b) Introduction myself, my family and my friends
- c) My opinions, my likes and dislikes
- d) Life at collage, hostel and workplace

2nd Semester

BVOTT -201 HUMAN ANATOMY AND PHYSIOLOGY-2

UNIT-1

Glands of human body – mucous glands, thyroid gland, parathyroid gland, hypothalamus, pituitary, adrenal, pineal, the ovaries, the testes glands, general consideration of lymphatic system, gross anatomy of thoracic duct, histology of lymph node, spleen, tonsils and thymus, gross anatomy of respiratory system, parts of respiratory system, histology of trachea and lungs, parts of reproductive system- Male and female.

UNIT-2

Brief introduction and definition of integumentary system and Gastro- intestinal system, layers of skin, appendages of skin-hair, sebaceous gland, sweat gland, nails, receptors, function of skin, parts of GIT, oral cavity, salivary glands, structure and function of esophagus, stomach, small and large intestine, liver, gall bladder and pancreas, Histology of tongue, esophagus, stomach, small and large intestine, liver, gall bladder and pancreas.

UNIT-3

Lymphatic system and immunity- Lymphoid tissue formation, composition and functions of lymph, phagocytosis, cytokine therapy, AIDS, autoimmune disease, medical uses of hemopoietic growth factors, organs of lymphatic system, functions of respiratory system, mechanism of respiration, lungs volume and capacities- definition, normal value, their measurement and clinical importance, pulmonary ventilation, diffusion of gasses, pulmonary circulation- oxygen and carbon dioxide transport in blood, disease related to respiratory system.

UNIT-4

Gastrointestinal system- characteristics of G.I, functions of G.I, hormones, saliva, composition, function, control of secretion, gastric juice- composition, mechanism of secretion, functions, regulation of secretion, mucosal barrier, pancreatic juice- composition, function, regulation, liver and gall bladder- composition, function of bile, control of secretion, functions of gall bladder and gallstone, functions of reproductive system – male and female, functions of urinary system-ureters, urinary bladder, urethra.

BVYN-202-Foundations and Principles of Yoga-II

Unit-I Concept of Chitta and Chitta Bhumis, Chitta-vrittis and Chitta-vrittinirodhopaya (Abhyasa and Vairagya), Concept of Ishwara and Ishwara Pranidhana

Unit-II Concept of Chitta Prasadana and their relevance in mental well being, Pancha Kleshas (Avidya, Asmita, Raga, Dwesha, Abhinivesha) and their significance in Yoga, Five 'Sahabhuva' (Dukha, Daurmanasya, Angamejayatva, Swas-Praswas) their remedies. , Chitta Vikshepas (Antarayasa) – Vyadhi, Styana, Samshaya, Pramada, Alasya, Avirati, Bhrantidarshana, Alabdhabhumikatva & Anavashtitattva and their associates.

Unit-III Kriya Yoga: Tapa, Swadhyaya, Ishwarpranidhan Ashtanga Yoga: Bahiranga Yoga- (Yama, Niyama, Asana, Pranayam), Antaranga Yoga- (Pratyahara, Dharna, Dhyana, Samadhi) purpose, effects and significance of Kriya Yoga and Ashtanga Yoga.

Unit-IV The benefits of various asanas (Vrikshasana, Ardhakatichakrasana, Trikonasana, Vajrasana, Janusirasana, Paschimottanasana, Vakrasana, Ustrasana, Sarvagasana, Pawanamuktasana, Dronasana, Setubandhasana, Chakrasana, Bhujangasana, Ardhashalbhasana) on different parts of the human body, The limitations and contraindications of specific Yogic practices (Shtkarma, Pranayama, Bandha, Mudras, Dhyana) health: its meaning and definitions, Yogic conceptions of health and diseases.

BVYN-203-Acupressure and Su-Jok

Unit-I: Revision of Meridians Lung, Large Intestine, kidney and Urinary Bladder meridian. Stomach, Spleen, Heart, Small Intestine, pericardium, Triple warmer, Gall Bladder, Liver, Governing vessels and conceptional vessels meridian.

Unit-II: Yin –Yang theory, chi, concept of Zang-fu, Organ clock, Zang-organs, Fu-Organs, relation colors Sense organs & Zng-Fu organs, organ clock, Five Element Therapy, constructive cycle, destructive cycle, relation of five elements with different organs and their properties.

Unit-III Types of disease (Shi and Xu), Mother Son law, Husband Wife law, Body measurement, measuring units. Acupressure points- Meridian points, Floating points (or Ah-Shi-Points). Local point, supplementary points, specific points, alarm points, Xi-cleft points, Dangerous points, Jing-well points, Luo-connecting point, Yuan-source points, Physiologically dangerous points, Forbidden points Influential points, Distal points.

Unit- IV Introduction to Su-jok.

Treatment Modalities: - Acupressure, massage, cupping moxibussion, use of different vibrators (Doll Massager, oxygen circulation massager machine, Hand massager,, Stimulators, power mats, acupunctoscope, v3 (Massager) machine,, Eye massager use of biole magnets and magnetic belts.

BVYN -204 CLINICAL PATHOLOGY

UNIT-1

Histopathology : Introduction to Histo-Pathology, receiving of Specimen in the laboratory, Grossing Techniques, mounting Techniques - various Mountants, maintenance of records and filing of the slides, use & care of Microscope, various fixatives, Mode of action, Preparation and Indication, Section Cutting, tissue processing for routine paraffin sections, decalcification of tissues, staining of tissues H& E Staining.

UNIT-2

Clinical Pathology : Introduction to Clinical Pathology, Collection, Transport, Preservation, and Processing of various clinical specimens, Urine Examination - Collection and Preservation of urine, Physical, chemical, Microscopic Examination of body fluids cerebrospinal fluid (CSF), Sputum Examination, feces.

UNIT-3

Hematology : Introduction to Hematology, Normal constituents of Blood, their structure and function, Collection of Blood samples, Various Anticoagulants used in Hematology, various instruments and glassware used in Hematology, Preparation and use of glassware, laboratory safety guidelines.

BVYN-205-Health Education-II

Unit-I Physical fitness- Definition, Components of health and fitness, benefits of fitness, factors influencing health and fitness, concept of positive health. Path to physical fitness.

Unit-II Importance of exercise for good health. Fatigue, symptoms, causes, prevention & management. Importance of rest and sleep. Relaxation methods. Posture and Postural Deformities- Meaning of posture, Types of good postures Importance of good posture, causes of poor posture.

Common Postural Deformities:- Kyphosis, Lordosis, Scoliosis flat foot and their preventive measures.

Unit-III Immunity- types, important factors influencing immunity. Heredity and its effects on health. Immunization – introduction, importance of maintaining cold chain,

National Health Programme- Dots, Leprosy, Polio

Unit-IV Disability and Rehabilitation- Meaning of disability, Terms of sequence. Leading

to disability and handicap. Disease, Impairment, Disability, handicap, Types of disabilities, Causes of disabilities, major causes of childhood disability and its prevention. Rehabilitation- meaning, Scope and introduction of occupation therapy its types and role for disables.

BVYN-206-BASIC OF HEALTH MARKET AND ECONOMY

Unit I

Health Care Market An Introduction : Main Problems in the Market for Health Care, Health Care and Economic Basics, Analyzing Health Care Markets. Demand-Side Considerations: Demand for Health and Health Care, Market for Health Insurance

Unit II

Supply-Side Considerations: Managed Care, Health Care Professionals, Hospital Services, Confounding Factors Public Policy in Medical Care: Policies to Enhance Access, Policies to Contain Costs, Medical Care Systems Worldwide,

UNIT-III

Health Sector in India: An Overview Health Outcomes; Health Systems; Health Financing Evaluation of Health Programs Costing, Cost Effectiveness and Cost-Benefit Analysis; Burden of Diseases ,Role of WHO , Health Care Budget: purpose, types & practices in Indian context.

UNIT-IV

Health Economics: Fundamentals of Economics: Scope & coverage of Health Economics, demand for

Health Sciences; Health as an investment, population, Health &Economic Development.

Tools of Economics-Concepts of need, demand, supply & price in Health Services.

Methods & Techniques of Economic Evaluation of Health Programmes: Cost benefit &cost effective methods-output & input analysis.

Market, monopoly, perfect & imperfect competition. Health Financing from various sources – Public ,

Private, TPA.

Economics of Health Programmes for Nutrition, diet &population control, economics of abuse of

tobacco & alcohol, environmental influences on health and feeding.

Economics of Communicable (STDs & Malaria) & non-communicable (IHD & Cancers) diseases.

3rd Semester

BVYN-301-Yoga and Health

Unit-I Concept of Panchakosha, Type of Panchakosha (Annamaya, Pranamaya Manomaya, Vijanyanmaya, Anandmaya), Concept of Triguna, Type of Triguna (Satva, Raja, and Tama), Concept of Panchamahabhutas (Akash Tatva, Vayu Tatva, Tej Tatva, Aap Tatva and Pritvi Tatva)

Unit-II Principal of Yogic diet, introduction to Yogic Diet and Nutrition: Concept of Pathyapathya, Mitahara, Satvik Ahara, Rajasik Ahara, Tamasik Ahara.

Unit-III Human Psyche: Yogic and Modern concepts, Behavior and Consciousness, Frustration, Conflicts, Psychosomatic Disorders: Insomnia, Anxiety, Stress.

Unit-IV Relationship between Mind and Body, Mental Hygiene: Meaning, definitions and aims and aspect of mental hygiene, Roll of Yoga in Mental Hygiene Mental Health: Meaning, definitions of mental health, Characteristic of mentally healthy person, Roll of Yoga in mental health

302-Magnet Therapy

Unit-I Introduction and History of Magnet Therapy, Meaning and Principles of Magnet Therapy, Characteristic of Magnet therapy

Unit-II Effects of magnet, Use of various Magnets, Methods of Magnet therapy, Merits and Demerits of Magnet therapy, Advantage of Magnet therapy

Unit-III Types of Magnets, Charging of water & Oil with its benefits, Use of Magnet therapy, Benefits of Magnet therapy

Unit-IV Methods of preparing Magnet Therapy, Various diseases that can be cure by Magnet therapy and its treatment and limitation, Electrical Magnet therapy, Practical hints about the use and preservation of Magnets.

303-Fitness Management

Unit-I Meaning of fitness & fitness Management. Modern concept of fitness Types of Fitness: i) General fitness ii) Physical fitness iii) Modern fitness Need and importance of fitness Management

Unit-II Fitness Components: Components of fitness: i) Health related components ii) Performance related components Means to develop fitness components- Aerobic and anaerobic exercise Factors affecting fitness: Age, Sex Type of Activity sedentary / Activity, Administration of fitness test.

Unit-III Diet & Nutrition: Meaning of Balance Diet & Nutrition: Types of nutrients: Micro, Macro, Water, fiber etc. Effect of diet on fitness. Concept of BMI (Body Mass Index) & BMR (Basal Metabolic Rate)

Unit-IV Fitness Programs: Methods of developing different fitness training Programme. Concept of free

weight Vs machine sets and repetition etc. Fitness training programs for different age group. Exercise prescription for individual needs.

BVYN-304-Chromo Therapy

Unit-I Introduction, meaning, definitions & history of chromo therapy Principles of chromo therapy, The source of light, solar system, analysis of light.

Unit-II Types of colors: Primary & Secondary colors, limitations of chromo therapy, physiological use of Violet, Indigo, Blue, Green, Yellow, Orange, Red, Infra-Red and Ultra- Violet, Benefits of colors. Precaution in chromo therapy

Unit-III Methods of charging by colors Charging of Air, Water, Oils, Food stuff, Glycerin, Vaseline, Raw Sugar, Milk, Rose-water, symptoms of deficiency of colours diagnostic methods.

Unit-IV Therapeutic values of chromo therapy: Jaundice, Migraine, Skin Diseases, Anemia, Constipation, Asthma, Sciatica, Hypertension, Leucorrhoea. Methods of chromo therapy- Thermoliam, Infrared, Ultra Violate, different color lamps, charged water, oil, granules, Treatments of diseases by sun light ordinary sunbath, rickety sun bath, kuhne sunbath sun bath with wet cloth, Doses of charged colours as medicine, colours benefits from stoner/gems.

BVYN-305-ADVANCE COMPUTING SKILL

Unit-1

Advance Word Processing Tools

Setting the layout of Table and documents, Mail merge techniques. Letter envelopes etc,

Using spell check and Thesaurus, Foot note nad Endnotes, Using Charts , shapes and pictures in word .

Unit-2

Basics of Spreadsheet

Functions of Spreadsheet , Applications , Elements of Electronic Spread sheet ,creating document saving and printing the worksheet, manipulation of cells ,Functions and charts, using formulas , Functions and charts

UNIT-3

Advance Spreadsheet Tools

Manipulations with charts and its types, Sorting, Filtering of data ,Pivot table, data validation

techniques. Grouping and subtotaling of data. Text to column option . Printing of customized worksheet.

UNIT-4

Presentation Software

Using Powerpoint, Opening an powerpoint presentation, Saving a presentation , Entering and editing text, inserting and deleting slides in a presentations , preparation of slides , adding clip arts, charts etc., Providing Aesthetics , Enhancing text presentation ,working with color lines styles and movie and sound ,adding header and footer, presentation.

BVYN-306-HUMAN VALUE AND PROFESSIONAL ETHICS

UNIT-1

Need, Basic Guidelines, Content and Process for Value Education

Understanding the need, basic guidelines, content and process for Value Education

Self-Exploration its content and process, Natural Acceptance' and Experiential Validation- as the mechanism for self-exploration

Continuous Happiness and Prosperity- A look at basic Human Aspirations

Right understanding, Relationship and Physical Facilities- the basic requirements for fulfilment of aspirations of every human being with their correct priority

Understanding Happiness and Prosperity correctly- A critical appraisal of the current scenario

Method to fulfil the above human aspirations: understanding and living in harmony at various levels

UNIT 2:

Understanding Harmony in the Human Being Understanding human being

Understanding the Body as an instrument

Understanding the harmony of Body, correct appraisal of Physical needs, meaning of Prosperity in detail

UNIT 3:

Understanding Harmony in the Family and Society-

Harmony in Human Relationship

Understanding Harmony in the family – the basic unit of human interaction

Understanding values in human-human relationship

Trust and Respect as the foundational values of relationship

Understanding the meaning of trust

Difference between intention and competence. Understanding the meaning of respect

Understanding the harmony in the society (society being an extension of family)

UNIT-4

Natural acceptance of human values

Definitiveness of Ethical Human Conduct

Basis for Humanistic Education, Humanistic Constitution and Humanistic Universal Order

Competence in professional ethics:

a) Ability to utilize the professional competence for augmenting universal human order

b) Ability to identify the scope and characteristics of people-friendly and eco-friendly production systems,

c) Ability to identify and develop appropriate technologies and management patterns for above production systems.

Case studies of typical holistic technologies, management models and production systems

Strategy for transition from the present state to Universal Human Order:

a) At the level of individual: as socially and ecologically responsible engineers, technologists and managers

b) At the level of society: as mutually enriching institutions and organizations

4th Semester

BVYN-401-Applied Yoga

Unit-I Aim, objectives, Scope and application of Yoga Role of Yoga for Life management, Therapeutic aspect of Yoga- Heart disease, Constipation, Asthma, Sciatica, Migraine, Arthritis, Spondylosis, Sinusitis

Unit-II Health: Types of health- Physical health, mental health, Familiar/ Social Health Concept of Physical health, Factors of Physical health. Relation of health with fitness. Yoga and mental health: Meaning and definitions of Mental Health, Yoga & Physical health, , Yoga & Mental, , Yoga & Social health

Unit –III Yoga for children, Yoga for women, Yoga for oldest, Yoga for healthy person, Yoga for pregnant women. Uses: Health security, Life in School, Sports man

Unit-IV Yoga and Executives - Problems of executives. Contribution of yoga to solve the problems of the executives. Conflicts resulting in fatigue. Use of artificial stimulants & their untoward effects,

BVYN-402-Environmental Education

Unit I Environmental Education: Meaning, Scope & Nature, Environmental Pollution: Types and effects of Water Pollution, Air Pollution, Noise Pollution, Soil Pollution

Unit II Global Effects due to over-exploitation of Environment: Green House Effect, Ozone layer depletion, Acid Rain, Rise of Sea level, Need of Environmental Education for Public awareness

Unit III Ecosystem: Concept, Structure and Functions, Energy flow ecosystem, Food chains, food webs and ecological pyramids, Introduction, types, characteristics features, structure and function of the following: i) Forest ecosystems ii) Grassland ecosystems iii) Desert ecosystems iv) Aquatic ecosystems (Lakes, Rivers, Oceans, Estuaries)

Unit IV Programme of Environmental Education for attitude changes among the children, Environment and Human Health, Environmental Management: Its need and vis-avis development, ii) Legal provisions for environmental management

BVYN-403-Dravya Goon Vidnyan

Unit-I Definition of Dravya Goon Vidnyan, Introduction of saptapadārtha of Dravya Goon Vidnyan Viz-Rasa- Guna- Virya-Vipaka-Prabhava and Karma. Vijnan Concept of Dravya Goon Vidnyan (Purification). Brief knowledge of Apamishran (Adulterants) Concept of Abhav Pratinidhi Dravya (Substitutes) Concept of Viruddha Dravya.

Unit-II Explanation of following karmas with examples: Deepan, Pachana, Samshodhana, Samshamana, Anulamana, Sransana, Bhedana Rechana Chedana, Lekhana, Grahi, Stambhana, Madakari, Pramathi, Abhishyandi, Vyavayi, vikashi, Rasayana, Vajeekarana, Jeevaneeya, Balya, Bhimhana, Langhana, Medhya etc.

Unit-III Introduction of Mishrak Gana and their Uses-Brihatpanchamoola. Laghupanchamoola, Vallipanchamoola, Katakpanchamoola, Trinapahcamoola, Madhyampanchamoola, jeevaneeyapanchmoola, Panchapallava, Panchavalkala, Triphala, Trikatu, Trimada, Panchakola, Chaturbeeja, Jeevaniyagana, Ashtavarga, Trijataka, Chaturjataka, Panchatikta, Amlapanchaka,

Unit-IV Classification of desha (geographical area) and bhumi (Soil) Dravyasangrahan Vidhi (Method of collection) Period of collection according to virya Samrakshan vidhi. (Preservation of collected dravyas) Bshhajagara (Store house).

BVYN-404-Hydrotherapy & Mud Therapy

Unit-I Introduction of Hydrotherapy: Principal of Hydrotherapy. Physical Properties of Water, Physiological effects of water application, respiration, Digestion, Action and Reaction. Classification of Hydrotherapy Prescriptions

Unit-II Mineral Water Bath, Continuous Bath, Shower Bath, Towel Bath, Foot Bath, Hip Bath, Hot Hip Bath, Sitz Bath, Spinal Bath, Hot Spinal Bath, Eye Bath, Head Bath, Use of Hot Water, Drinking Hot Water, Enema with Hot Water, Hot Water Bath, Shallow Bath, Hot Hip Bath, Hot Foot Bath, Hot Fomentation, Alternate Fomentation, Healing by Hot Water Bottles.

Unit-III Wet Bandage, Cold Wet Bandage, Hot Wet Bandage, Wet Sheet Pack, Foot pack, Wet Bandage on Head, Wet Bandage on Neck, Wet Bandage of Chest or Chest Pack, Wet Bandage on Stomach, Wet Bandage on Waist, Full Body Wet Pack, Ice Pack

Unit-IV Introduction of Mud Therapy: Types of Mud, Collection and properties of mud, Mud Poultice, General and Local Mud Applications, Physiological effects of Mud Therapy, Therapeutic Values of mud therapy

BVYN 405-Advance communication and soft skill

UNIT-1

Functional Grammar-II

- a) Application writing
- b) Paragraph writing, essay writing and précis writing
- c) Pre-testing of oral and writing skills

UNIT-2

Professional Skills

- a) Biodata, CV and resume writing
- b) Joining letter, cover letter and resignation letter
- c) Inter- office memo, formal Business letter, informal notes

d) Minutes of the meeting, reporting events, summary writing

UNIT-3

Presentation skills

- a) Power-point presentations and presenting techniques
- b) Body language
- c) Describing people, places and events
- d) Extempore, speech and just- a minute sessions

UNIT-4

Interview skills

- a) Developing skills to- debate, discussion, basics of GD and styles of GD
- b) Discussion in groups and group discussion on current issues
- c) Steps to prepare for an interview and mock interviews

Public speaking

- a) Art of public speaking
- b) Welcome speech
- c) Farewell speech
- d) Votes of thanks

Oral practice

- a) Debate
- b) Just-a-minute
- c) Group discussion
- d) Mock interviews

BVYN-406-Panchakarma and it's Application

Unit- I Introduction to Panchakarma, Panchakarma, its importance for promotion of health, prevention and treatment of diseases. Trividha Karma- Purva, Pradhana and Pashchat Karma in relation to Shodhana and their importance.

Unit-II General precautions for Panchakarma, Specifications of Panchakarma treatment and necessary equipments for Panchakarma

Unit- III Snehana: Types: According to Charak & Sushrut doses and methods of administration and precautions,

Unit- IV Swedan- Type: Various dravyas used in swedan methods of administration and precautions. Introduction of Vamana karma: Vaman karma- preparation of patients past vaman management.

5th Semester

BVYN-501-Yoga Therapy

Unit – I : Meaning, Definitions & importance of yoga therapy, Scope of Yoga Therapy, Principles of Yoga Therapy, merits and demerits of Yoga Therapy, preventive & curative and aspects of Yoga Therapy

Unit – II: Techniques of Yoga Therapy, Methods of Yoga Therapy, Integrated approach to Yoga Therapy
Unit – III: Use of Asana, Pranayama, ShatKarma & Supporting treatments of Yoga Therapy: Use of mechanical aids : Ropes, Belts, cushions, special benches, Brisk, Chair & other supports

Unit – IV: Yogic treatments of various disorders such as Respiratory disorders (Asthma, Sinusitis, Cough and its causes & symptoms), Digestive disorders (Acidity, Constipation, Gastritis and its causes & symptoms), Disorders of spine–Backache, Cervical Spondylitis, Lumbar Spondylitis and its causes & symptoms

BVYN-502- Disaster Management

Unit – I Introduction to Disaster Meaning and definition of Hazard, Vulnerability, Disaster and Risks, Components, Dimension and Phases of disaster, Classification, Causes and Impacts of disaster, Difference between Accidents and Disasters, Simple and Complex Disasters.

Unit- II Types, Trends, Causes, Consequences and Control of Disasters Geological Disasters (earthquakes, landslides, tsunami, mining); Hydro- Meteorological Disasters (floods, cyclones, lightning, thunder, storms, hail storms, avalanches, droughts, cold and heat waves), Biological Disasters (epidemics, pest attacks, forest fire); Technological Disasters (chemical, industrial, radiological, nuclear) and Man -made Disasters (building collapse, rural and urban fire, road and rail accidents, nuclear, radiological, chemicals and biological disasters), Global Disaster Trends - Emerging Risks of Disasters - Climate Change and Urban Disasters

Unit- III Disaster Management Cycle and Framework Disaster Management Cycle - Paradigm Shift in Disaster Management, Pre - Disaster - Risk Assessment and Analysis, Risk Mapping, zonation and Microzonation, Prevention and Mitigation of Disasters, Early Warning System; Preparedness, Capacity Development; Awareness, During Disaster - Evacuation - Disaster Communication - Search and Rescue - Emergency Operation Centre - Incident Command System - Relief and Rehabilitation – Postdisaster - Damage and Needs Assessment, Restoration of Critical, Infrastructure – Early Recovery - Reconstruction and Redevelopment;

Unit- IV Disaster Management in India Disaster Profile of India - Mega Disasters of India and Lessons Learnt, Disaster Management Act 2005 - Institutional and Financial Mechanism, National Policy on Disaster Management, National Guidelines and Plans on Disaster Management; Role of Government (local, state and national), Non - Government and Inter -Governmental Agencies

BVYN-502-KashayKalpana

Unit- I Definition of Rasashastra&BhishajyaKalpanaPanchakarma, Swarasa: Definition & types, Production Method: Tulsiatraswarasa, KutajPutrakSwarasa,Kalka: Definition, Production Method- Rasonkalkanirman, Churnakalpana, HingvashtakChurnaalirman

Unit-II Quwath: Definition, Jalmatra, Production method- RasnaSaptakQuwath, Him: Definitions, Production Method- Dhanyak him Ashta: Definition, Production Method- Amradifashta Awaleh: Definition, Production Method-DhyavanprashAwaleh.

Unit- III GutikaNirman- Definition, Production-SanjeevaniVatiGuggulKalpa: Definition, production method- Yogarajguggal, SnehaKalpana: Definitions types of snehapakPrayojana, Symptoms of Snehasidhi, Production method- Narayana oil, trifalaGhruta. Sandhankalpana- Definitions, AsawaArishtaBheda Production Method: KumariAsawa

Unit- IV MalaharaKalpana: Definition, Production Method-ParadadiOintment (Malahara), BhanjanProduction, DhumvartiNirman, Pathyakalpana: Mandu, peya, vilipiyavagu, definitions & production

BVYN-503-Panchakarma& It's Applications-II

Unit-I Definition and importance of Virechana Karma, Utility of Virechana Karma in health and disease, Indications and Contraindications for Virechana, Purva Karma of Virechana: Deepan- Pachana, AbhyantaraSnehana and diet, Management of 3 gap days-Abhyanga, Svedana& diet, Management on Morning of Virechana day, Method of Virechana Karma and management during Virechana Karma & observations, Symptoms of Samyak Yoga, Ayoga and Atiyoga of Virechana Karma, Post Virechana management Types of Shuddhi-Hina, Madhya and Pravara and accordingly SamsarjanaKrama, Complications of Virechana and their management with Ayurveda

Unit-II Definition and importance of Basti as Ardha-Chikitsa, Utility of Basti Karma in health and disease, BastiYantra- Putaka&Netra, Detailed study of traditional BastiYantra and their Doshas Knowledge of alternative BastiYantra-enema can, enema syringe, modified plastic/rubber bag for Putaka, modified plastic netra. Classifications of Basti Karma, Kāla and Yoga Basti schedules along with their utility.NiruhaBasti: Its synonyms, definition, classifications, sub-classifications & indications and contraindications. AnuvasanaBasti: Its synonyms, definition, classifications, indications and contraindications. Local basti as janubasti,katibasti,etc

Unit -III Nasya: Definition, Significance of Nasya Karma. Classifications and subclassifications, Knowledge of general Dravya used for Nasya Karma, Indications and contraindications of Nasya, Time of administration of Nasya,Dose fixation of different types of Nasya, Diet and regimen before and after Nasya Karma, Administration of Marsha, Pratimarsha, Avapeedaka, Dhoomapana and DhumaNasya, Symptoms of Samyak-yoga of Nasya, Complication of Nasya and their management

Unit -IV Raktamokshana: Definition, importance and Types of Raktamokshana, Classification of Raktamokshan, General Indication and Contra indication of Raktamokshan. Jalaukavacharana: Knowledge of different types of Jalauka (Leech), Indications and contraindications of Jalaukavacharana, various types of Jalauka. Method of Application, SamyakLakshan, Complication of Jalaukavacharana and their management with Ayurveda

BVYN-505- Diet Nutrition & Fasting

Unit- I Principles of diet, Classification of food and drinks, Deficiency diseases, Artificial foods and their ill-effects, Acidic and Alkaline foods, Digestion, Absorption and Assimilation, Customs and Manners of eating, Combination of foods, Value of foods in raw, germinated and cooked form, What to eat, how to and how much to eat. Nutrition and its Importance, Nutrition and Natural Resistance of infection, Balanced Diet.

Unit-II Diet in health & disease - Cold, constipation, indigestion, Anaemia, Rheumatism, Skin Disorders, Asthma, Obesity, menstrual Disorders. Fruit- importance of fruit, fruit treatment, disease & juice treatment- Insomnia, Acidity, Ulcer, Hypertension, Cancer, Constipation, Cough, Gas Trouble, pregnancy, Rheumatism, Skin disease, Jaundice, piles, Diabetes mellitus, Obesity. Methods of cooking food for advantages, Effect of cooking on nutritive value, effect of cooking on various nutrients, Effect of methods of cooking on nutrients present in foods.

Unit-III What is fasting? Historical background of fasting, Definition and classification of fasting, General classification of fasting, methods and types of therapeutic fasting (Dry, Water, Juice, Saline, Mono diet (Kalpa), Fruit, Intermittent, preventive, weekly etc.)

Unit-IV Physiological effects of fasting, Physiological aspects, Study of the tongue, the breath, the temperature and pulse etc, the loss and the gain of weight, How and when to break the fast, indications and contraindications of fasting, fasting in acute diseases, fasting in chronic diseases, Role of fasting in various diseases, obesity and fasting, prevention of diseases.

BVYN-506-introduction to National Healthcare System

UNIT-1

1. Introduction to healthcare delivery system

- a. Healthcare delivery system in India at primary, secondary and tertiary care
- b. Community participation in healthcare delivery system
- c. Health system in developed countries.
- d. Private Sector
- e. National Health Mission
- f. National Health Policy
- g. Issues in Health Care Delivery System in India

UNIT-2

2. National Health Programme- Background objectives, action plan, targets, operations, achievements and constraints in various National Health Programme.

UNIT-3

3. Introduction to AYUSH system of medicine

- a. Introduction to Ayurveda.
- b. Yoga and Naturopathy
- c. Unani
- d. Siddha
- e. Homeopathy
- f. Need for integration of various system of medicine

UNIT-4

4. Health scenario of India- past, present and future

Demography & Vital Statistics-

- a. Demography – its concept
- b. Vital events of life & its impact on demography
- c. Significance and recording of vital statistics
- d. Census & its impact on health policy

6. Epidemiology

- a. Principles of Epidemiology
- b. Natural History of disease
- c. Methods of Epidemiological studies
- d. Epidemiology of communicable & non-communicable diseases, disease transmission, host defense immunizing agents, cold chain, immunization, disease monitoring and surveillance.

6th Semester

BVYN-601-Physiotherapy-Electrotherapy

Unit – I Basic components of electric current – electrons, protons, neutrons, ions, matter, molecules
Current electricity – static electricity, electric charge, conductors, conduction of electricity, resistance, factors effecting

Unit – II Introduction of different types of electrical stimulation modalities Introduction different kinds of heating modalities

Unit – III Handling of the machines Indications and contraindications

Unit – IV Physiological effects of the different modalities. Uses of the machines and case history.

BVYN-602-Physiotherapy – Exercise Therapy

Unit-I Introduction to exercise therapy, Mechanical principle applied in human body – gravity, centre of gravity, line of gravity, base of support, equilibrium, axis and planes Disability models – ICIDH model of disability, Nagi model of disability, ICF model Movements

Unit-II Passive movements – definition, classification, indications, contra indications, advantages, limitations, techniques - emphasize PROM to upper, lower, neck and trunk muscles Active movements - definition, classification, indications, contra indications, advantages, limitations, techniques - emphasize active movements to upper, lower, and neck and trunk muscles

Unit-III Starting positions – muscle work, effect and uses and derived positions Relaxation – definition, types of relaxation, relaxation techniques Suspension – definition, types, uses and therapeutic applications Joint range measurement – Goniometer, types and techniques of measuring joint ROM

Unit-IV Measurement of limb length, girth Manual muscle testing – grading system, techniques- emphasize on skill to grade upper, lower, neck and trunk muscles. Mobility aids – crutches, canes, walker