



FACULTY OF NATUROPATHY & YOGIC SCIENCES

Ref.No:- SGTU/FNYS/BNYS/2019-

Date:-24.08.2019

MINUTES OF THE BOARD OF STUDIES MEETING FOR BNYS COURSE

The meeting was attended by the following members held in the chamber of the Chairman of the Board of Studies of FNYS, SGT University on 23/08/2019. At the onset, the Chairman welcomed the members to the first Board of Studies Meeting for deliberations and following agenda were placed before the committee.

S No	Members	Designation
1	Dr Sangeeth S , Professor & HOD FNYS,SGT University	Chairman
2	Dr Asha Gandhi , Professor & HOD Dept of Physiology, FMHS, SGT University	Member
3	Dr Busi Karunanand, Professor & HOD, Dept of Biochemistry, FMHS, SGT University	Member
4	Dr Timsi Sriwastava HOD, Dept of Swasthavritta, FIMS, SGT University	Member
5	Dr Himanshu , Lecturer FNYS,SGT University	Member

Agenda: To introduce and approve the Ordinance, Curriculum and Syllabus of BNYS Course in SGT University.

The Chairman introduced the BNYS Course and brief outline of the course. The committee did deliberations on the Ordinance, Academic Curriculum and the Syllabus of BNYS Course.

The committee members approved the Ordinance, Syllabus and Curriculum for the BNYS Course in SGT University

Approval of The Board of Studies Members:

Dr Sangeeth S

Dr Asha Gandhi

Dr Busi Karunanand

Dr. B. KARUNANAND
Professor & Head
Department of Biochemistry
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Dr Himanshu

FIRST YEAR

1. HUMANANATOMY

Course type- Core Course

Course code – BNY 101, BNY 102, BNY 103P

Credits- 4

Objectives

It aims at giving inclusive knowledge of the gross and microscopic structure and development of human body to provide a basis for assessing the correlation of organs and structures and anatomical basis for disease presentations.

Theory

1. General anatomy in brief:
 - basic tissues of body .
 - terminology and nomenclature
2. Elements of anatomy in brief:
 - osteology
 - arthrology
 - myology
 - neurology
3. Regional anatomy:
 - upper limb, lower limb
 - thorax - including diaphragm
 - head, neck -brain and spinal cord in brief
4. Embryology (gen.embryology) in brief:
 - development of individual organs and systems
5. Histology:
 - general histology, micro-anatomy of individual organs and system.
6. Applied anatomy

Anatomy Paper-1 .

Course content (related regional anatomy, histology, embryology , myology, arthrology & osteology of upper limb, head, neck & brain and microanatomy)

Theory

- I. General anatomy:
 - Introduction of anatomy, anatomical terms, different branches of anatomy , introduction of bones, its classification, functions, applied

anatomy; joints-types, actions, applied anatomy; cartilage-types, action, applied anatomy, basics of all the tissues and systems of the humanbody

- II. Osteology :(bones of skull & upperlimb)
Names of the bones and their positions; general features, skull - all normal and interior of skull & mandible.
- III. Muscular system :(head & neck and upperlimb)
Origin, insertion, nerve supply and action of the muscles with the applied anatomy and clinical testing.
- IV. Arthrology: (head & neck, upperlimb)
General features of different types of joints. Brief study of the following joints of the body with movements. Shoulder, elbow, wrist and other smaller joints of head & neck, upper limb.
- V. Head, neck and brain
Head and neck- introduction, scalp, face and lacrimal apparatus, sides of the neck, sub occipital triangle, contents of vertebral canal (brief), meningeal layer, cavernous sinuses and other sinuses in brief, hypophysis cerebri, trigeminal ganglion, middle meningeal artery, contents of the orbit, triangles of the neck, ansa cervicalis, parotid gland, otic ganglion, submandibular gland, sublingual gland, thyroid gland, parathyroid gland, thymus, blood supply of deep structure, cervical ganglion, cervical plexus, styloid apparatus, oral cavity, palate, pharynx, auditory tube, nasal septum, paranasal sinuses, cartilage of larynx
Parts of nervous system, meninges, ventricles , motor and sensory pathways, cranial nerve, motor and sensory cortex and their blood supply with cross sectional studies in brief morphology of spinal cord. Section of medulla - pyramidal decussation, sensory decussation, upper part of medulla, pons -mid level, midbrain-mid superior colliculus, inferior colliculus, cerebellum-horizontal- mid saggital section, horizontal section at interventricular formation, coronal section at anterior commissure, coronal section at mammillary body. Sensory organs (regionwise)-gross anatomy of eyeball, ear, nose and tongue in brief, blood brainbarrier.
- VI. Upper limb
An introduction, breast, clavipectrol fascia, axilla, lumbar triangle, triangle of auscultation, bursa of upper limb, musculotendinouscuff,

intermuscular spaces, cubital fossa, synovial sheath, retinaculum of hand, palmar aponeurosis, spaces of hand, anatomical snuffbox.

Vii. Micro anatomy- 12 general topics, 15 systemic topics (separate list attached)

1. Study of microscopes and artifacts.
2. General histology, study of the basic tissues of the body, functional correlation of the structural components of the organs.
3. Systemic histology of concerned organs.

Course outcome

After completion of the program, the student must be able to:

1. Illustrate normal human anatomy clinically important inter-relationship and functional anatomy of bodily structures;
2. Understand histological structures of various tissues and organs and correlate structure and function in order to understand diseased states;
3. Correlate basic structure and connections of the central nervous system,
4. Explain developmental basis of variations and abnormalities with respect to sequential development of organs and systems, teratogens, genetic mutations and environmental hazards.
5. Demonstrate and identify body structures including topography of living body;

6. Assessment Scheme:

Theory	–	70 Marks
Internal Assessment	–	30 Marks

Anatomy Paper – 2

Course content (related regional anatomy, histology, embryology, myology, arthrology & osteology of upper limb, head, neck & brain and microanatomy)

I. Thorax

General introduction

Pericardium, thorax wall, position and parts of the heart, conducting system, blood supply and nerve supply of the heart, names of the blood vessels and their distribution in the body, lungs & pleura-general features, surface markings, broncho pulmonary segments, applied anatomy, mediastinum, diaphragm, oesophagus, thoracic duct.

II. Abdomen and Pelvis

Peritoneum- general disposition - horizontal and vertical , parts relation, blood supply, nerve supply of abdominal organs. Pelvic organs-parts position, relation, blood supply, nerve supply.

III. Lower Limb

Deep fascia-modifications, saphaneous veins, lymph nodes, adductor canal muscles-nerve supply, blood supply, action, joints, arches of foot, joints of lower limb.

IV. Embryology in brief:

Definition of embryology , brief account of male and female, ovary; definition of gamete; sperm, ovum, gametogenesis, migration of primordial germ cells into gonadal ridge; structure of sperms growth of ovarian follicles, ovarian and uterine cycles. Principle of family planning (contraception),in-vitro fertilization (for integrated teaching). Systemic embryology(brief): development of the individual organ of digestive system, genital system, urinary system, respiratory system, cardiovascular system, nervous system, special sensory organs (in brief) endocrine glands and mammary gland. Development abnormalities inbrief.

Course outcome-

After completion of the program, the student must be able to:

1. Illustrate normal human anatomy clinically important inter-relationship and functional anatomy of bodily structures;
2. Correlate histological structures of various tissues and organs and co- relate structure and function in order to understand diseased states;
3. Deduce basic structure and connections of the abdomen, thorax, lower limb
4. Describe developmental basis of variations and abnormalities with respect to sequential development of organs and systems, teratogens, genetic mutations and environmental hazards.
5. Identify gross congenital anomalies and be familiar with the principles of karyotyping;

Assessment Scheme:

Theory	–	70Marks
Internal Assessment	–	30Marks

Anatomy Practical

Total time: 32-34 weeks.

Gross anatomy: (dissection / demonstration of following parts of body)

Upper limb: dissection: pectoral, scapular, shoulder, arm, forearm (5 wks)
Prosected parts: joints, palm and dorsum of hand.

Thorax: dissection: chest wall, mediastinum, lungs and heart.

Abdomen: dissection: anterior abdominal wall and inguinal region, viscera and posterior abdominal wall.

Pelvis: dissection: pelvic viscera and blood vessels and nerve saggital section (m & f) (2 wks) prosected parts: sole of the foot and joints.

Head and neck: dissection: scalp, superficial and dissection of face and neck (8 wks to 10 wks). Prosected parts: orbit, eyeball, submandibular region, temporal and infra temporal fossa, cranial cavity, naso and oropharyngeal regions, ear, larynx and pharynx. Cross sections at c-4, c-6 levels. Sagittal section of head and neck.

Nervous system: section of brain and prosected specimens and major functional areas, gross structure of brain and spinal cord and study of gross sections as mentioned earlier (in brief).

Demonstrations:

- bones-as described in osteology section.
- brain and spinal cord.

Specific skills: students should learn the following skills

1. To localize important pulsations and the structure against which pressure can be applied in case of bleeding & trauma of particular artery.
2. To elicit superficial and deep reflexes.
3. To demonstrate muscle testing and movements at joints.
4. To locate for: lumbar puncture , sternal puncture , pericardial tapping , and liver biopsy.
5. To locate veins for venous puncture.
6. To locate the site for emergency such as tracheotomy.

Histology

General histology

1. Microscope
2. Cell
3. Epithelial tissue i
4. Epithelial tissue ii
5. Connective tissue-bones and cartilages
6. Muscular tissues
7. Nerve tissues (ts & ls of peripheral nerve, sensory & sympathetic ganglion, optic Nerve)

8. Epithelial glands (serous, mucous and mixed salivary gland) 9.
- Circulatory system (large artery, medium sized artery, largervein)
10. Lymphatic system (lymph nodes, thymus , tonsils ,spleen)
11. Skin & appendages.
12. Placenta & umbilicalcord.

Systemic histology

1. Respiratorysystem.
2. Oesophagus & stomach.
3. Liver , gall bladder ,pancreas.
4. Urinary system i(kidney)
5. Urinary system ii (ureter , bladder ,urethra).
6. Small & largeintestine
7. Reproductivesystem-female
8. Reproductivesystem-male
9. Upper git (lip, tongue)
10. Hypophysis cerebri, thyroïd and suprarenal glands.
11. Eye - cornea and retina.

Course Outcome

After completion of the program, the student must be able to:

1. Illustrate histological structures of various tissues and organs and co- relate structure and function in order to understand diseasedstates;
2. Deduce basic structure and connections of the central nervous system, understand the regulation and integration of various organs and systems and be skilled in locating lesion sites according to deficits in diseasedstates;
3. Describe developmental basis of variations and abnormalities with respect to sequential development of organs and systems, teratogens, genetic mutations and environmentalhazards.
4. Identify body structures including topography of livingbody;

Assessment Scheme

PracticalAssessment	-	90 Marks
Theoryviva	-	60marks
Practicalviva	-	30marks
Practicalinternalassessment-		10Marks

Text books

1. Text Book Of Anatomy (Vo L-I,Ii,Iii) - ByB.D.Chaurasia
2. Text BookOfAnatomy - ByHamilton

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3. Practical Anatomy

-By Cunningham

4. Human Embryology

- By Inderbir Singh

Reference Books

1. Text Book Of Anatomy

- By Gray

2. Atlas Of Histology

- By Diforie

3. Atlas Of Histology

- By Poddar

4. Text Book Of Human Histology

- By Dr. Veena Bharihoke

5. Cannigham's Text Book Of Anatomy

- ByCunningham

6. Balley's Text Book Of Histology

- ByBalley

7. Medical Embryology

- By Langman

5. A Color Atlas Of Human Anatomy

- By McMinn

6. Grant's Method Of Anatomy

- By Grant

7. Regional & Applied Anatomy

- By R.J.Last

2. PHYSIOLOGY

Course type- Core Course

Course code – BNY 104, BNY 105, BNY 106P

Credits- 4

Objective

The objective of teaching Physiology to undergraduate students is aimed at giving the student comprehensive knowledge of the normal functions of the organ systems of the body to facilitate comprehension of the physiological basis of health and disease.

THEORY

Physiology paper - 1

I. GENERALPHYSIOLOGY

1. Cell structure
2. Sub-cellularunits
3. Cell membranes and theirproperties
4. Transport mechanisms
5. Bioelectrical potentials
6. Body fluids andhomeostasis

II. BLOOD – Physical properties, composition and functions of blood.

1. Plasma proteins
 - a) Normal values
 - b) Origin and methods of separation
 - c) Functions and variations in health and disease.
2. Bone marrow
 - a) Formed elements
 - b) Composition and functions
3. Erythrocytes
 - a) Morphology and variations in health and diseases
 - b) Development of erythrocytes
 - c) Site and stages in development
 - d) Necessary factors
 - e) Regulation of development of erythrocytes
 - f) Life-span and fate of erythrocytes
 - g) Erythrocytes sedimentation rate (ESR)
4. Haemoglobin
 - a) Structure, synthesis, function and metabolism

- b) Types of hemoglobin
- 5. Anaemia – Definition and classification
- 6. Jaundice – Definition and classification
 - a) Role and function of spleen
- 7. Leucocytes
 - a) Classification, morphology, development and functions
 - b) Variation in health and disease
- 8. Thrombocytes
 - a) Origin, morphology and functions
 - b) Variation in health and disease
- 9. Haemostasis
 - a) Mechanism of haemostasis, coagulation of blood
 - b) Fate of clot and disorders of clotting
- 10. Anticoagulants
 - a) Mechanism of action and clinical applications
- 11. Blood groups
 - a) Classification
 - b) ABO and RH system
 - c) Blood transfusion, indication and hazards
- 12. Lymph and tissue fluids
 - a) Lymph and reticular system
 - b) Fluid compartments and Water Balance
 - c) Principles of immune system
 - d) Cellular and humoral immunity

III.- CARDIO-VASCULAR SYSTEM

Historical perspective and organization of cardiovascular system

- 1. Heart
 - a) Structure and properties of cardiac muscle
 - b) Cardiac metabolism
 - c) Enervation of heart, junction tissue of heart
 - d) Regeneration and spread of cardiac impulse
- 2. Electrocardiography
 - a) Einthoven's Law
 - b) Various ECG leads, normal ECG and its interpretation
 - c) Cardiac arrhythmias and heart block
 - d) Cardiac vector
- 3. Cardiac cycle
 - a) Pressure and volume change (mechanical events)
 - b) Heart sound and stethoscopy
 - c) Principle of echo-cardiography

- d) Measurement and regulation of cardiac output.
- 4. Heart sounds
 - a) Description, causation and relation to other events in cardiac cycle
 - b) Clinical significance of heart sounds
- 5. Blood pressure
 - a) Definition, regulation and factors influencing B.P.
 - b) Measurement of blood pressure
 - c) Physiology of haemorrhage and shock
- 6. Circulation
 - a) Blood vessels
 - b) Physical principle of blood flow, regulation of blood flow
 - c) Jugular venous pulse tracing, radial pulse tracing
 - d) Coronary, cerebral, renal and pulmonary circulation
 - e) Splanchnic, cutaneous and capillary circulation

IV. RESPIRATORY SYSTEM

Introduction, internal and external respiration, physiological anatomy of respiratory system.

- 1. Mechanics of respiration
 - a) Inspiration and expiration
 - b) Role of respiratory muscles and thoracic cage
 - c) Pressure and volume change during respiration
 - d) Work of breathing, lung compliance and its significance in health and diseases.
- 2. Lung volumes and capacities
 - a) Lung volumes and capacities and their measurements
 - b) Respiratory minute volume and maximum voluntary ventilation
- 3. Alveolar ventilation Composition of atmospheric, inspired, alveolar and expired air
- 4. Pulmonary circulation
 - a) Pulmonary circulation, ventilation-perfusion relationship
 - b) Diffusion of gases across pulmonary membrane
 - c) Oxygen uptake, transport and delivery
 - d) Carbon-dioxide uptake, transport and delivery
- 5. Organization of the respiratory centers
 - a) Nervous and chemical regulation of respiration
 - b) Classification and characteristics of hypoxia, cyanosis, asphyxia, hypercapnea, hypocapnea, dyspnoea, apnoea and orthopnea and periodic breathing.
 - c) Respiratory aspects of high altitude
 - d) Physiology of acclimatization and hyperbarism

- e) Respiratory / pulmonary function tests
- f) Non-respiratory functions of lungs
- g) Artificial respiration

V DIGESTIVE SYSTEM

1. Introduction, organization and plan of digestive system
2. Saliva
 - a) Composition, functions, regulation of secretion
 - b) Methods of study of above aspects of saliva
3. Stomach
 - a) Functions of stomach
 - b) Composition and functions of gastric juice
 - c) Regulation of secretion and mechanism of HCL secretion
 - d) Gastric emptying time and its regulation
 - e) Methods of study of gastric function and its applied aspect.
4. Pancreas
 - a) Composition and functions of pancreatic juice
 - b) Regulation of pancreatic secretion
 - c) Methods of study of pancreatic secretion
5. Liver
 - a) Function, formation, storage and emptying of bile
 - b) Composition, function and regulation of release of bile
 - c) Entero-hepatic circulation
 - d) Tests for liver functions
6. Small intestine
 - a) Succus entericus
 - b) Composition, function and mechanism of secretions
7. Large intestine
 - a) Functions
8. Gastro-intestinal Hormones
 - a) Release and functions
9. Gastro-intestinal movements
 - a) Mastication, deglutition and vomiting
 - b) Movements of stomach and small intestines
 - c) Movements of large intestine and defecation
 - d) Regulation of movements and methods of study
10. Digestion and adsorption of carbohydrates, fats, proteins and vitamins, minerals and water.

COURSE OUTCOME-

After completion of the program, the student will be able to:

1. Illustrate the normal functioning of all the organ systems and their interactions for well co-ordinated bodyfunction;
2. Correlate the relative contribution of each organ system to thehomeostasis;
3. Describe the physiological aspects of normal growth anddevelopment;
4. Analyze the physiological response and adaptations to environmental stresses;
5. Classify physiological principles underlying pathogenesis and disease management.

Assessment Scheme:

Theory	–	70Marks
InternalAssessment	–	30Marks

PHYSIOLOGY PAPER- 2

VI. EXCRETORY SYSTEM

1. General introduction organs of excretion with special emphasis on evolutionof excretorymechanisms
2. Renal system-functional anatomy and renalcirculation
3. Nephron
 - a) Mechanism of urine formation, glomerular filtration, tubular function
 - b) Concentration and acidification ofurine
 - c) Composition of normal urine, and abnormal constituents ofurine
 - d) Renal functiontests
4. Non-excretory functions ofkidney
 - a) Physiology of micturition and itsabnormalities
5. Skin-Structure andfunctions

VII. ENDOCRINAL SYSTEM

1. Introduction-hormones, evolutionary back-ground and organization of endocrine controlsystems
2. Methods ofstudy
 - a) Classification of hormones and mechanism of hormonalaction
 - b) Regulation of hormone secretion and feed-backsystem
3. Hypothalamo- hypophyseal system

Releasing hormones
4. Activeprinciples
 - a) Chemical nature, biosynthesis, role ofaction
 - b) Control of secretion , excretion and itsaspect.
 - c) Clinical study of their hypo-and hyperfunction

- d) Laboratory diagnosis of pituitary (anterior and posterior) gland, thyroid, parathyroid, adrenal cortex and medulla and islets of langerhans.

VIII. REPRODUCTIVE SYSTEM

- 1. Physiology of reproduction
 - a) Introduction to physiology of reproduction
 - b) Sex determination and sex differentiation and chromosomal study
- 2. Male reproductive system
 - a) Growth, development and structure of testes
 - b) Gonadotropins and gonadal hormones
 - c) Functions of testes and spermatogenesis
 - d) Composition of semen
- 3. Female reproductive system
 - a) Ovary, gonadotropins
 - b) Structure of ovary and corpus luteum
 - c) Function of ovary, ovarian hormones
 - d) Physiology of menstruation cycle and physiology of pregnancy
 - e) Physiology of placenta, gestation and parturition
 - f) Physiological basis of tests for ovulation and pregnancy
- 4. Physiology of lactation

IX. NERVE MUSCLE PHYSIOLOGY

- 1. Neurons
 - a) Morphology and measures of excitability
 - b) Classification and properties of nerve fibers
- 2. Muscle
 - a) Types of muscles and their properties and morphology
 - b) Neuro-muscular junction, excitation-contraction coupling
 - c) Myasthenia gravis
 - d) Starling's law and its applications

X. CENTRAL NERVOUS SYSTEM

- 1. Structural and functional organization of central nervous system
- 2. Neuron
 - a) Neuroglia, functional types of neurons
- 3. Cerebro-spinal fluid
 - a) Formation, circulation, functions of CSF
 - b) Methods of collection and clinical significance of CSF
- 4. Synapse
 - a) Types of synapses and their structure
 - b) Sympathetic transmission
 - c) General properties of neuro-transmitters

5. Sensory Physiology
 - a) Classification and general properties of receptors
 - b) Sensory modalities and stereognosis
6. Reflexes
 - a) Reflex and general properties of reflexes (with examples)
7. Ascending tracts
 - a) Origin, course, termination and functions
 - b) Specific reference to pain pathway and physiology of pain
8. Organisation of motor systems
 - a) Pyramidal and extra-pyramidal system
 - b) Upper and lower motor neurones and their lesions
 - c) Brown-Sequard syndrome
 - d) Syringomyelia
9. Cerebellum
 - a) Functional anatomy, connections and functions
 - b) Effects of lesions and tests for cerebellar function
10. Basal ganglion
 - a) Functional anatomy, connections and functions
 - b) Diseases of basal ganglion and its clinical evaluation
11. Vestibular apparatus
 - a) Functions anatomy, connections and functions
 - b) Effects of lesions and their assessment
 - c) Physiology of maintenance and regulation of muscle tone, posture and equilibrium
 - d) Decerebrated rigidity and righting reflexes
12. Thalamus
 - a) Functional anatomy, connections and functions
 - b) Effects of lesions of thalamus
13. Hypothalamus
 - a) Functional anatomy, connections and functions
 - b) Effects of lesions of hypothalamus
14. Body temperature regulation
 - a) Normal body temperature, pyrexia and hypothermia
15. Cerebral cortex
 - a) Functional anatomy
 - b) Methods of study of cortical functions
16. Limbic system
 - a) Functional anatomy, connections and functions
 - b) EEG, Physiology of sleep and wakefulness
17. Higher functions

a) Learning, speech, memory, behaviour and emotions

XI. AUTONOMIC NERVOUS SYSTEM

1. Sympathetic nervous system
2. Parasympathetic nervous system

XII. SPECIAL SENSE

1. Smell
 - a) Physiology of olfaction and olfactory discrimination
 - b) Olfactory pathway and defects of olfaction
2. Receptors, primary taste sensation and taste pathway
3. Vision
 - a) Functional anatomy of eye, extra and intra-ocular muscles
 - b) Errors of refraction and their correction, visual acuity
 - c) Physiology of aqueous humour
 - d) Cornea, lens, intraocular pressure, accommodation
 - e) Retina, rhodopsin cycle, dark and light adaptation
 - f) Visual pathway and effects of lesions in visual pathways
 - g) Field of vision, perimetry, binocular vision
 - h) Iris and pupillary reflexes
 - i) Colour vision, colour blindness and tests for colour blindness
 - j) Formation and circulation of tears, lacrimal glands
4. Hearing
 - a) Functional anatomy of ear, function of external ear
 - b) Physiological functions of middle ear
 - c) Impedance matching and tympanic reflex
 - d) Functional anatomy of internal ear, cochlea, organ of Corti
 - e) Auditory pathway and auditory cortex
 - f) Frequency analysis, sound localization, defects of hearing
 - g) Audiometry, tests for conduction defects, Aphasia

Note : For the purpose of written Theory examination, the syllabus is divided as follows :

Theory Paper-I

Section-A: Consisting of chapters on General physiology, Blood, Cardio-vascular system, Respiratory system and Digestive system.

Theory Paper- II

Section-B: Consisting of chapters on Excretory system, Endocrine system, Reproductive system (male and female), Nerve muscle physiology, Central nervous system, Autonomic nervous system and Special senses.

COURSE OUTCOME

After completion of the program, the student will be able to:

1. Explain the normal functioning of all the organ systems and their interactions for well co-ordinated bodyfunction;
2. Correlate the relative contribution of each organ system to the homeostasis;
3. Describe the physiological aspects of normal growth and development;
4. Illustrate the physiological response and adaptations to environmental stresses;
5. Analyse physiological principles underlying pathogenesis and disease management.

Assessment Scheme:

Theory	–	70Marks
Internal Assessment	–	30Marks

PHYSIOLOGY PRACTICAL

- I. HAEMATOLOGY EXPERIMENTS
 1. Collection of blood, study of fresh drop of blood, effects of isotonic, hypertonic and hypotonic saline on RBCs
 2. Enumeration of RBCs (RBC count)
 3. Estimation of haemoglobin
 4. Packed cell volume (PCV) and blood indices
 5. Determination of Erythrocyte sedimentation rate (ESR)
 6. Enumeration of WBC (Total count)
 7. Differential WBC count (Differential count)
 8. Determination of clotting time and bleeding time
 9. Enumeration of platelets (Platelet count)
- II. HUMAN PHYSIOLOGY EXPERIMENTS
 1. Recording of blood pressure in human beings and study the effects of exercise on blood pressure
 2. Electrocardiography (Demonstrations)
 3. Clinical examination of CVS and radial pulse
 4. Determination of tidal volume, inspiratory reserve volume, expiratory reserve volume, inspiratory capacity, expiratory volume (All experiments are to be arranged for demonstration)
 5. Stethoscopy, normal body temperature and its physiological variation
 6. Pulse, respiration and temperature chart with correlation
 7. Clinical examination of respiratory system
 8. Plethysmography (Demonstration)
 9. Clinical examination of CNS

- a) Motorfunctions
- b) Sensoryfunctions
- c) Cranial nerves
- d) Reflexes superficial anddeep

10. Determination of vital capacity and maximum ventilator volume with spirometry(Demonstration)

Note - The above 10 human physiology experiments are to be conducted with demonstration as a joint venture by physiologists and the clinical faculty, if necessary.

Assessment Scheme

PracticalAssessment	-	90 Marks
Theoryviva	-	60marks
Practicalviva	-	30marks

Practical internal assessment- 10 Marks

Recommended text books for physiology

1. Text book of Medical physiology by A.C.Guyton
2. Review of Medical physiology by W.F.Ganong
3. Concise text book of Medical physiology by S.K.Choudhary
4. Understanding Medical physiology byBijlani
5. Essentials of Medical Physiology bySembulingam

Reference books

1. Best and Taylor's physiology basis of Medicalpractice
2. Practical physiology byGhai
3. Practical physiology byRanade.

COURSE OUTCOME

After completion of the program, the student will be able to:

1. Conduct experiments designed to study physiologicalphenomena;
2. Interpret experimental/investigative data;
3. Differentiate between normal and abnormal data from results of tests, which he/she has done and observed in thelaboratory.
4. Demonstrate the practicalsefficiently.

3. BIOCHEMISTRY

Course type- Core Course

Course code – BNY 107,

BNY 108P

Credits- 4

Objective:

The objectives of introducing biochemistry to the undergraduate students is to make them understand the scientific basis of the life processes at the molecular level and to orient them towards the application of the knowledge in solving clinical problems.

BIOCHEMISTRY THEORY

1. Introduction and Prospects.
2. Hydrogen ion concentration, acids, bases, buffers, Henderson - Haselbasch Equation.
3. Principles of calorimetry, Paper chromatography and Electrophoresis.
4. Amino Acids - Classification, structure, properties and side chains of amino acids.
5. Peptides - Biological importance of peptides structure of Insulin.
6. Proteins - Definition, Biological importance, classification and properties, structure of proteins, coagulation and denaturation of proteins,
7. Elementary aspects of the structure of collagen, Myoglobin and Hemoglobin.
8. Enzymes - Definition, classification, specificity, coenzymes, co-factors and activators diagnostic importance of enzymes and iso-enzymes.
9. Carbohydrates - Definition, classification and biological importance of Monosaccharides-classification, properties and stereoisomerism, oligosaccharides-importance of Disaccharides.
- 10 Polysaccharides - Functions.
11. Lipids - Definition, classification and biological importance.
 1. Simple lipids: Composition of triglycerol, Waxes.
 2. Compound lipids: Functions of fatty acids - Properties of saturated and unsaturated fatty acids.
12. Nucleic acids - Definition, classification, composition and biological importance of nucleic acids, purines and pyrimidine bases."Structure of DNA Structure, function and types of RNA..
13. Vitamins -Definition and classification. Brief account of source, biochemical

function deficiency diseases. Vitamin antagonist Hypervitaminosis

14. Minerals - Calcium, Phosphorous, iron, copper, zinc, magnesium, manganese, lead, mercury arsenic and metal toxicity fluorine and iodine.

15. Cell and subcellular structures : Cell membrane, its composition, function of subcellular structures, transport across cell membrane, Active and facilitated diffusion.

16. Metabolism - Digestion and absorption of carbohydrates, lipids, proteins and nucleic acids.

17. Carbohydrate Metabolism- Glycogenesis, glycogenolysis and kreb's cycle, glycolysis, pyruvate oxidation citric acid cycle, Gluconeogenesis, Metabolism of Fructose and Galactose, regulation of metabolic pathways, disorders of carbohydrate metabolism, regulation of blood sugar, glucose tolerance test, diabetes mellitus.

18. Biological oxidation - Oxidative phosphorylation.

19. Lipid Metabolism -Lipogenesis, synthesis of fatty acids, de-saturation, Phospholipids, Bio-synthesis of lecithine, Cephalin and utilisation of Ketone bodies, Ketosis, synthesis and utilisation of ketone bodies, Ketosis, synthesis and breakdown of cholesterol, disorders of lipid metabolism, outlines and formation and functions of prostaglandins and leucotrienes, fatty liver and lipotropic factors.

20. Metabolism of proteins and amino acids - Breakdown of tissue proteins, amino acids pool, general metabolism of amino acids, disposal of ammonia, urea cycle formation of glutamate and glutamine, disorders of amino acid metabolism.

21. Purine and Pyrimidine metabolism-Outline of synthesis and breakdown of purine and pyrimidine, Disorders of metabolism of purine and pyrimidine.

22. Biochemical genetics and protein synthesis - Replication, transcription, reverse transcription viruses, oncogenes, post transcription modification.

23. Biochemistry of blood - Outline of synthesis and degradation of heme, Function of Haemoglobin, abnormal haemoglobin, Jaundice , importance , functions and separation of plasma proteins, Functions of immunoglobulins , regulation of PH of blood, role of kidney and lungs in maintaining PH of blood, acidosis and Alkalosis.

24. Liver function - Liver Function tests, Detoxification mechanisms.

25. Kidney Function Tests - Composition of Urine, Urea clearance and creatinine clearance.

26. Energy metabolism (BMR) - Basal metabolic rate and its importance, calorific values of food, unbalanced diet, protein energy malnutrition (PEM) , Essential fatty acids , dietary habits and diseases, biochemistry of starvation.

27. Electrolytes and water metabolism

COURSE OUTCOME-

After completion of the course, the student shall be able to:

1. Explain the molecular and functional organization of a cell and list its sub cellular components;
2. Correlate the fundamental aspects of enzymology and clinical application wherein regulation of enzymatic activity is altered;
3. Illustrate digestion and assimilation of nutrients and consequences of malnutrition;
4. Explain biochemical basis of inherited disorders with their associated sequelae;
5. Describe mechanisms involved in maintenance of body fluid and pH homeostasis;
6. Analyse the molecular mechanisms of gene expression and regulation, the principles of genetic engineering and their application in medicine

Assessment Scheme:

Theory	–	70Marks
Internal Assessment	–	30Marks

Biochemistry Practicals

SECTION – I

1. Indicators

2. Reactions of monosaccharides - Glucose and fructose
3. Reactions of disaccharides - Lactose, Maltose and Sucrose
4. Reactions of polysaccharides - Starch and dextrin
5. Reactions of Proteins - albumin, casein, gelatin
6. Coagulation and Precipitation and reactions of Proteins.
7. Reactions of Non Protein Nitrogen (NPN) - Urea, Uric acid and creatinine.
8. Analysis of Milk
9. Normal Constituents of urine
10. Analysis of abnormal urine.

SECTION -II

1. Determination of a. Blood Sugar b. Blood urea c. Total serum protein d. Total serum calcium e. Total serum cholesterol f. Total serum bilirubin
2. Determination of
 - a. Sugar in CSF
 - b. Proteins in CSF
 - c. Chlorides in CSF
3. Determination of albumin and urea in urine
4. Determination of SGOT and SGPT
5. Demonstration of principles of
 - a. Calorimetry and calorimeter
 - b. Paper chromatography
 - c. Electrophoresis
 - d. Glucose Tolerance Test (GTT)
 - e. Flame photometry.

COURSE OUTCOME

At the end of the course, the student will be able to:

1. Demonstrate conventional techniques/instruments to perform biochemical analysis relevant to clinical screening and diagnosis;
2. Analyse and interpret investigational data;
3. Demonstrate the skills of solving scientific and clinical problems and decision making.
4. The integrated knowledge of biochemistry will help the students to integrate molecular events with the structure and function of the human body in health and disease.

Assessment Scheme

Practical Assessment	-	90 Marks
Theory viva	-	60 marks
Practical viva	-	30 marks
Practical internal assessment-		10 Marks

Note:

1. Section - I of practicals shall be conducted by students in biochemistry laboratory.
2. Section - II of practicals shall be conducted by teaching staff as a part of demonstration/ seminar in the laboratory.

Recommended Textbooks For Biochemistry

1. Text book of Biochemistry - By Ramkrishna, Prasanna and Rajan
2. Biochemistry for medical students - By Debajyothi Das.
3. Text book of Biochemistry - By Rama Rao.
4. Text Book of Biochemistry - By Sathyanarayan.

Reference Book

1. Harper's review of physiological chemistry - By Harper
2. Text Book of Biochemistry - By Lubert Stryer
3. Biochemistry - By Albert Lehninger.
4. Text book of Biochemistry - By West & Todd
5. Laboratory manual of Biochemistry - By Pattabhiraman & Acharya
6. Laboratory manual of Biochemistry - By Rajgopal & Ramkrishnan

4. PHILOSOPHY OF NATURE CURE

Course type- Core Course

Course code – BNY 109, BNY110 ,BNY111P

Credits- 11

Objectives:

The objectives of introducing philosophy of Naturopathy to the undergraduate students is to make them understand philosophical basis of the system of Naturopathy, including concepts of health, causes and pathogenesis of disease and brief introduction to the various therapeutic modalities used in Naturopathy.

THEORY PNC PAPER -1

1. The evolution of the human body.
2. Philosophy of the body , mind , soul , life , spirit and spiritual body.
3. (a) Composition of the human body, according to Ayurveda, Naturopathy, Yoga, Modern Medicine & Homeopathy.
(b) History and Fundamental (Basic) principles of Naturopathy .
4. Comparative study of the Naturopathy with other systems of Medicine.
5. Ayurvedic Approach Towards Naturopathy.
6. Philosophy of Indian Naturopaths
 - Vegiraj Krishnamraju
 - Vinoba Bhave.
 - Mahatma Gandhi.
 - Dr. S.J.Singh
 - Dr.J.M.Jussawala
 - Dr. Vittal Das Modi
 - Dr.B.Venkat Rao
 - Dr. Dinsha K.Mehta
 - Dr.KulranjanMukherjee
 - Dr. K. LaxmanSharma
- 7 . Philosophy of Foreign Naturopaths

- | | |
|---------------------------|-----------------------|
| 1. Aesculapius | 11. Hippocrates |
| 2. The School of Salerno. | 12. Paracelsus |
| 3. Vincent Priessnitz. | 13. Sebastian Kneipp. |
| 4. Arnold Rickli. | 14. Louis Kuhne. |
| 5. Adolf Just. | 15. John H. Tilden. |
| 6. Sigmund Freud. | 16. Henry Lindlahr. |
| 7. Bernarr Macfadden | 17. Bernard Jenson |
| 8. Arnold Ehret | 18. Edwin Babbitt |
| 9. Herbert M. Shelton | 19. J.H. Kellogg M.D. |
| 10. Benedict Lust | |

8. Laws of Nature:

- Pancha MahaBhutas.
- Shareera Dharmas - Ahara, Nidra, Bhaya, Maithuna.
- Inflammation and its different stages.
- Natural rejuvenations.
- Violations of Laws of Nature resulting in diseases
- Dictum of Cure i) Remove the root cause ii) Eliminate the toxin iii) Supplement of the vital Nutrients iv) Conservation of the vital energy or nerve energy.

9. Catechism of Nature Cure

10. Swasthya Vritam:

a. Dinacharya.

b. Ratricharya.

c. Ritucharya.

d. Vegadharanam

11. Unity of disease, unity of cure and way of treatment. 12. How Nature Cures?
13. Foreign matter and Toxins accumulation in the body and its importance in elimination through different ways of channels. (Toxemia / Foreign Matter Theory).
14. How to acquire Natural immunity in diseases
15. Difference between functional and organic diseases.
16. Materia Hygienica
- a) Importance of Physical & Mental Hygiene
 - b) Revolution & Evolution of Hygiene
 - c) Hygiene not a cure
 - d) Hygienic care of the sick

- e) Applications of Hygiene
 - f) Medicine & the Hygiene contrasted
 - g) Women & Hygiene
 - h) Hygienists
 - i) Future of Hygiene
17. The Philosophy of Life:-
- a) The Primordial Requisites of Life (Basic Needs of Living)
 - b) The Laws of life.
 - c) Mystery of life
 - d) Life's Engineering
 - e) Safeguards of life.
 - f) How long can we live (Increase of average length of life), Are You Shortening Your Life? Why Live Long?
18. The Philosophy of Health
- a) Health Standards
 - b) Health & its Conditions
 - c) Ancient Man Was Healthier Than We Are.
 - d) Positive Habits
 - e) Vital Economy
 - f) Divine science of Health.
 - g) Nine Doctors at your Command.
 - h) Health Destroyer (Tea, Coffee, Salt, Sugar, Tobacco Chewing, Smoking, Alcohol, Non-Veg (Animal Food), Excess Fat & Oil, Negative Thinking & attitude etc.)
 - i) The Secret of Health - Storing Energy & Enzymes
 - j) Internal Symbiosis
 - k) Your Body: Do- it Yourself Repair Shop
19. The Philosophy of Disease in Nature Cure:
- a) The Essential Nature of Disease
 - b) The Occasions for Disease
 - c) The Suppression of Disease
 - d) Is Disease Friend or Foe?
 - e) The Rationale of Fever
 - f) Disease has Many Faces
 - g) You under the Doctor's Eye
 - h) Fallacy of Diagnosis
 - i) Iatrogenic Diseases
 - j) Physiological Compensation.
20. The Cure Core In Nature Cure:-
- a) Living Matter Cures Itself.
 - b) Reform Vs. Cure

- c) The Delusion of Cure
- d) To Cure The Incurable.
- e) Rest Cure

COURSE OUTCOME-

After completion of the course, the student shall be able to:

1. Illustrate the history of Naturopathy including major contributors to the field and their work;
2. Correlate the evolution and composition of the human body according to different schools of medicine such as Naturopathy, *Yoga*, *Ayurveda*, Homeopathy, Modern Medicine, etc.
3. Concepts of health and disease according to Naturopathy
4. Classify and Correlate Ten basic principles of Naturopathy
5. Describe Foreign matter, toxin accumulation, theory of Toxemia, Unity of disease and Unity of Cure.

Assessment Scheme:

Theory	-	70Marks
Internal Assessment	-	30Marks

PNC PAPER –II

1. Properties of Water, Mud, Air and Sunlight.
2. Health is positive and disease is Negative.
3. Basic concepts in Nutrition and balanced diet.
4. Role of diet in nature cure and yoga (Satvic, Tamasic, Rajasic)
5. Outlines on a) Regular Habits for health b) Rest and Relaxation c) Live Food- Natural Raw diet d) Fasting e) Exercises.
6. Fundamentals of Ayurveda
7. Fundamental of Siddha
8. Fundamentals of Homeopathy
9. Fundamentals of Unani
10. Fundamentals of Allopathy
11. The Diagnostic Procedures in Naturopathy & their Diagnostic Values:
 - a. Facial Diagnosis- The Science Of Facial Expression
 - b. Iridiagnosis
 - c. Chromo-Diagnosis
 - d. Spinal Analysis.
 - e. Arogya-Rakshaka Panchatantras and Their Importance In Restoration, Maintenance Of Health And Prevention Of Diseases.
12. Treatment Modalities in Nature Cure (in brief):
 - a. A) Enema - Colon Flushing
 - i. B) Colon Hydrotherapy. Hydrotherapy:
 - b. Hydrotherapy:
 - j) Hip Bath
 - i. Spinal Bath
 - ii. Spinal Spray
 - iii. Foot Bath
 - iv. Arm Bath
 - v. Contrast Arm & Foot Bath
 - vi. Steam Bath
 - vii. Sauna Bath
 - viii. Packs
 - ix. Full Wet Sheet Pack
 - x. Jacuzzi
 - xi. Sitz Bath
 - xii. Full Immersion Bath
 - xiii. Under Water Massage
 - xiv. Douches
 - xv. Cold Circular Jet Bath

Assessment Scheme:

Theory	-	70Marks
InternalAssessment	-	30Marks

PNC PRACTICALS

- a. Students should be introduced to various treatment procedures used in Naturopathy.
- b. Students should have knowledge of giving varioustreatments.
- c. Demonstration of :a) Natural Diet (Live food). b) Satvic boiled diet. c) Way of serving & various specialdiets.
- d. Practicals withrecord.v. Visiting to various nature cure clinics/ hospitals.

COURSE OUTCOME-

After completion of the course, the student shall be able to:

1. Understand Principles behind using the diagnostic procedures of Naturopathy, like spinal diagnosis, facial diagnosis, iris diagnosis, and chromo diagnosis.
2. Demonstrate knowledge of recent advances and research in Naturopathy principles/theories.
3. Demonstrate basic knowledge of the various therapeutic modalities utilised in Naturopathy;
4. Describe the various principles of Naturopathy with respect to the body, health, disease and therapy, diagnosis andmanagement

Assessment Scheme

PracticalAssessment	-	90 Marks
Theoryviva	-	60marks
Practicalviva	-	30 marks
Practicalinternalassessment-		10Marks

Text Books—

1. Philosophy ofNatureCure - By HenryLindlahr.
2. Practice ofNatureCure - By HenryLindlahr.
3. Human cultureandCure - By Dr. E.D.Babbit
4. PracticalNatureCure - By Dr. K.Laxman
Sharma.
5. History and Philosophy ofNatureCure - BY S.J.Singh

- | | |
|---|------------------------|
| 6. MyNature Cure | - By M.K.Gandhi |
| 7. Natural health care- A to Z | - By BelindaGram |
| 8. Introduction toNaturalHygiene | - By Herbert M.Shelton |
| 9. A Complete Hand book ofNatureCure | - By H.K.Bakhru |
| 10. Nature Cure - a wayoflife | - By S.R.Jindal |
| 11. The cure of advance cancer by Diet Therapy | - Dr. Max GersonM.D. |
| 12. Toxemia | - J.H.Tilden |
| 13. (i) Dainandin rogo kiPrakartikChikitsa
Mukherjee | - Dr. Kulranjan |
| (ii) Purane rogo kiGrahChikitsa
Mukherjee | - Dr. Kulranjan |
| (iii) Stri rogo kiGrahChikitsa
Mukherjee | - Dr. Kulranjan |
| (iv) Shishu rogo kiGrahChikitsa
Mukherjee | - Dr. Kulranjan |
| (v) AbhinavPrakartikChikitsa
Mukherjee | - Dr. Kulranjan |
| (vi) Khadya kinayiVidhi
Mukherjee | - Dr. Kulranjan |
| 14. (i) Swasthya keliyeBhojan | - Dr. BhojrajChhabaria |
| (ii) BinadavaTandurusti | - Dr. BhojrajChhabaria |
| (iii) SwasthyaavamSudaulata | - Dr. BhojrajChhabaria |
| 15. How toget well | - Dr. PaavoAirola |
| 16. The Encyclopedia of health &PhysicalCulture | - Dr. BernarrMacfadden |
| 17. Mywater cure
Kneipp | -Father Sebastian |
| 18. The New ScienceofHealing | - LouisKuhne |
| 19. Returnto Nature | - AdolfJust |
| 20. DietReformSimplified | - Dr. StanleyLief |
| 21. RationalFasting | - Dr. ArnoldEhret |
| 22. The Human Cultureand Cure | - Edwin Babbit |
| 23. Rogo kiAchookChikitsa
Verma | - Dr. Janaki Sharan |
| 24. The GreatestHealthDiscovery
HygieneSociety | - American Natural |
| 25. The History ofNaturalHygiene | - HerewardCarrington. |
| 26.Principles ofNaturalHygiene | -HerbertM.Shelton |
| 26. HealthForAll | -H.M.Shelton |
| 27. IntegratedHealingArts | - Dr.J.M.Jussawala |

28. PrakratikChikitsaSagar
Mishra - Dr. Gaurishankar
29. Speaking of Nature Cure
&S.Swaminathan - K.Laxmana Sharma
30. Human Life-its Philosophy&Laws - Herbert M.Shelton
31. How to Get Rid of The Poisons inYourBody
Null - Gary Null & Steven
32. Let'sGetWell -Adelle Davis
33. Be yourOwnDoctor -Ann Wigmore
- ReferenceBooks
1. My Nature Cure orPracticalNaturopathy - By S.J.Singh
2. The Science offacialexpression - By LouisKuhne
3. The Story of my experimentwithtruth - BY M.K.Gandhi
4. Ayurveda for health andlonglife - By Dr. R.K.Garde
5. Everybody'sguidetoNature Cure -BYHarryBenjamin
6. Prayer - By M.K.Gandhi
7. Diet andDietReforms - By M.K.Gandhi
8. Panchatantra - By VenkatRao
9. A. Nature Cure B. Healingfromwithin -By J.M.Jussawala
10. Miracleoffasting - By Dr. PaavoAirola
11. Raweating - By Aterhov & ByHira
- Lal
12. Vitality fasting&Nutrition - ByHereward
- Carrington
13. DeathDeferred -By HerewardCarrington
14. Natural NutritionofMan -By HerewardCarrington
15. Mucousless diethealingSystem - By ArnoldEhret
16. Natural Hygiene - Pristine wayoflife - By Herbert M.Shelton
17. Better Sightwithoutglasses - By HarryBenjamin
18. Swasthavrittavijyana - By R.H.Singh
19. FundamentalsofAyurveda - By K.N.Udupa
20. ArogyaPrakasha - By Ramnarayana
- Vaidya
21. ChikitsaTatvaDipika - By VaidyaMahaveer Prasad Pandey
22. PadarthVijanam - By Ram PrakashPathak
23. Gem ofSiddhaMedicine -By Dr. RamMurthy
24. Living life to LiveitLonger - By HerbertM.Shelton
25. Eating for Health with EmphasisonEconomy -ByL.Ramachandran
26. Hand BookofNaturopathy - By SukhbirSingh

27. Healing Through Natural Foods

- By H. K. Bakhru

28. The Human Body: Nature's Amazing Creation - By Dr. M. M. Bhamgara.

5. YOGA PRACTICES

Course type- Core Course

Course code – BNY 112, BNY 113P

Credits- 8

Objective:

The objective of teaching *Yoga* to undergraduate students is to familiarize them with basic principles of *Yoga* with respect to history, definitions, philosophy and practices of *Yoga*, with emphasis of *AshtangaYoga*.

THEORY

1. Different definition of yoga, its philosophy & origin.
2. Fundamental outlines of Astanga Yoga.
 - a) Yama
 - b) Niyama
 - c) Asanas : Shirshasana, Vajrasana, Supta Vajrasana Paschimottanasana, Baddha Padmasana, Trikonasana , Ardhakati and Kati Chakrasana, Padahastanasana, shavasana,
 - d) Pranayama-Suryabhedana, Ujjayi, Bhastrika, Sheetkari, Sheetali, Bhramari, Murcha, Plavini.
 - e) Prathyahara
 - f) Dharana
 - g) Dhyana
 - h) Samadhi
3. Kriyas
 - i) Neti
Jal
Sutra
Ghrita
 - ii) Dhouti
Vamana
Vastra
Danda
 - iii) Nauli
Madhya
Dakshina & Vama
 - iv) Trataka
Bindu
Jyoti
 - v) Kapalabhati

4. Rules & regulations to be followed for practising asanas, difference between exercise and asanas.
5. The life sketches, philosophy of Socrates, Plato, Aristotle, Adisankaracharya, Ramanujan, Maharshi Dayananda Saraswati, Ramakrishna Paramahansa, Swami Vivekananda, Swami Kuvalyanada, Ramana Maharshi, A.C. Bhakti vedanta Prabhupada, Jiddu Krishna Murthy, Shirdi Saibaba, Buddha, Mahavir, Shri Aurabindo, Sant Hirdaram Sahibji, Swami Lilashah, SantKanwarram

COURSE OUTCOME-

After the completion of the course, the student shall be able to:

1. Explain the various definitions of *Yoga*, history of *Yoga* and branches of *Yoga* ;
2. Describe kinds of *Yogasanas*, its importance, methods, rules, regulations and limitations;
3. Illustrate the various limbs of *AshtangaYoga*;

Assessment Scheme:

Theory	–	50Marks
InternalAssessment	–	15Marks

Yoga Practicals

Asanas

Kriyas

Pranayama

Dharana

Dhyana-Meditation

Practicals with records.

ASANAS

A. Standing Postures

1. Tadasana
2. ArdhakatiChakrasana
3. Padahastasana
4. Ardha Chakrasana,,
5. Kati Chakrasana
6. Trikonsana

B. SupinePostures

1. Shavasana
2. Matsyasana
3. Sarvangasana
4. Halasana
5. Chakrasana
6. Pavanmuktasana.

C. Prone Postures

1. Makarasana
2. Bhujangasana
3. ArdhaShalabhasana
4. Shalabhasana
5. Dhanurasana

D. Sitting Postures

1. Vakrasana
2. Ardhamatsyendrasana
3. Paschimottanasana
4. Ustrasana
5. Vajrasana
6. Padmasana
7. BaddhaPadmasana
8. Supta Vajrasana

Pranayama

1. Kapalbhati
2. Bhastrika
3. Sheetakari

4. Sheetali
5. Anuloma Viloma
6. Ujjayi
7. Bhramari
8. Plavani

Kriyas

1. Neti - Jala -Sutra
2. Dhouti -Vaman
3. Nauli - Dakshina -Madhya
4. Trataka -Jyoti
5. Kapalbhata

COURSE OUTCOME

After the completion of the course, the student shall be able to:

1. Demonstrate knowledge of *pranayamas*, *prana* and lifestyle, breathing and lifespan.
2. Demonstrate various types of *Yogasanas* in their correct method of performance;
3. Demonstrate different *pranayamas*.
4. Explain about the definitions, origin, branches of *Yoga*.

ASSESSMENT SCORE

PRACTICAL SCORE- 20

INTERNAL ASSESSMENT - 15

Reference Books

1. Sukshma Vyayama - Swami Dharendra Brahmachari
2. Basis and definitions of Yoga - Vivekananda Kendra
3. Raja Yoga - Swami Vivekananda.
4. Asanas - Swami Kuvalyananda.
5. Glimpses of Divine Light - S.K. Das.
6. The Gospel of Buddha - Parul Caruso
7. The Gospel of Sri Ramakrishna - Mahendranatha Gupta
8. Complete works of Sri Aurobindo - Sri Aurobindo
9. Asanas, Pranayama, Mudras & Bandhas - Swami Satyananda Saraswati,

10. Yoga in Daily life - Dr. A.U. Rahman
11. Yoga- The science of Holistic living - VK Syoga
12. Yogasana Vigyan - Swami Dharendra Brahmachari

6.SANSKRIT

Course Type – Ability Enhancement Course (NON EXAM)

Course Code- BNY114

Credits: 1

Objective:

The objective of teaching *Sanskrit* to undergraduate students is to provide a comprehensive knowledge of *Sanskrit* in order to be able to study, understand, comprehend and utilise the knowledge contained in Indian traditional texts in their professional practice, **especially in the field of Yoga.**

Theory

Basic Orientation

Knowledge of Devanagari script - alphabet, i.e. vowels, consonant vowel combination, two consonant combinations, special conjunct consonants and their pronunciation associated with their articulation.

Chapter 1

Verb roots, nine forms for three persons and three numbers; practice all the verb roots and their forms for correct pronunciation; usage of prefixes and how they change the meaning of the verb root and how to find them in the dictionary.

Chapter 2

Noun, masculine and neuter genders; 8 cases and their possible meanings; 24 forms of a noun and its declensions; practice of other similar declensions and usage of the 24 forms of a noun. Introduction to write a sentence; syntax, prepositions and their definite requirements of cases; rule how „ra/sha“ changes dental „n“ to cerebral „N“ and its exceptions for this rule; repeat declensions for pronunciation.

Chapter 3

Noun- feminine gender; both ā ending and i-ending and practice of similar declensions. Practice of writing sentences with words mainly in feminine gender; exercises mainly for the feminine gender illustration; special declensions where dental „n“ changes to cerebral „N“; repeat all feminine noun declensions.

Chapter 4

Madhurashtakam illustrating all the three genders of nouns and study of the adjectives, having all the three genders and changing according to the gender of different qualified nouns; Midterm examination.

Chapter 5

Ex 32-38 ; models of declensions; how to recognize a gender or find the gender using the dictionary and write declensions of new words according to their models of declensions, while applying the rule changing dental „n“ to cerebral „N“; making simple sentences for all the words given there; repeat vowel-ending model declensions.

Chapter 6

Exercises for appropriate use of the cases; irregular verbs; absence of verb root “to have” in Sanskrit; where to omit root „AS“ (to be), use of certain special verbs; repeat model declensions.

Chapter 7

Pronouns: Introduction to pronouns; declensions of pronouns; corresponding translations of pronouns into English; forming sentences with pronouns; Different aspects of pronouns being used as demonstrative pronouns and as interrogative pronouns and details of distance specification.

Chapter 8

Sandhi explanation; three major kinds of Sandhi: Vowel-Sandhi, Visarga-Sandhi and Consonant- Sandhi, and fifteen exercises.

Parasmaipadi (P) and *Atmanepadi* (A) forms of verbs; Verb and ten *Ganas*; how to find the *Gana* using the *Apte Samskrta - English Dictionary*

Verb and ten *Lakaras*; mastering five *Lakāras* of both *Parasmaipadi* and *Atmanepadi* and doing the pertaining exercises for that.

Chapter 9

Vaidhyakeeyasubhashitasahityam:

Ragarogya vijnanam

Vyayama vijnanam

Pranayama vijnanam
Madhyagunadosha vijnanam.

Text Books:

Dr. Sarasvati Mohan, Samskrta Level-2, Samskrta Academy
Dr. Sarasvati Mohan, Samskrta-English-Samskrta Dictionary, Samskrta
Academy.
Dr. Sarasvati Mohan, Samskrta Level-3, Samskrta Academy
Vaman Sivaram Apte, Samskrta-English Dictionary, Samskrta
Academy

Reference Books:

Samskrtabhasadipika, Sri Surasaraswati Sabha (R) Sringeri, Bangalore,
2003.

7. English Communication

Course Type – Ability Enhancement Course, Course Code - AECC 1

Credits: 1 (NON EXAM)

Objective

The purpose of commencing English communication skills course is to develop in students fundamental communication skills being integral to personal, social and professional interactions. One of the significant associations among human beings is the ability to share thoughts, emotions and ideas through various means of communication: both verbal and non-verbal. The present course hopes to address most of these aspects through an interactive approach of teaching learning process; focusing on various dimensions of communication skills. The course also focuses on enhancing the ability to handle casual and formed situations in terms of personal and intellectual grooming.

SYLLABUS

Module 01 – Self Introduction

- Introducing self
- Speaking about achievements
- Voicing future aspects

Module 02 – Non verbal Communication

- Body Language
- Paralanguage skills

Module 03 – Manners and Etiquettes

- Personal grooming
- Dress code
- Telephone etiquettes
- Intellectual grooming

Module 04 – Conversation in Real life situations

- Meeting people,
- Traveling
- Visiting Places
- Shopping

Module 05 – Public Speaking skills

- Extempore
- Role Play
- Group Discussion

Module 06 – Basic Computer Skills

- Computers, Hardware & Software
- Internet, Emails and Search Engine
- MS Office
- Using Internet for Medical Research

Module 07 – Practical Assessment

- Presentations

COURSE OUTCOMES:

1. Projecting the first impression
2. Use simple forms of polite expressions to establish basic social contact and to perform everyday functions including making requests and offers, conducting simple phone conversations, asking and telling time, giving simple directions, asking about price, ordering a meal, etc.
3. Students learn to use general, social and professional language.
4. Polishing manners to behave appropriately in social and professional circles.
5. Handling difficulty situations with grace style and professionalism.

Books Recommended:

1. An introduction to Professional English and Soft Skills by B. K. Das et al., Cambridge University Press
2. Technical Communication: Principles and Practice, Second Edition by Meenakshi Raman and Sangeeta Sharma, Oxford Publications.
3. Effective Technical Communication by M Ashraf Rizvi, The McGraw-Hill companies.
4. Understanding Body Language by Alan Pease.
5. Communicative Grammar of English by Geoffrey Leech and Ian Svartik.
6. Better English Pronunciation by J.D.O'Connor.
7. English Grammar by Wren and Martin.
8. Strengthen Your English, M. Bhaskaran and D. Horsburgh, Oxford University Press, Delhi 1973

SECOND YEAR
1.PATHOLOGY
Course type- Core Course

Course code-BNY 201, BNY202P

Credits- 4

Objective :

The objective of teaching pathology to undergraduate students is to provide a comprehensive knowledge of the mechanisms and causes of disease, so that he/she is able to comprehend fully the natural history and clinical manifestations of disease.

THEORY

General Pathology

1. History and Scope of Pathology
 - a) Definition and various branches in Pathology.
 - b) Scientific study of disease and methodology.
2. The cell and the reaction of cell, tissue and organ to injury.
 - a) Structure of cell and its function.
 - b) Causes and nature of cell injury.
3. Reaction of cell to Injurious agents.
 - a) Lethal injury- Necrosis and gangrene.
 - b) Cloudy swelling.
 - i) Fatty changes in Liver, heart and kidney.
 - ii) Glycogen infiltration and hyaline degeneration.
 - iv) Lipoid degeneration.
 - v) Mucoïd degeneration.
 - c) Pathological Calcification
4. Inflammation and Repair:
 - a) Definition, Classification and nomenclature.
 - b) Acute Inflammation.

Vascular and cellular phenomenon, cell of exudate chemical mediators and tissue changes in acute inflammation Cardinal signs of acute inflammation, Fat, types and systemic effects of acute Inflammation.
5. Chronic Inflammation :
 - a) Difference between acute and chronic inflammation.
 - b) Definition of Granuloma.
6. Wound healing:
 - a) Regeneration and Repair.

- b) Repair of epithelial and mesenchymal tissue.
- c) Primary union and secondary union.
- d) Mechanism involved and factors modifying repair process.
- 7. Gangrene - Causes, Dry Gangrene, Moist gangrene, Gas gangrene
- 8. Granulomas:
 - a) Classification of granulomas.
 - b) Tuberculosis- Genesis and fate of tubercle, primary and secondary tuberculosis.
 - c) Definition, Classification and Pathology of Leprosy.
 - d) Acquired, Primary, Secondary and Tertiary stages of syphilis.
 - e) C.N.S. syphilis, C.V.S. syphilis and Gumma, congenital syphilis.
 - f) Actinomycosis, maduramycosis and rhinosporidiosis.
- 9. Fluid and Hemodynamic Changes (circulatory disturbances):
 - a) Hyperemia, congestion and hemorrhage.
 - b) Thrombosis, embolism, DIC.
 - c) Ischemia, infarction and shock.
 - d) Edema.
- 10. Immunopathology:
 - a) Basic Pathological mechanism in autoimmune disorders.
 - b) Concept of immunodeficiency disorders.
 - c) Pathology of AIDS.
- 11. Growth and its disorders:
 - a) Definition of agenesis, aplasia, atrophy, hyperplasia, hypertrophy, hypoplasia, metaplasia.
 - b) Concept of dysplasia, anaplasia and carcinoma-in-situ.
- 12. Neoplasia:
 - a) Definition, Classification and Nomenclature.
 - b) Characteristic features of benign and malignant tumours.
 - c) Route of spread of malignant tumours.
 - d) Grading and staging of cancers and pre-cancerous conditions.
 - e) Carcinogenesis and carcinogens.
 - f) Laboratory diagnosis of cancer-Biopsy, exfoliative cytology and prognostic prediction in cancer.
 - g) Description of common tumours like-Fibroma, Lymphoma, Angioma, Leiomyoma and Fibrosarcoma, Lymphosarcoma, Angiosarcoma and Leiomyosarcoma..
 - h) Tumours of infancy and childhood.
- 13. Mineral and pigment metabolism:
 - a) Pathology of melanin pigment
 - b) Pathology of hemoglobin and its derivatives

- c) Hemosiderosis and hemochromatosis
- 14. Genetic disorders:
Klinefelter's syndrome, Turner's syndrome, Down's syndrome.

SYSTEMIC PATHOLOGY

1. Disorders of RBC
 - a) Definition, morphologic and etio-pathologic classification of anemias. Iron deficiency anemia-B12 and folate deficiency anemia, sideroblastic anemia, post-hemorrhagic anemia.
 - b) Concept and classification of hemolytic anemias.
 - c) Laboratory investigations in anemia.
2. Disorders of WBC
 - a) Leukopenia & Leukocytosis.
 - b) Agranulocytosis and Tropical Eosinophilia.
3. Coagulation and bleeding disorders
 - a) Structure, function and pathology of platelets.
 - b) Definition and classification of blood dyscrasias.
 - c) Laboratory investigations in bleeding disorders.
4. Diseases of Cardiovascular System
 - a) Arteriosclerosis and Atherosclerosis.
 - b) Aneurysm.
 - c) Rheumatic heart disease, Endocarditis, Myocardial Infarction.
 - d) Congenital heart diseases.
 - e) Congestive cardiac failure.
5. Diseases of Respiratory System
 - a) Lobar Pneumonia, bronchopneumonia, pulmonary Tuberculosis.
 - b) Bronchiectasis and Pneumoconiosis.
 - c) Tumors of lung.
6. Diseases of Gastro-intestinal system
 - a) Pleomorphic adenoma of salivary gland.
 - b) Barrett's Oesophagus.
 - c) Gastritis and peptic ulcer and tumors of stomach.
 - d) Inflammatory bowel diseases- Crohn's disease, ulcerative colitis, typhoid ulcer.
 - e) Megacolon and Tumors of colon.
 - f) Malabsorption syndrome, tropical sprue and Coeliac disease.
 - g) Amoebiasis, bacillary dysentery and intestinal tuberculosis.
7. Diseases of liver, biliary tract and pancreas:
 - a) Liver function tests and hepatic failure, viral hepatitis.
 - b) Cirrhosis of liver. tumors of liver.

- c) Alcoholic liverdiseases.
 - d) Indian childhood cirrhosis.
 - E)cholecystitis andGallstones.
 - f) Pancreatitis and Diabetes Mellitus.
8. Diseases of Kidney:
 - a) Renal function tests, Renal failure, Polycystickidney.
 - b) Acute glomerulonephritis, Cresentric glomerulonephritis, Membranous glomerulonephritis, Nephroticsyndrome.
 - c) Chronic glomerulonephritis , acute tubularnecrosis.
 - d) Pyelonephritis, Kidney inhypertension.
 - e) Tumors of Kidney.
 9. Diseases of Male Genitalsystem
 - a) Orchitis and testiculartumors.
 - b) Nodular hyperplasia of prostate, carcinoma ofprostate.
 - c) Carcinoma ofpenis.
 10. Diseases of Female ReproductiveSystems
 - a) Endometrial hyperplasia, adenomyosis andendometriosis.
 - b) Carcinoma of cervix, tumors ofovary.
 - c) Carcinoma and other diseases of vulva anduterus.
 11. Diseases of Breast
 - a) Fibrocystic disease and tumors ofbreast.
 - b) Gynaecomastia,
 12. EndocrinePathology
 - a) Endocrinal lesions in brief mainly stressing on thyroid and Pheochromocytoma.
 13. Musculo-skeletal Pathology
 - a) Osteomyelitis andOsteoporosis.
 - b) Rickets andOsteoporosis.
 - c) Tumors of Bone.
 - d) Rheumatoid Arthritis,Gout.
 - e) Myasthenia gravis and Progressive muscular dystrophy.
 14. Diseases of NervousSystem
 - a) Meningitis, tumors ofCNS.
 - b) Tumors of PeripheralNerves.
 - c) Encephalitis.
 15. Diseases of Lymph nodes andSpleen
 - a) Lymphadenopathy.
 - b) Malignant Lymphoma, basal cellcracinoma.
 16. Pathology ofSkin
 - a) Squamous cell carcinoma, Basal cell carcinoma.

- b) Malignant melanoma.
- c) Warts, Molluscum contagiosum.
- d) Fungal diseases.
- 17. Pathology of Eye.
- 18. Pathology of ENT.
- 19. Clinical Pathology Including Clinical Hematology & Clinical Bio-Chemistry.

1. Sample Collections for various hematological and clinical pathological investigations and anticoagulants used.
2. Theoretical aspects of HB estimation; hematocrit, blood indices, ESR and normal values in Hematology.
3. Blood grouping concept of blood groups.
 - a) Selection of donor, major and minor cross-matching.
 - b) Blood transfusion, diseases transmitted by transfusions.
 - c) Coombs test.
4. CSF Analysis.
5. Semen Analysis.
6. Urine analysis and microscopy.
7. Liver Function tests.
8. Renal function tests.
9. Glucose tolerance test.
10. Exfoliative cytology.

COURSE OUTCOME-

After the completion of the course, the student shall be able to:

- a. Explain the structure and ultra-structure of a sick cell, mechanism of cell degeneration, cell death and repair and be able to correlate structural and functional alterations.
- b. Describe the pathophysiological processes which govern the maintenance of homeostasis, mechanisms of their disturbance and the morphological and clinical manifestations associated with it;
- c. Analyse the mechanisms and patterns of tissue response to injury such that he/she can appreciate the pathophysiology of disease processes and their clinical manifestations;
- d. Correlate normal and altered morphology (gross and microscopic) of different organ systems in common diseases to the extent needed for understanding of disease processes and their clinical significance.

Assessment Scheme:

Theory	–	70 Marks
Internal Assessment	–	30 Marks

PATHOLOGY PRACTICALS

I. Hematology

1. Blood groups (A.B.O.System)
2. Estimation of hemoglobin.
3. Enumeration of RBCs (R.B.C. Count)
4. Total leucocyte count (total count)
5. Differential leucocyte count (D.L.C.)
6. Peripheral Smear staining and reporting
7. Absolute eosinophil count.
8. Demonstration of
 - a) Hemograms in anemia
 - i) Iron deficiency anemia
 - ii) Macrocytic anemia
 - b) Hemograms in Leukaemias
 - i) Acute types
 - ii) Chronic types
9. Slide study of:
 - a) Acute myeloid leukaemia
 - b) Chronic myeloid leukaemia
 - c) Chronic lymphatic leukaemia

II. SPOTTERS:

A. HAEMATOLOGY SLIDES

1. Microcytic Hypochromic Anaemia.
2. Macrocytic Anaemia.
3. Dimorphic Anaemia.
4. Acute Leukemia.
5. Chronic Myeloid and Chronic Lymphatic Leukemia.
6. Eosinophilia.

B. HISTO- PATHOLOGY SLIDES FOR DISCUSSION

1. Acute Appendicitis.
2. Lobar Pneumonia.
3. T. B. Lymphadenitis.
4. Lipoma, Fibroma, Squamous Papilloma.
5. Squamous Cell Carcinoma.
6. Adenocarcinoma,
7. Osteosarcoma, Osteoclastoma.
8. Pleomorphic Adenoma.
9. Teratoma, Seminoma of Dysgerminoma.
10. Cyst glandular Hyperplasia.
11. Proliferative Hyperplasia.

12. Secretary Endometrium.

C. INSTRUMENTS FOR SPOTTING

1. Wintrobe's Tube.
2. Westergreen.
3. RBC pipette.
4. WBC Pipette..
5. Lumbar Puncture Needle.
6. Liver biopsy Needle.

III. MORBID ANATOMY

1. Acute Appendicitis.
2. Lobar Pneumonia.
3. TB Lung.
4. Gastric Ulcer.
5. Carcinoma Stomach.
6. Carcinoma Breast
7. Atherosclerosis.
8. Dermoid Cyst of Ovary
9. Seminoma Testis.
10. Chronic Pyelonephritis.

IV. CLINICAL PATHOLOGY

1. Examination of urine for:
A) Sugar, Ketone Bodies.
B) Protein and Blood.
2. Semen Analysis
3. Pregnancy Tests.
4. Liver Functions Test.
5. Fractional Test meal.
6. Glucose tolerance Test.

COURSE OUTCOME-

After the completion of the course, the student shall be able to:

1. Elaborate on principles, procedures and interpretation of results of diagnostic laboratory tests;
2. Perform with proper procedure simple bed side tests on biological fluid samples like blood, urine etc.
3. Prepare investigation flow-charts for diagnosing and managing common diseases;
4. Identify biochemical and physiological disturbances in diseases;

Assessment Scheme

Practical Assessment - 90 Marks

Theoryviva	-	60marks
Practicalviva	-	30 marks
Practicalinternalassessment-		10Marks

Recommended Text books for Pathology:-

1. Pathological BasisofDisease - By Robbins, Cotran andKumar
2. Text BookofPathology - By N.C.Dey
3. Text BookofPathology - By HarshMohan

Reference Books-

1. Text BookofPathology - ByAnderson
2. SystemicPathology - BySymmers
3. MadicalLaboratoryTechnology -By RamnikSood
4. Pathology - ByBoyd
5. Oxford Text Book ofPathology
6. ThescienceandfineartofDiseaseProcess(Orthopathy) - Herbert M.

Shelton

2.MICROBIOLOGY

Course type- Core Course

Course code-BNY 203, BNY 204P

Credits- 5

1. OBJECTIVE:

The objective of teaching microbiology to undergraduate students is to provide a comprehensive knowledge of the natural history, mechanisms and causes of infectious disease, including etiology, pathogenesis, laboratory diagnosis, treatment and control of diseases in the community.

THEORY

1. General Bacteriology:

- a) Historical Introduction
- b) Morphology and Physiology of Bacteria.
- c) Sterilisation and Disinfection
- d) Cultivation of Bacteria
- e) Bacterial Growth and Multiplication
- f) Basic Principles of Bacterial Genetics

2. Immunology

- a) Infection and Immunity
- b) Immunoglobulins and Immune Response
- c) Immune System and Antigen-Antibody Response
- d) Complement and other Serological Tests
- e) Hypersensitivity
- f) Basic Principles of Auto-Immunity.

3. Systemic Bacteriology

Streptococcus, Staphylococcus and Pneumococcus, Gonococcus, Meningococcus, Corynebacterium, Clostridium, Hemophilus, Bordetella, Mycobacterium, Spirochaetes, Yersinia, Chlamydia.

4. Parasitology

- a) Protozoology Entamoeba and Plasmodium
- b) Helminthology- Ankylostoma, Ascariasis, Taenia, Wucheraria.

5. Virology

- a) General properties- of Virus and their diagnosis.
- b) Herpes, Adenovirus, Picorna, Hepatitis Virus
- c) Poxvirus, Rabies Virus, Poliovirus, HIV, Bacteriophage

6. Mycology

- a) General Characters and methods used of study and diagnosis of fungal infections.
- b) Superficial mycoses, systemic mycoses, Candidiasis, Aspergillosis, Mycetoma, Rhinosporidiosis.

7. Applied Microbiology

- a) Normal bacterial flora of human body.
- b) Diagnostic methods in common diseases
 - i) Meningitis, UTI, PID, Gastroenteritis, Respiratory Infection.
 - ii) Urogenital Infections, Pyogenic Infections, Nosocomial Infections, Infections of Ear, Eye and Oral Cavity
- c) Bacteriology of Water.

COURSE OUTCOME-

After the completion of the course, the student shall be able to:

1. Describe all the infectious micro-organisms of the human body and host-parasite relationship
2. Describe parasitic micro-organisms (viruses, fungi, bacteria, parasites) with the pathogenesis of the diseases they cause;
3. Illustrate sources and modes of transmission, including insect vectors, of pathogenic and opportunistic organisms;

4. Describe the pathways and mechanisms of immunity to infection
5. Correlate knowledge about different vaccines that are available for the prevention of communicable diseases;

6. Assessment Scheme:

Theory	–	70Marks
Internal Assessment	–	30Marks

MICROBIOLOGY PRACTICALS

1. Microscopes & Microscopy
2. Sterilization & Disinfection
3. Morphology of Bacteria
4. Culture media
5. Culture methods
6. Staining of Bacteria
 - a) Grams staining
 - b) Alberts staining
 - c) Z-N staining
7. Stools Examination
8. Identification of Bacteria
9. Demonstration of V.D.R.L. test
10. Demonstration of Widal test.

COURSE OUTCOME-

After the completion of the course, the student shall be able to:

1. Illustrate and Effectively use sterilization and disinfection to control and prevent nosocomial and community acquired infections;
2. Analyse and Order laboratory investigations for bacteriological examination of food, water and air.

3. Analyse and Prescribe and interpret laboratory investigations for diagnosis of communicable diseases and identify infectious agents by clinical manifestations;
4. Demonstrate common bed-side tests to detect and identify pathogenic agents, such as blood film for malaria, filaria, gram stain and Acid Fast Bacilli (AFB) staining and stool sample for ova cyst, etc.

Assessment Scheme

Practical Assessment	-	90 Marks
Theory viva	-	60 marks
Practical viva	-	30 marks
Practical internal assessment-		10 Marks

Text Books

1. Text Book of Microbiology - By R. Anantha Narayana & C.K. Jayaram Paniker
2. Parasitology - By Jayaram Panikar
3. Bacteriology - By Dey
4. Text Book of Microbiology - By Chakravarthy

Reference Books

1. Parasitology - By Chattarjee
2. Practical Microbiology - By R. CruickShank
3. Clinical Microbiology - By Bailey & Scott
4. Medical Laboratory Manual - By Monica Cheesbrough

3.COMMUNITY MEDICINE

Course type- Core Course

Course code-BNY 205,BNY 206P

Credits- 4.5

Objective:

The objective of teaching Community Medicine to undergraduate students is to prepare them to function as community and first level physicians in accordance with the institutional objectives.

THEORY

1. Evolution of Medicine Ancient Medicine, Scientific Medicine, Modern Medicine, Medical Evolution.
2. Concepts in Community Health Concepts of Health, Health & Development, Indicators 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.
3. General Epidemiology Introduction, Measurement of Mortality & Morbidity, Epidemiologic Methods Descriptive Studies, Analytical Studies, Intervention studies, Association & Causation, Uses of Epidemiology, Infection Diseases Epidemiology, Disease Transmission, Immunity, Immunizing Agents, Disease Preventions & Control, Disinfection, Investigation of an Epidemic.
4. Genetics.
5. Screening of Diseases Concepts, uses, criteria for screening, sensitivity & specificity
6. Epidemiology of communicable Diseases
 - a. Respiratory infections-smallpox, varicella, measles, rubella, Mumps, influenza, Diphtheria, Pertussis, Tuberculosis
 - b. Intestinal Infections - Polio, Viral hepatitis, Cholera, Acute Diarrhoeal Diseases, Typhoid, Food Poisoning, Amebiasis, Ascariasis, Ancylostomiasis, Taeniasis

- c. Arthropod - borne infections Yellow fever, Japanese Encephalitis, Malaria, Filaria.
 - d. Surface Infections- Rabies, Trachoma, Tetanus, Leprosy, STD, AIDS.
7. Epidemiology of non-communicable diseases Cancer, Cardio-Vascular Diseases, Diabetes, Obesity, Blindness, Accidents, Hypertension, Stroke, Rheumatic Heart Disease.
 8. Demography & Family Planning Demographic cycle, Population trends, Fertility related Statistics, Health aspects of Family planning, Contraceptive methods and Delivery System, National Family Welfare Programme.
 9. Preventive Medicine in Obstetrics, Paediatrics & Geriatrics Antenatal, Intranatal, Postnatal Care, Low Birth Weight, Infant Feeding, Growth & Development, Growth Chart, Under fives clinic, National Health Policy, Indicators of MCH care, School Health Services, Behavioral Problems, Geriatrics.
 10. Environment & Health and Occupational Health Purification of water & water Quality Standards, Air, Ventilation, Lighting, Noise, Radiation, Air Temperature & Humidity, Housing, Solid Wastes Disposal & Control, Excreta Disposal, Water Carriage System, Modern Sewage Treatment, Entomology Mosquito, Housefly, Lice, Itch mite, Cyclopes, Rat Flea, Rodents, Insecticides - Hazards, Diseases, Preplacement Examination, Measures for General Health, Protection of Workers, Prevention of Occupational Diseases, Legislation.
 11. Basic Medical Statistics Censes, Vital Events, Legislation, SRS, Notification of Diseases, Measures of Dispersion & Centring, Sampling, Tests of Significance, Correlation & Regression.
 12. Health Educations and Communication Objectives, Principles, Aids, Practice of Health Education, Planning and Evaluation.
 13. Health Planning - Management - International Health Organizations. Planning Cycle, Management Methods & Techniques, National Health Policy, Health Planning in India, Five Year Plans, Health Systems in India- at Centre, State and District Levels, Panchayat Raj, Rural Development Schemes.

14. Health care of Community - Health Systems and National Health Programmes. Levels of Health care, Health for All, Primary Health Care, Health Care Delivery, Health Problems, Health Care Services and Systems, Voluntary Agencies, National Health Programmes.

COURSE OUTCOME

After completion of the course, the student shall be able to:

1. Describe the health care delivery system including rehabilitation of the disabled in the country;
2. Describe the National Health Programmes with particular emphasis on maternal and child health programmes, family welfare planning and population control;
3. Classify and List epidemiological methods and describe their applications to communicable and non-communicable diseases in the community or hospital situation;
4. Illustrate the demographic pattern of the country and appreciate the roles of the individual family, community and socio-cultural environment in health and disease;
5. Explain the health information systems;
6. Correlate the principles and components of primary health care and national policies to achieve the objective of „Health administration, Health education in relation to community“.

Assessment Scheme:

Theory	-	70Marks
Internal Assessment	-	30Marks

COMMUNITY MEDICINE PRACTICALS

- | | | | |
|----|----------------------------------|---|--------------|
| 1. | Insecticides | - | 10 + Models. |
| 2. | Universal Immunization Programme | - | 10 + Models. |
| 3. | Communicable Diseases | - | 10 + Models. |
| 4. | Insect Borne Diseases | - | 10 + Models. |
| 5. | Microscope Slides | - | 10 + Models. |
| 6. | Environment and Sanitation | - | 10 + Models. |
| 7. | Statistical Charts | | |
| 8. | Field Visits | | |

- a) Rural HealthCentres.
- b) Sewage DisposalPlant.
- c) Water Filtration Plant.
- d) Nature CureHospitals.
- e) Yoga Institutes etc.

COURSE OUTCOME-

1. Illustrate epidemiology as a scientific tool for making national decisions relevant to community and individual patientintervention;
2. Analyse, interpret and present simple community and hospital baseddata;
3. Deduce, Diagnose and manage common health issues and emergencies atthe individual family and community levels with existing healthcare resources, respecting socio-culturalbeliefs.
4. Demonstrate, Design, implement and evaluate health education program using simple audio-visualaids

Assessment Scheme

PracticalAssessment	-	90 Marks
Theoryviva	-	60marks
Practicalviva	-	30 marks
Practicalinternalassessment-		10Marks

TEXT BOOKS:

1. Text Book of preventive and Social Medicine-By J.E. Park & K.Park
2. Text Book of preventive and Social Medicine-By B.K. Mahajan & M.C. Gupta

REFERENCE BOOKS :-

1. Preventive Medicine by Dr.Ghosh.
2. Preventive Medicine by Dr. Yashpal Bedi. REFERENCEPAPERS:-
 - World Health Organization Programmespapers.
 - National Health Programmespapers.

- Voluntary Health Programmes Papers.
- Red Cross Programmes Papers.
- UNICEF Programmes papers.

4.YOGA PHILOSOPHY

Course type- Core Course

Course code-BNY207, BNY 208P

Credits- 5

Objective:

The objective of teaching *Yoga* philosophy to undergraduate students is to understand the intricacies of *Yoga* as a philosophy, its relation to ancient texts, other religious thoughts like Buddhism, with reference to *nyaya*, *vasistha*, *samkhya*, *mimamsa*, *Vedanta* and *PatanjaliYogasutras*.

THEORY

1. Yoga, its definition, its basis, purpose, its relation to philosophy and its application.
2. Historical highlights of Yoga- Practices and literature from the ancient to modern times with special refernce to nature of yoga upanishads, smrithis & puranas.
3. The philoshpical Nature of Man and his essence, destiny in concept ofYoga.
4. The theory of Body, Mind, Life and Nature of soul, and evidence for the existence of soul. 5. The existential situation of man as reflected in European and Indianthought.
6. Basic concepts of Indian Psychology-definition a brief history of psychology, contemporary psychology according to Freud, Mr.Woodsworth and varioud psychologists, yogic science in relation to Psychology.
7. AstangaYoga (8-Limbs ofYoga-patanjali)
8. Streams of Yoga-Jnana Yoga, Karma Yoga, Raja Yoga and Bhaktiyoga.
9. Asanas - their importance, methods, rules, regulations andlimitations.
10. Spiritual values of pranyama & kriyas, their methods, importance, rules and regulations, difference between breathing exercises &Pranayama.

COURSE OUTCOME

After the completion of the course, the student shall be able to:

1. Illustrate the basic understanding of *Yoga* as aphilosophy

2. Explain the various schools of philosophy which had an influence on *Yogic text* like buddhism, *samkhya*, *mimamsa* etc.
3. Correlate the concept of *brahman* according to *Vedanta*.
4. Describe spiritual values of pranayama and kriyas.

Assessment Scheme:

Theory	–	70Marks
Internal Assessment	–	30Marks

YOGA PRACTICAL

Loosening exercises (Shitikanana Vyayama) & Breathing exercises- all exercises from "Asanas" pranayama Kriya.-Vivekananda Kendra Publication.

I) Yogasanas

- | | |
|--------------------------|--------------------------|
| 1. Siddhasana | 2. Padmasana. |
| 3. Bhadrasana. | 4. Samasana. |
| 5. Swastikasana. | 6. Vajrasana |
| 7. Simhasana | 8. Gomukhasana. |
| 9. Virasana | 10. Ardha Matsyendrasana |
| 11. Vakrasana | 12. Paschimottasana |
| 13. Ustrasana | 14. Uttitapadasana |
| 15. Shalabhasana. | 16. Pavanmuktasana. |
| 17. Viparitarani Asana. | 18. Sarvangasana |
| 19. Dhanurasana. | 20. Halasana |
| 21. Matsyasana | 22. Kurmasana |
| 23. Kukkutasana | 24. Mayurasana |
| 25. Sirsasana | 26. Trikonasana |
| 27. Ardha Katichakrasana | 28. Parshava Konasana |
| 29. Konasana | 30. Katichakrasana |
| 31. Padhastasana | 32. Savasana |
| 33. Makarasana | 34. Baddhapadmasana |

35.Naukasana

37.Garudasana

39.Janusirshasana

41.Padangusthasana

43.Tolangulasana

45. Yoganidhrasana

36.Chakrasana

38. AkarnaDhanurasana

40.Suptavajrasana

42.Karnapidasana

44.Garbhasana

II) Pranayama

1. AnulomaViloma

2. Nadi Suddhi

3. Ujjayi

4. Sheetali

5. Shitakari

6. Bhastrika

7. Bhramari

8. Suryabhedana

9. Chandrabhedana

10. Sadanta

iii) Kriyas

1. Neti -Jal andSultra.

2. Dhouti- Vamana anddanda

3. Trataka - Jyoti andBindu

4. Kapalabhati

IV) Meditation (Dhyana)

1. CyclicMeditation

2. Omkara Meditation

COURSE OUTCOME-

After the completion of the course, the student shall be able to:

1. Demonstrate knowledge of *pranayamas*, *prana* and lifestyle, breathing and lifespan.
2. Demonstrate various types of *Yogasanas* in their correct method of performance;
3. Demonstrate different *pranayamas*;
4. Describe various philosophies of *Yoga* and apply them therapeutically, relating to a patient's life situation or personality. **Assessment Scheme**

Practical Assessment - 90 Marks

Theory viva - 60 marks

Practical viva - 30 marks

Practical internal assessment - 10 Marks

Books Recommended :

1. The History of Yoga - Vivian Worthinton
2. The psychology of yoga - Taimini
3. The Science of Yoga - Taimni
4. Yoga & Indian Philosophy - Karel Werner
5. The Basis and application of Yoga - Dr. Nagendra (Vivekananda Kendra Publication)
6. Jnana Yoga, Bhakti Yoga, Karma yoga, Rajaj Yoga By Swami Vivekananda (Vivekananda Kendra Publication)
7. Narada Bhakti Sutras.
8. Asanas
9. Pranyama (Kaivalyadhama Lonavala Publications)
10. Asana, Pranayama, Kriyas

11. Pranayama- Vivekananda KendraPublication
12. Yoga philosophy in relation to othersystemof philosophy - S.N. Das
Gupta
13. Yoga Deepika-B.K.S.Iyengar.
14. Psychology-Florance C.Kerip
15. Asana why and how - O.P. Tiwari(Kaivalyadham)
16. Yogank - Kalyan - Gita Press,Gorakhpur
17. Light on The Yoga Sutras of Patanjali - B.K.S.Iyenger
18. Light on Yoga - B.K.S.Iyenger
19. Light on Pranayama - B.K.S.Iyenger
20. Hatha Yoga Pradipika - SwamiMuktibodhananda
21. Asana , Pranayama, Mudra , Bandha - SwamiSatyanandaSaraswati Bihar
School of Yoga

5. MAGNETOTHERAPY AND CHROMO THERAPY

Course type- Core Course

Course code-BNY 209, BNY 210P

Credits- 6

1. Objective:

The objective of teaching Colour therapy and Magneto biology to undergraduate students is to provide them with comprehensive understanding of philosophy, science and modes of applications of colours and magnets in preventive, curative and rehabilitative therapy.

THEORY

1. Introduction
 - a) Definition of Magnetotherapy
 - b) Historical highlights
 - c) Use of magnets upheld by Naturopathy
2. Magnetism in the Universe
 - a) Earth a huge natural magnet
 - b) Nature of Earth Magnetism.
 - c) Earth magnetic effects on the human beings.
3. Effects of Magnetism on living organisms.
4. Bio-magnets- Biological experiments with magnets
5. Medical influence of magnetic field Rheumatoid arthritis, hemiplegias, arthralgia, Neuralgias, Stimulation of nervous system, endocrine glands etc..

Magnetotherapy, symptomatic relief , Combined treatments i.e. Magnetotherapy, Hydrotherapy ,Massage, Diet & Yoga and the result of these combined treatments.
6. Magnets and their composition
 - a) Natural magnets and artificial magnets

- b) Permanent magnets - classification of magnetic materials , Power of magnets- various qualities of magnets- low, medium and high power magnets and magnetic beltsetc.
- c) Electro magnets - electro magnetic field on human behaviour, Electro magnets- for medical purpose -Electro magnetic treatment, bed and hand Magnetiser, foot magnetiser, vibroelectro massager, electro-magnetic chair etc. Non Pulsating clinical Electromagnet.
7. Technique of application of magnets - North and South pole, local & general treatment and the Technique of application of Magnets in treatment of various commondiseases.
 8. Magnetised water and Magnetisedoils
Magnetised water in Nature, influence of magnetic field on the properties of water, method and preparation of magnetised water, dosage and therapeutic effect of magnetised Water .Method of preparation of magentised oils and their application and therapeutic effects.
 9. Advantages of Magneto Therapy , Magnetotherapy is a natural treatment - Use of Magnets as a preventivedevice.
 10. Clinical Reports from Indian and Foreign MagnetoTherapists.
 11. Magneto therapy and Acupressure- Acupuncture Points- Certain clinical case reports. Utilisation of Acupuncture points in Magnetotherapy
 12. Terminology - Technical terms related toMagnetotherapy.
 13. Recent developments inMagnetotherapy.

Text Books

1. Magneto therapy - Dr. H.L.Bansal
2. Magnetic cure for common diseases - Dr. R.S. Bansal, Dr. H.L.Bansal
3. The text book on Magneto therapy - by Dr. NanubhaiPainter
4. Magnetotherapyand Acupuncture -Dr.A.K.Mehta

Reference Books—

1. Electromagnetic treatment - Dr. H.L.Bansal

2. Magnetic fields or healing by magnets - Dr. A.R. Davis and Dr. A.K. Bhattacharya of Naihati of WestBengal.

CHROMOTHERAPY

Theory

1. Introduction
 - a) Historical Highlights
 - b) Harmonic laws of the universe
 - c) Solar Family
2. Theory of light and force
3. Chromophilosophy-Reflection, Refraction, Absorption
4. The Source of light- the sun forming sources, the solar atmosphere- sun power- how the colour effects are produced - influence of sun light on skin, muscles, digestive organs, Bones.
5. Chromo-Chemistry- character of spectrum analysis, materials discovered by the spectroscope, the spectrum - spectrum of grey and natural colour elements- spectra of elements of positive colours, chromatic repulsion and attraction.
6. Chromo-diagnosis and chromo-hygiene.
7. Chromo - therapeutics - the healing power of colour, healing power of red, yellow, orange, blue, Green and Violet, non-spectral colours, sun stroke action of sun light on microorganisms.
8. Practical instruments for colour healing -Blue, Green, Red, pink, Violet, Yellow, Orange glasses- the solar thermoleum- the electro thermoleum, chromodisc, the chromolens- chromo light radiator.
9. Directions to be followed during treatment with light.
10. Healing by means of substances charged with different coloured light- method of solarization of water, oils and food substances etc.
11. Chromo therapy prescriptions for different diseases.
12. Chromo - Mentalism.
13. Bordeaux medicine. Chromoth.

AIRTHERAPY

1. Composition of Air -Night and Daycomposition.
2. Ozone in the atmosphere.
3. Air Pollutants, their acceptablevalues
4. Physiology of Respiratorysystem.
5. Air baths (Cold andHot)
6. Theory of Panchapranas andNadis.

SUN THERAPY (HelioTherapy)

1. History
2. Physiological and Chemical properties ofSunlight.
3. Effect of sunlight on vegetation andMicro-organism.
4. Rejuvenation duringdiseases.
5. General SunBath.
6. Dr.Rikli'smethodof SunBath.
7. Dr. Kuhne's method of SunBath.
8. Sun Bath through wetpack.
9. Sun bath of children and agedpersons.
10. Sunbath withleaves-Atapasnana.
11. Oil sun bath (Abhyangasnana)
12. Sun Stroke.
13. Practice of Exercise inSunlight.

COURSE OUTCOME

After the completion of the course, the student shall be able to:

1. Correlate basic understanding of principles along which colours and magnets can be used as therapeutic agents, along with history of therapeutic uses of colours andmagnets;

2. Explain bio-magnetism, electro-magnetism, properties of magnets, mechanisms of action of magnets on the human body, magnetic overload, charging, modes of application, etc. and apply this knowledge to therapeutically use magnets;
3. Illustrate classification of colours, physics of light, electromagnetic spectrum, pathway of vision, human aura, chakras, heliotherapy, colour breathing, chromo charging, and latest research, applying the same to disease management;
4. Deduce various diseases and disorders of the body and mind using the principles of colour diagnosis;
5. Analyse the therapeutic values of colours and magnets in treatment of various diseases
6. Analyse latest research finding in improving his/her professional practice

Assessment Scheme:

Theory	–	70Marks
Internal Assessment	–	30Marks

CHROMO MAGNETO THERAPY PRACTICALS

Students should, have demonstration classes in various chromo-therapeutic devices and their clinical application, various types of Magnets, equipment and their clinical application.

1. Case studies with record
2. Cases with bio-chemical reports
3. Demonstration of colour glasses & bottles.
4. Demonstration of instruments and equipments.

COURSE OUTCOME

After the completion of the course, the student shall be able to:

1. Correlate various diseases and disorders of the body and mind using the principles of colour diagnosis;
2. Illustrate and implement a plan of treatment using colours and magnets as therapeutic tools
3. Explain the therapeutic values of colours and magnets in treatment of various diseases
4. Analyse latest research finding in improving his/her professional practice

Assessment Scheme

Practical Assessment	-	90 Marks
Theory viva	-	60 marks
Practical viva	-	30 marks
Practical internal assessment-		10 Marks

Text Books

1. The principles of light and colour - By Dr. E.D. Babbit
2. Human Culture and Cure in five parts - By Dr. E.D. Babbit
3. Colour therapy. - By R.S. Amber
4. Healing through Colour - By Thea-Gimbel

REFERENCE BOOKS

1. The power of the rays - By S.G.J. Oseley
2. Colour Meditations - By S.G.J. Oseley
3. Colour and healing - By Gladys Mayer
4. Colour healing (Chromotherapy) (USA) - By Health Research Foundation
5. Practical colour Magic - By Raymond Buckland

Reference Books:

1. All You Wanted to Know About Sun Therapy - Vijaya Kumar
2. Colour Therapy - Miracle of Sunrays - Rashmi Sharma and Maharaj Krishan Sharma
3. Science of Natural Life - Rakesh Jindal
4. Prakritik Chikitsa Sagar - Dr. Gaurishankar Mishra
5. Dhanwantari-prakritik Chikitsank - Ganga Prasad Gaud "Nahar"

3rd Year

THIRD YEAR1.
MANIPULATIVETHERAPY

Course type- Core Course

Course code-BNY 301,BNY 302P

Credits- 4

1. Objective:

The objective of teaching Manipulative Therapies to undergraduate students is to provide them with comprehensive understanding of science and modes of applications of different manipulative modalities like Massage, Chiropractic, Osteopathy, Aromatherapy in preventive, curative and rehabilitative therapy.

THEORY

1. Introduction and History of Massage.
2. Rules, Regulations and Characteristics of Masseur
3. Structures especially concerned in massage and parts of the body to be specially studied

for the purpose is as follows:

- a) Skin
 - b) Muscular System
 - c) Heart and Circulation
 - d) Nervous System
 - e) Skeletal System Including joints
4. Effects of the pressure of hand and lubricants on the following systems :-

- a) Skin
- b) Muscular System

Nutrition and Development Excitation of "M" & contraction of "M",
Increase

of muscular electro-excitability, removal of the fatigue from muscle.

- c) On the ligaments and skeletal system
 - d) On the Circulatory system
 - f) On Respiration - Increase of respiratory activity and increase of tissue respiration.
 - g) On GIT-Improvement in appetite, improvement in secretion of digestive fluids,
absorption and improvement in peristalsis.
 - h) Excretory System
 - i) Powder Massage - merits and demerits.
5. Getting crisis through massage (Side effects and benefits)
 6. Basic therapeutic massage techniques, indications and contraindications of massage while applying to the patients.
 7. Massage and its effects:-
 - a) Nutrition
 - b) Haematogenesis
 - c) Phagocytosis
 - d) Increase in the number of blood corpuscles.
 - e) Absorption of increased inflammatory exudate, change in the weight of the person, obese or emaciated.
 8.
 - i) Different Massage manipulations, classification and their detailed explanation, uses and contra-indications.
 - ii) Manipulative treatments in stress management
 - iii) Shiatsu in manipulative therapy (Acupressure)
 - iv) Manipulations and life extension.
 - v) Dry brush Massage
 9. Movements of Joints:-
 - i) Flexion

- ii) Extension
 - iii) Abduction
 - iv) Adduction
 - v) Supination & Pronation
 - vi) Circumduction
 - vii) Deviations - Medial and Lateral
 - viii) Opposition
10. Massaging in local areas under special circumstances-
 - a) Massage to Abdomen
 - i) Massage to liver
 - ii) Massage to Stomach
 - b) Massage to heart
 - c) Massage to head
 - d) Massage to spine
 - e) Special types of Massage in different diseases
 11. Massage to women
 12. Massage to infants and children
 13. Massage for prevention of diseases and maintenance of natural beauty
 14. Ayurvedic Massage-Terminology, Methods and Manipulations
 15. Chiropractic:-
 - Origin & aims of Chiropractic.
 - X-Ray Technique and Chiropractic. Importance of spine in Chiropractic.
 - Physiological effects of Chiropractic.

Spinal Manipulative Therapy

Chiropractic Examination.

Chiropractic treatments in various Diseases

16. Osteopathy :-

Definition & the Basic principles of osteopathy, Relation of osteopathy to Musculo-skeletal system.

17. Aromatherapy:-

A. Definitions, Origin and History of Aromatherapy.

B. Essential Oils and Its types, extraction of essential oils, distillation, cold pressing

or expression, solvent extraction, storage, recognition, selection and mechanism of essential oils.

C. Carrier oils - Almond, Apricot, Avocado, carrot, corn, primrose, grape seed hazelnut, Jojoba, Olive, Peanut, safflower, sesame, Soyabean & sunflower oil.

D. Different methods of using essential oils- inhalation, diffusers, vaporizers, massage, baths, foot bath, pot pourri, compresses, oral intake, beauty treatment, room sprays, insect repellent etc.

E. Description of different essential oils & their benefits.

F. The best essential oils - The five fragrance categories - green, floral, citrus, Woody & Spicy and mixing of Aroma Oils & Equipment required for Mixing Oils.

G. Aroma Oils for common problems and their therapeutic properties.

H. Precautions, ill effects and careful handling of essential oils

I. Contraindications- Oils to be avoided in particular problems

COURSE OUTCOME-

At the end of course, a student should be able to –

1. Understand the principles and history of manipulative therapy.
2. Description and therapeutic uses of different types of oils.
3. Analyse the application of manipulative therapy in clinical practice.
4. Analyse the research based new development in manipulative therapy.

Assessment Scheme:

Theory	–	70Marks
Internal Assessment	–	30Marks

MANIPULATIVE PRACTICALS

1. 35 demonstration classes
2. 10 demonstrations in Panchakarma
3. Each student should do 35 massages

COURSE OUTCOME

After the completion of the course, the student shall be able to:

1. Demonstrate different types of massage and manipulative therapies, such as Osteopathy, Chiropractic, Aromatherapy, Swedish massage, Kellogg's massage, Shiatsu, Geriatric Massage, Pediatric massage, Antenatal massage, Ayurvedic massage, etc;
2. Analyse therapies such as Reflexology and Zone therapy in their professional practice for musculoskeletal disorders, etc.
3. Explain the disease and relevant treatment to the patient.
4. Correlate and study the disease and the manipulative practices.

Assessment Scheme

Practical Assessment - 90 Marks

Theory viva - 60 marks

Practical viva - 30 marks

Practical internal assessment - 10 Marks

Text Books :-

1. Massage Books - By George Downing
2. Massage - By Constant Young
3. Massage Therapy - By Dr. J.H. Kellogg
4. The Complete Book of Massage - By Clare Maxwell Hudson
5. Step by Step Massage - By Carole Me. Gilvery and Gini Reed
6. The Book of Massage - By Luinda Lidell with Sarathomas, Carola
Berb Ford Cooke and Anthony Porta
7. The Complete step-by-step guide to eastern and western
8. Baby Massage - The Magic of Loving Touch - By Auckett, Anelia D
9. Natural Healing from Head to Toe - By Aihara, comellia - Aihara, Herman
10. Massage Works - By D. Baloti Lawrence and Lewis Harrison
11. Manual of osteopathy Practice - By Alan Stoddard
12. Alternative Chiropractic Practice - By Susan Moore
13. Massage (Ayurvedic) - By Achanta Laxmipathy

Reference Books :-

1. The Panchakarma Treatment of Ayurveda - By T.L. Devraj
2. Chiropractic : A-Text of Joint Movements - By Hesse P. De.
3. Massage Therapy: the Holistic Way
to Physical and Mental Health - By Jackson Richard
4. Book of Massage and Aromatherapy - By Facroix Nity and
(Achieving complete relaxation & seager, Shoron
well being with massage and essential oils)
5. Brain Massage, Revitalize mind body - By Howell, Kelly.
Massage to Common Ailments - By Penny Rich

6. All you wanted to know about Aromatherapy - By LalitaSharma
7. Aromatherapy - By JulieSadler
8. Health and Beauty through Aromatherapy - By BlossomKochhar
9. Ayurveda & Aromatherapy - By Dr. Light Miller & Dr. BryanMiller

2. ACUPUNCTURE

Course type- Core Course

Course code-BNY 303,BNY

304P

Credits- 4

1. Objective:

The objective of teaching acupuncture to undergraduate students is to provide them with a comprehensive understanding of the science and art of Acupuncture, Acupressure and related therapies.

THEORY

1. Definition, concepts of Acupuncture.
2. Traditional and modern theories of Acupuncture.
3. Materials and Methods of Acupuncture.
4. Principles of Acupuncture.
5. Rules for selection of Acupuncture points.
6. Contraindications and complications of Acupuncture.
7. The concept of Meridians:-
 - a) Lung Meridian(Lu)
 - b) Large intestine Meridian (LI)
 - c) Spleen Meridian(SP)
 - d) Stomach Meridian(ST)
 - e) Heart Meridian(H)
 - f) Small intestine Meridian(SI)
 - g) Urinary bladder Meridian(UB)
 - h) Kidney Meridian(K)
 - i) Triple warmer Meridian (TW)
 - j) Gall bladder Meridian(GB)
 - k) Liver Meridian (Liv)

- l) Governing vessel Meridian(GV)
- m) Conceptional vessel Meridian(C.V)
- n) Eight extra Meridians
- 8. The extra-ordinary points.
- 9. Diagnostic methods (both- Acupuncture and Modern)
- 10. AuriculoTherapy
- 11 Moxibustion
- 12. Stimulation in Acupuncture.
- 13. Acupuncture Therapeutics
- 14. Acupuncture Anaesthesia
- 15. Reflexology & Zone Therapy:-
 What is Reflexology, history and development.
 How does reflexology work
 Body & its reflex zones.
 Applications, indications and contra-indications
 Preventive effects of reflexology
- 16. Acupressure :-
 What is Acupressure
 Its origin & development
 Physiological effects of Acupressure
 Therapeutic uses of Acupressure
- 17. Acupuncture/pressure in Acute disorders and emergency
- 18. Pranic Healing.
- 19. Reiki

COURSE OUTCOME

1. Illustrate the definitions of Acupuncture.
2. Description of the principles and historical highlights of Acupuncture;
3. Classify and Correlate the concepts and theories mechanism behind Acupuncture.
4. Demonstrate basic understanding of procedures of different styles of Acupuncture and related therapeutic modalities.
5. Deduce basic and advanced tools used in Acupuncture;
6. Analyse the application of Acupuncture in clinical practice.

Assessment Scheme:

Theory	-	70Marks
Internal Assessment	-	30Marks

ACUPUNCTURE PRACTICALS

1. Demonstration of Needling techniques and Electro-stimulation, Moxibustion.
2. Each Student should give treatments to atleast 20 patients during the practicals.

COURSE OUTCOME

1. Demonstrate basic understanding of procedures of different styles of Acupuncture and related therapeutic modalities, such as Traditional Acupuncture, Scalp Acupuncture, Auriculotherapy, Acupuncture Anaesthesia, Reflexology, Zone Therapy, Acupressure, etc;
2. Illustrate case discussion and the techniques to be used.
3. Analyse evidence based acupuncture and its application.

Assessment Scheme

Practical Assessment	-	90 Marks
Theory viva	-	60marks
Practical viva	-	30 marks
Practical internal assessment-		10Marks

REFERENCE BOOKS-

1. Clinical Practice of Acupuncture - By A.L. Agrawal

2. Clinical Acupuncture - By Dr. Anton Jayasurya
- 3 Principles and practice of Acupuncture - By Dr. J.K. Patel
4. Health in your hands - By Devendra Vora
5. Shiatsu - By Ohashi

3. YOGA APPLICATION

Course type- Core Course

Course code-BNY 305, BNY306P

Credits-11

1. Objective:

The objective of teaching *Yoga* and its applications to undergraduate students is to provide them with comprehensive understanding of *Yoga* with reference to traditional texts like *PatanjaliYogasutras*, *Hatha YogaPradipika*, *Shiva samhita*, *Gheranda samhita* and *Swara Yoga*; various streams of *Yoga*, advanced meditative techniques like *Yoganidra*, *Omkar*, *Cyclic*, *Vipassana* and learn about benefits of *Yogaas* compared to exercise.

THEORY

1. Patanjali yoga sutras - 1st two chapters.
(ie., Samadhi Pada & Sadhana Pada, brief summary of Vibhutipada & Kaivalyapada)
2. Hatha Yoga Pradipika- full text with necessary reference to Gheranda Samhita & Siva Samhita.
3. Introduction to other streams of Yoga-Kundlini and Tantra Yoga.
4. Yoga Nidra-Methods, application, effects and benefits.
5. Meditation-Types of Meditation-Omkar, Cyclic, Vipassana etc. Methods of application.
benefits, precaution, its influence on health and disease.
6. Different relaxation techniques.
 - a) Instant relaxation,
 - b) Quick relaxation,
 - c) Deep relaxation techniques-their methods, effects & benefits.
7. Yoga-in relation to personality and education.
8. Yoga-in relation to sports and games, social and political life.

9. Eye exercises- Benefits, methods,precautions.
10. Physiological aspects ofAsanas.
11. Physiological, Neuro-Physiological aspects of pranayama.,
12. Shat Kriyas- Comparative study of Shat Kriyas with other system ofMedicine.
13. Physiological aspects ofexercises
14. Physical exercises for health &fitness
 - (a) Introduction
 - (b) Who shouldstretch
 - (c)When to stretch
 - (d) Why to stretch.
 - (e)How to stretch
 - (f) Relaxing stretches for i. Back, legs, feet and ankles.
 - ii.Hips, hamstring, lowback.
 - (g) Stretching exercises forelderly.
 - (h) Stretching exercisesfor
 - Abdominal muscles, Arms, Chest, Ankles, Legs, knee, thigh, fore arm etc.(i)
 - Techniques of walking, running, Cycling etc.
 - (j) Caring back.
15. Swara -Yoga

COURSE OUTCOME

After the completion of the course, the student shall be able to:

1. Illustrate the knowledge of traditional texts like *PatanjaliYogaSutras*, *Hatha Yoga*, *Shiva Samhita* and *GherandaSamhita*;
2. Explain the principles behind various meditative practices like *Yoganidra*, *Ommeditation*, *cyclic meditation*, *Vipassana* and so on;
3. Explain about *Yoga* in relation to its application in education,sports;
4. Demonstrate basic understanding of procedures of stretching andexercises;

5. Describe basic physiological changes of *asanas* and *shat kriyas* and their adverse effects
6. Describe the concept of *Yoga* as explained in the traditional texts;
7. Deliver a meditative session using any of the meditative styles;

Assessment Scheme:

Theory	–	70Marks
Internal Assessment	–	30Marks

YOGA PRACTICALS

I. Asanas

1. Including all asanas of I year adding some advanced postures from Yoga Deepika.
2. All loosening (Shitilikarana Vyayama) and breathing exercises.

II. Pranayama (as 1st B.N.Y.S.)

III. Kriyas- (including Portion of 1st B.N.Y.S.)

- 1) Dhouti-Vastra
- 2) Gajakara ni - (Vari sara Dhouti)
- 3) Nauli- (all three types).
- 4) Shankha Prakshalana- 1. Laghu. 2. Maha
- 5) Basti

IV. Meditation-

- 1) Omkara
- 2) Cyclic
- 3) Vipassana

V. Techniques Like :-

- 1) Self Management of Excessive Tension (SMET).
- 2) Pranic Energisation Technique (PET).

3) Mind Sound Resonance Technique (MSRT).

4) Yoga Nidra (Short and long session).

COURSE OUTCOME

After the completion of the course, the student shall be able to:

1. Explain the knowledge of traditional texts like *Patanjali Yoga Sutras*, *Hatha Yoga*, *Shiva Samhita* and *Gheranda Samhita*;
2. Illustrate the principles behind various meditative practices like *Yoganidra*, *Ommeditation*, *cyclic meditation*, *Vipassana* and so on;
3. Demonstrate basic understanding of procedures of stretching and exercises;
4. Deliver a meditative session using any of the meditative styles;

Assessment Scheme

Practical Assessment	-	90 Marks
Theory viva	-	60 marks
Practical viva	-	30 marks
Practical internal assessment	-	10 Marks

Books Recommended :-

1. The Science of Yoga - By Taimini (commentary on patanjali Yoga Sutras).
2. Hatha Pradipika - By (Kaivalyadhama Publication-Lonavla).
3. Yoga Nidra - By (Bihar School of yoga, Munger publications).
4. Kundalini Yoga.
5. Tantra Yoga.
6. Asana.
7. Pranayams - By Vivekananda Kendra Publications.
8. Psychology - By Horensce C. Kenipp.
9. Religiousness in Yoga theory & Practice - By TKV Desikachar.
10. Research papers - By Kaivalyadhama.

(Publication in Yoga Mimamsa- all papers relating to physiological effects of Yoga.)

11. Yoga in Education - By Dr. Nagendra (Vivekananda kendra Publication)
12. Vipassana-By S.Goenka.
13. Anatomy & Physiology of Yoga -By Dr.M.M.Gore.
14. An over view on research papers. - By SVYASA,Banglore
15. Patanjali yoga sutra - By Dr P.V. Karmavelkar(Kaivalyadham)
16. Patanjali yog pradeep - By Swami Omanand Teerth (Gita - press,Gorakhpur)
17. Hatha Yoga Pradipika - By Swami Muktibodhananda(Bihar School of Yoga)
18. Light on Yoga - ByB.K.S.Iyenger
19. Light on Pranayama - ByB.K.S.Iyenger
20. Light on The Yoga Sutras of Patanjali - ByB.K.S.Iyenger

4.FASTING THERAPY

Course type- Core Course

Course code– BNY 307,BNY308P

Credits-4

1. Objective:

The objective of teaching Fasting Therapy to undergraduate students is to provide them with comprehensive knowledge of Fasting therapy and utilisation of the same for therapeutic purposes.

THEORY

I. Introduction :-

1. Theory of Fasting

- a) Fasting in Animals
 - c) Your Tongue Never Lies
 - b) Miracles of Fasting
- ##### **2. History of Fasting**
- a) Fasting in Ancient India
 - b) History of Fasting in India
 - c) History of Fasting in Foreign Countries
 - d) Historical Highlights of Fasting
- ##### **3. Science of Fasting**

II. The Philosophy of Fasting

1. The Philosophy of Sane Fasting

2. Philosophy of Therapeutic Fasting

- A) Life & its existence in connection with health and diseases

- B) Nature of disease
- C) The No-Breakfast Plan
- D) Objections commonly raised in Fasting Therapy
- E) Pros and cons of Fasting
- F) Difference between Fasting and Starvation
- G) Difference between Hunger and Appetite

III. Physiology of Fasting:-

- 1) General Physiology.
- 2) Source and Metabolism of Carbohydrates, Fats and Proteins During Fasting & Starvation.
- 3) Chemical and Organic changes during Fasting.
- 4) Repair of Organs and Tissues During Fasting.
- 5) Changes in the Fundamental Functions While Fasting.
- 6) The Mind & Special Senses During a Fast.
- 7) Secretions and Excretions.
- 8) Bowel Action During a Fast.
- 9) The Influence of Fasting on Growth and Regeneration.
- 10) Gain and Loss of strength While Fasting.
- 11) Gain and Loss of weight During Fasting.
- 12) Autolysis
- 13) Fasting and Sex.
- 14) Rejuvenescence Through Fasting.

IV. Facts Explained About Fasting:-

- 1) Fasting Does Not Induce Deficiency "Disease".
- 2) Death In TheFast.
- 3) Objections To TheFast.
- 4) The Quantity of Food Necessary to SustainLife.

V. Practice ofFasting:-

- 1) Does Fasting CureDisease?
- 2) The Rationale ofFasting.
- 3) The Length of TheFast.
- 4) Contraindications ofFasting.
- 5) Fasting in Special Periods and Conditions ofLife.
- 6) Symptomatology of TheFast.
- 7) Progress & Hygiene of TheFast.
- 8) Breaking The Fast.
- 9) Gaining Weight After TheFast.
- 10) Living After TheFast

VI. Rules and regulations of Sane Fasting and TherapeuticFasting.

VII. Definition and Classification offasting

- 1) Definition of fasting in differentaspects.
- 2) General classification of fasting (Religious, Political andTherapeutic.)
- 3) Methods and types of therapeutic fasting (Dry, whey, Juice, Salad, Monodiet (Kalpa),Fruits

Intermittent, Preventive, Weekly etc.

VIII. Hygienic Auxiliaries of Fasting-

- 1) Air and Breathing

- 2) Enema
- 3) Bathing
- 4) Clothing
- 5) Water Drinking
- 6) Exercise
- 7) Mental Influence

IX. Study of Patients During and After Fasting-

1. Crises during fasting and their management.
2. Physiological effects of fasting.
3. Biochemical aspects.
4. Study of the tongue, the breath, the temperature and pulse etc.
5. The loss and the gain of weight.
6. How and when to break the fast.
7. Diet after the fast.

X. Indications and Contraindications of fasting.

XI. Therapeutic aspects of Fasting

1. Fasting in acute diseases.
2. Fasting in chronic diseases.
3. Role of fasting in various diseases.
4. Obesity and fasting.
 - a. Definition and assessment of obesity.
 - b. Epidemiology.
 - c. Etiology.
 - d. Clinical Features
 - e. Treatment.

5. Fasting for preservation of health and prevention of diseases.
6. Fasting in Drug Addiction.
7. Fasting Versus Eliminating Diets.

XII. Results of Fasting.

COURSE OUTCOME-

After the completion of the course, the student shall be able to:

1. Illustrate definitions and historical highlights of fasting therapy through the centuries, including fasting employed in different religions, the concept of dietetic principles in Naturopathy.
2. Classify fasting according to duration, purpose, type, etc.
3. Explain the metabolism of fasting, Calorie Restriction: Concept, Method, Prevailing basic- Clinical-applied evidence.
4. Describe importance of various components of diet, such as dietary fiber, vitamins, minerals, etc.
5. Analyse fasting therapy in managing various diseases.

FASTING PRACTICALS

Study of 50 fasting cases

Case Study of 25 with record

COURSE OUTCOME-

After the completion of the course, the student shall be able to:

1. Illustrate definitions and historical highlights of fasting therapy through the centuries, including fasting employed in different religions, the concept of dietetic principles in Naturopathy.
2. Classify fasting according to duration, purpose, type, etc.
3. Explain the metabolism of fasting, Calorie Restriction: Concept, Method, Prevailing basic- Clinical-applied evidence.
4. Demonstrate usage of therapeutic diets and fasting therapy in promotive, preventive, curative and rehabilitative therapy.

Assessment Scheme

Practical Assessment - 90 Marks

Theory viva - 60 marks

Practical viva - 30 marks

Practical internal assessment- 10Marks

Text Books -

1. Fasting for Healthy and Long Life - By Hereward Carrington
2. The Fasting Cure and Vital Economy - By Lakshamana Sharma.
3. Fasting can save your life - By Herbert M. Shelton
4. The Effects of Fasting - By Donald Upton
5. Fasting as a way of life - By Allan Coli M.D.
6. Fasting can Renew your life - By Herbert M. Shelton
7. Scientific Fasting - By Hazzard, Linda Burfield
8. Fasting for Rejuvenation - By Seaton, Julia
9. The Science & Fine Art of Natural Hygiene - By Herbert M. Shelton
10. The Science & Fine Art of Food & Nutrition - By Herbert M. Shelton
11. The Hippocrates Diet and Health Programme - By Ann Wigmore
12. The Juicing Book - By Stephen Blauer
13. Live Food Juices - By H.E. Kirschner

Reference Books-

1. The Philosophy of Fasting - By Edward Eaul Purinton
2. Vitality, Fasting and Nutrition - By Hereward Carrington
3. The Fasting Cure - By Upton Sinclair
4. The Fast - Way of Health - By Harold R. Brown
5. Fasting - the Master Remedy
6. Fast for Health - By John Joseph Picker
7. The Biology of Human Starvation - By Keys, Ancel

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| 8. FastingStoryNO.1 | - By HealthResearch |
| 9. FastingStoryNO.2 | - By HealthResearch |
| 10. RationalFasting | - By Prof. ArnoldEhret |
| 11. ExplainingFasting | - By Forster,Roger |
| 12. Hints onFastingWell | - By Carrington, Herewardetc. |
| 13. The Science and Fine Art ofFasting | - By Herbert MShelton |
| 14. Miracles ofFasting | - By Dr. PaavoAirola |
| 15. NoBreakfastPlan | - By Edward HookDewey |
| 16. Thus SpeakeththeStomach | - By Prof. ArnoldEhret |
| 17. The PhysiologicallyCorrectFast | - By Dr. AreWaerland |

5. NATUROPATHY DIAGNOSIS

Course type- Core Course

Course code-BNY 309, BNY310P

Credits-4

1. OBJECTIVE:

The objective of teaching Diagnostic Methods in Naturopathy to undergraduate students is to provide them with comprehensive knowledge of diagnostic methods employed by traditional Naturopaths that can be used efficiently to diagnose various diseases without the use of sophisticated technology.

THEORY

FACIAL DIAGNOSIS

1. Introduction to the science of facialexpression.
 - a) Historicalhighlights.
 - b) Definition and scope of the science of facialexpression.
2. Characters of the HealthyBody.
 - a) Normal functions.
 - b) NormalFigure.
3. Foreign matter theory:-
 - a) Definition of foreignmatter.
 - b) The process of accumulation of foreign matter in thebody.
 - c) Encumbrance.
 - d) Changes caused in the body due to the accumulation of foreignmatter.
 - e) General pathology of foreignmatter.
4. The nature: origin and cure of diseases of children and theirunity.

5. Bad habits supports the accumulation of foreign matter in the body-tobacco, alcoholic drinks, coffee, tea, opium etc. Drug addictions -Pethedine, Heroin, Injection etc., Suppression of diseases viz elimination of morbid and diseased germs from the system.
6. Types of encumbrance - Front encumbrance, - back encumbrance front and right side Encumbrance, left side encumbrance and mixed or whole encumbrance, their description, general characters and possible diseases in the concerned encumbrance and their treatment.
7. Diseases of the internal organs and their treatment.
8. Process of elimination of foreign matter.
 - a) Importance of Nature Cure treatments.
 - b) The digestive process-natural dietetics.
 - c) Artificial outlets of elimination
9. Methods to be followed to increase the vitality of the body.
10. The importance of Nabhi Pareeksha, the methods of Nabhi Pareeksha & the techniques of correction.

I R I S D I A G N O S I S :-

1. Introduction of iridology:
 - a) Definition of Iridology-;
 - b) Historical highlights.
 - c) Comparison of other systems - Allopathy , Homeopathy , Ayurveda, Unani etc. Diagnostic methods.
 - d) Anatomy of the Iris.
 - e) Theory in application.
 - f) The theory of healing crisis.
 - g) A unit form division and classification of diseases.
 - h) Philosophical phase.

i) Theoretical phase

2. I. Instructions in Methods of Application:-

- a) Technique in Irisreading.
- b) The normal and abnormal Iris, colour of the Iris.
- c) The Vibratory theory.

II. Study of density of the Iris.

III. Key to Iridiology.

- a) Iris charts brought up to date.
- b) Zone areas.
- c) Sectoral Division.

3. Comparison of fermentation viz inflammation.

4. Interpretations of Iris manifestations.

I. a) Types of inflammation

b) Inherent (Lesions and weakness)

c) Acidity and Catarrh

d. Toxic settlements

e. Nerve Rings

f. The Lymphatic rosary

g. Injuries and operations

h. Itch or Psora spots in the iris - the surfrim

i. The radii-solaris

j. Tumours

k. The sodium ring

l. Anaemia in the extremities and in the brain.

M. Drugs and chemicals appearance on the Iris and their poisonous effects in the body

Arsenic, Bismuth, Bromides, Coaltar products, Ergot, Glycerin, Iodine, Iron, Lead, Mercury, Opium, Phosphorous, Quinine, Salicylic acid, Sodium, Strychnine, Sulphur, Turpentine, Vaccines etc.

II. The iris reveals the cause of disease.

5. Case histories according to Iridology.

6. Advance research in Iridology.

a) Reflex areas and remote symptoms.

b) Stomach and intestinal disorders, the principle causes, the principle disorders & remedial Measures.

COURSE OUTCOME:

After the completion of the course, the student shall be able to:

1. Illustrate historical significant developments in diagnostic procedures used in Naturopathy and the characteristics of a Healthy Body with respect to Naturopathic Principles
2. Describe philosophical theories of causation of disease according to Naturopathy
3. Analyse knowledge of theory of encumbrances, their types and interpretation, along with naturopathic ways to therapeutically correct them.
4. Describe in detail Iris Diagnosis, with respect to history, techniques, iris signs, interpretations and tools used, and use the same to diagnosed diseases;
5. Explain the techniques and interpretations of stool and urine diagnosis, correlating modern medical knowledge and Ayurvedic *sthoola* and *muthra pariksha*;
6. Analyse and apply different diagnostic procedures in Naturopathy to effectively and accurately diagnose various diseases, such as Iris Diagnosis, Facial Diagnosis, Stool and Urine Diagnosis, etc.

Assessment Scheme:

Theory	-	70Marks
Internal Assessment	-	30Marks

NATUROPATHY PRACTICALS

1. Clinical classes

2. Demonstrations in the Nature Cure Hospital.

3. Case Studies 25 with Record.

4. Demonstration of Equipments.

COURSE OUTCOME:

After the completion of the course, the student shall be able to:

- a) Illustrate historical significant developments in diagnostic procedures used in Naturopathy and the characteristics of a Healthy Body with respect to Naturopathic Principles
- b) Explain philosophical theories of causation of disease according to Naturopathy
- c) Deduce knowledge of theory of encumbrances, their types and interpretation, along with naturopathic ways to therapeutically correct them.
- d) Demonstrate the techniques and interpretations of stool and urine diagnosis, correlating modern medical knowledge and Ayurvedic *sthoola* and *muthra pariksha*;

Assessment Scheme

Practical Assessment	-	90 Marks
Theory viva	-	60 marks
Practical viva	-	30 marks
Practical internal assessment-		10 Marks

Recommended Text Books:-

- 1. Science of Facial Expression - By Louis Kuhne
- 2. The New Science of Healing - By Louis Kuhne
- 3. The Science and Practice of Iridology - By Bernard Jensen
- 4. Iridiagnosis and other Diagnostic Methods. - By Henry Lindlahr

REFERENCE BOOKS:-

- 1. Iridology : A Guide to Iris Analysis and Preventive Health Care - By Adam J. Jackson
- 2. Iridology: How to Discover Your Own Pattern of Health and well being Through the Eye - By Dorothy Hall

3. Iridology : A Complete Guide to Diagnosing Through the Iris and all related forms of treatment -By Davis andFarida.
4. Iridology : AlternativeHealthSeries - By Adam J.Jackson
5. Vision of Health:UnderstandingIridology - By Jensen, Bernard and Booden, Donald.
6. Eyes Talk: Through IridologyBetterHealth - By VriendJoha.

6.MORDERN DIAGNOSIS

Course type- Core Course

Course code-BNY 311, BNY312P

Credits-5

1. Objective:

The objective of teaching Diagnostic Methods in Conventional Medicine to undergraduate students is to provide them with comprehensive knowledge of diagnostic methods employed by conventional doctors that can be used efficiently to diagnose various diseases, for diagnosis as well as prognosis.

THEORY

Section A-Clinical Diagnosis

I. Examination of Patients :-

1. Approach to a patient
2. History taking and case sheetwriting
3. Symptomatology
4. Examination of VitalData
5. Importance of height, weight, abdominalgirth
6. General physicalexamination
7. Examination of breasts, back, spine andgenitals
8. Systemic examination of thepatient
 - a) Abdomen (Digestivesystem)
 - b) CardiovascularSystem
 - c) RespiratorySystem
 - d) Renalsystem
 - e) Central Nervoussystem
 - f) Locomotor system

g) Examination of ear, nose and throat

h) Gynaecological examination

9. Provisional Diagnosis

II. Routine and special Investigations:-

1. Laboratory Investigation

a) Urine analysis

b) Stool examination

c) Blood examination

i) Peripheral smear, Total WBC Count, Differential WBC Count

ii) Erythrocyte sedimentation rate (E.S.R), Hb Estimation

iii) Blood Sugar, Blood Urea, Serum uric acid, Serum cholesterol, Serum lipid profile, Serum creatinine.

2. Radiological Investigation:-

a) Plain chest X-Ray

b) K.U.B.

c) Lumbar and cervical spine

d) Skull and paranasal sinuses

e) Joints

3. Contrast Radiography :-

a) Cholecystography

b) Pyelography

d) Angiography

e) Bronchogram

4. Electrocardiography

5. Echo-Cardiography

6. Coronaryangiography
7. Electro-Encephalography
8. Bio-chemical investigations-
 - a) Liver function tests
 - b) Creatinine clearance test
 - c) Vanillo-mandellic acid (VMA) excretion test in urine
 - d) SGOT and SGPT
 - e) LDH
 - f) CPK
9. Diagnostic Paracentesis
10. Diagnostic Thoracocentesis
11. Lumbar Puncture and CSF analysis
12. Radio-active Iodine up-take studies
13. Thyroid T3, T4 estimation
14. Diagnostic skin tests
15. Endoscopic procedures
16. Ultra-sonography
17. Computerised tomographic scan (CT Scan)
18. Magnetic Resonance technique (MRI)
19. Positron Emission Tomography (PET)
20. Doppler Study

III. Final Diagnosis

Section B- FIRSTAID

1. General principles of First Aid

2. Wounds Control of hemorrhage, Epistaxis
3. Shock- Classification and treatment
4. Dog bite, Snake bite, Scorpion sting
5. Burns and Scalds
6. Heat exhaustion, heat stroke and fainting, frostbite
7. Fractures, dislocations, sprains and strains
8. Poisoning
9. Epileptic fits, convulsions in children
10. Aspiration of foreign body
11. Artificial respiration
12. Bandages of different types
13. Unconsciousness and general principles of treatment

Section C-

Recognition, Evaluation of Clinical Emergencies.

I. Cardio Vasular System:-

1. Acute myocardial infarction
2. Cardiogenic Shock
3. Cardiac arrhythmias
4. Cardiac arrest

II. Respiratory System-

1. Hemoptysis
2. Status asthmaticus
3. Spontaneous pneumothorax
4. Acute respiratory failure

III. Gastro Intestinal System:-

1. Acute Vomiting
2. Perforation of Peptic Ulcer
3. Hematemesis
4. Hepatic Precoma and coma.

IV. Central Nervous System:-

1. Unconscious patient
2. Cerebrovascular catastrophes
3. Convulsions
4. Status epilepticus

V. Renal System:-

1. Acute renal failure
2. Renal colic
3. Hematuria

VI. Endocrine and Metabolism:-

1. Thyroid crisis
2. Adrenal Crisis
3. Diabetic Keto acidosis and coma
4. Hypoglycemia

VII. Miscellaneous Emergencies-

1. Syncope
2. Acute peripheral circulatory failure
3. Acute reaction
4. Hypothermia

RECOMMENDED TEXT BOOKS :-

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|--|----------------------------|
| 1. Hutchinson's Clinical Methods | - By Chamberlin |
| 2. Clinical Methods | - By P.S. Shanker |
| 3. Manual of Clinical Methods | - By Jai Vakil |
| 4. Clinical Diagnosis | - By P.J. Mehta |
| 5. Modern Diagnosis | - By Red Cross Society |
| 6. Oxford's handbook of Clinical Medicine Association. | - By St. John Ambulance |
| 7. First Aid | - By L.C. Gupta and others |

COURSE OUTCOME-

After the completion of the course, the student shall be able to:

- a) Understand the procedures and nuances in approaching a patient and taking a detailed history and writing a case report;
- b) Illustrate examination procedures and techniques generally as well as for specific systems and make provisional diagnoses of common diseases;
- c) Describe laboratory investigations used for supporting the provisional diagnosis made after history taking and examinations;
- d) Analyse and interpret radiological investigations, biochemical investigations, sonography, EEG, ECG, EMG, echocardiography, CT, PET, MRI, etc for diagnostic and prognostic purposes..
- e) Analyse and interpret any further investigations required for the provisional diagnosis made.

Assessment Scheme:

Theory	-	70 Marks
Internal Assessment	-	30 Marks

MORDERN DIAGNOSIS PRACTICALS

1. History taking and physical examination of cases.
2. Case sheet writing in different general cases (25)
3. Demonstration of equipments and instruments used for investigation in modern diagnostics
4. Demonstration tour of an ultra modern super-speciality Hospital to see the latest techniques of modern investigations.

COURSE OUTCOME-

After the completion of the course, the student shall be able to:

1. Illustrate the procedures and nuances in approaching a patient and taking a detailed history and writing a casereport;
2. Correlate examination procedures and techniques generally as well as for specific systems and make provisional diagnoses of common diseases;
3. Delineate laboratory investigations used for supporting the provisional diagnosis made after history taking and examinations;
4. Analyse and interpret radiological investigations, biochemical investigations, sonography, EEG, ECG, EMG, echocardiography, CT, PET, MRI, etc for diagnostic and prognostic purposes.
5. Demonstrate knowledge of invasive tests such as paracentesis, thoracocentesis, lumbar puncture, laparoscopy, endoscopy, biopsy, etc., take a case history with examinations and prepare a detailed casereport.
6. Analyse and interpret any further investigations required for the provisional diagnosis made.

Assessment Scheme

Practical Assessment	-	90 Marks
Theory viva	-	60 marks
Practical viva	-	30 marks
Practical internal assessment-		10 Marks

7. SPA THERAPY

COURSE TYPE- SKILL ENHANCEMENT COURSE

COURSE CODE - BNY 313

1. INTRODUCTION TO ANATOMY & PHYSIOLOGY

Skeletal System
Muscular System
Nervous System
Lymphatic System
Cardiovascular System
Digestive System
Skin System

2. HISTORY AND INTRODUCTION TO SPA

Club spa
Cruise ship spa
Day spa
Destination spa
Medical spa
Mineralspring's spa
Resort/hotel spa

3. Special Massage Therapy like Swedish Massage, Ayurveda Massage, Thai Massage, Aroma therapy

4. Spa Product Knowledge

Herbs
Essential Oils
Aromatic Oils
Preservatives
Active Ingredients
Carrier Oils & Base Creams
Pre Blended Oils
Pre Blended Creams, Soaps, Shampoos, Lotions
Licensing (Drug Control)
Product Testing
Efficacy Shelf
Life Storage
Contamination
Allergies
Product Handling Dispensing
Self-Protection.

FINAL YEAR

1.NUTRITION DIETETICS AND HERBS

Course type- Core Course

Course code-BNY 401, BNY402P

Credits-4

OBJECTIVE:

The objective of teaching Nutrition and Medicinal Herbs to undergraduate students is to enable them to analyse nutritional profiles of their patients and prescribe diets to them based on nutritional requirements, as well as use herbs in the management of various diseases.

THEORY

I. Introduction of Nutrition:-

- 1) History of Nutrition
- 2) Progress in Food Science
- 3) Basic Principles of Nutrition
- 4) Food , Nutrition & Health
- 5) Need of Complete Nutrition
- 6) Nutritional Basis of Life and Life in Connection with Food
- 7) Composition of Body in Relation to Nutrition

II. Components of Food and their Classification:-

- 1) Carbohydrates
- 2) Proteins
- 3) Lipids
- 4) Vitamins
- 5) Minerals and Trace Elements
- 6) Water and Electrolytes

- 7) Metabolism and Energy Needs of the body
- 8) Energy Balance and the regulation of the body weight
- 9) Enzymes

III. A. Food Groups:-

- 1) Cereals
- 2) Millets and Coarse grains
- 3) Pulses
- 4) Green leafy Vegetables
- 5) Other Vegetables
- 6) Roots & Tubers
- 7) Fruits
- 8) Milk & Milk Products
- 9) Sugar & Jaggery
- 10) Honey
- 11) Nuts & Oil-seeds
- 12) Spices & Condiments

B. Nutritive Values of Food ingredients Commonly used in India

IV. The Science & Fine Art of Food & Nutrition:-

- 1) Philosophy of Nutrition
- 2) Calories: Measuring what we eat.
- 3) Law of the Minimum
- 4) Organic foods & Organic acids
- 5) Organic Vs. Inorganic Foods
- 6) Salt Eating, Salt Stimulation Vs. Good Diet
- 7) Fruitarianism and Vegetarianism

- 8) Nature's Food Refinery
- 9) The Digestibility of Foods
- 10) Mental Influences in Nutrition
- 11) Enjoying our Food
- 12) Absorption of Food
- 13) Uses of Food
- 14) How much shall we eat?
- 15) How to Eat?
- 16) Correct Food Combining - Food Combining Charts
- 17) Effects Of Cooking
- 18) Uncooked Foods (Raw Eating)
- 19) Salads
- 20) Conservative Cooking
- 21) Effects of Denatured Foods
- 22) Under Nutrition
- 23) Hypo-Alkalinity
- 24) Diet Reform Vs. Supplemental Feeding
- 25) Beginning the Reform Diet
- 26) Building the teeth
- 27) The Eliminating Diet
- 28) Feeding In Disease
- 29) The Three Year Nursing Period
- 30) Cow's Milk
- 31) Pasteurization
- 32) Mother's Milk

33) Should Baby Be weaned?

34) No Starch for Infants

35) Three Feeding a Day

36) Feeding of Infants

37) Feeding Children From Two to Six Years

38) Man Shall Not Diet With Food Alone

39) Our Denatured Soil

V. Food as Medicine - Known Facts

1) Proteins are Body Builders

2) Proteins can be Body Killers

3) Fats - Concentrated Body Fuels

4) How Foods May Poison?

5) Vegetables as Do It- Yourself Therapy

6) Solid Foods : When, What Kind, How Much?

7) Vitamins and Supplements for all ages

8) The Vitamins: Proof of natural food instincts

9) Facts about common foods

10) The Stimulant Delusion

VI. Food & Toxins

1) Infective agents & Toxins in food

2) Food Adulteration and Consumer Protection.

3) Food additives

4) Health hazards of added chemicals in foods

5) Nutrition & Infection

6) Study about adverse effect of Alcohol & Tobacco

VII. Nutritional Diagnosis

VIII. Public Health and Nutrition-

- 1) Education in Nutrition
- 2) Nutritional Program
- 3) Nutrition Survey and Methodology
- 4) Balanced Diets
- 5) Nutritional assessments, Social aspects of the Nutrition
- 6) Fortification and Enrichment
- 7) Exercise in Balanced Diet
- 8) Nutrition in relation to disaster management
- 9) Nutritional requirements of special groups

IX. Nutrition in Health-

- 1) Human Nutritional requirements
- 2) Nutrition in Pregnancy , Lactation , Infancy, Childhood, Adolescence and Old Age
- 3) Nutrition and Immunity

X. Nutritional deficiency diseases, Preventive and Curative approach

XI. The Optimum Nutrition Program for Correcting Disease & Restoring , Building and Maintaining Health

DIETETICS

THEORY

1. Concept of Health in Naturopathy
2. Dietetic principles in Naturopathy
3. Concept of wholesome diet
4. Medicinal values of Foods

5. Natural qualities / properties / character foods in Naturopathy / Ayurveda / Modern Nutrition

6. Natural food and health-

a) Importance of Green Vegetables, other vegetables, fruits and their ingredients

b) Chemical Composition of different raw juices , their effects and uses- Ginger, Raddish, Bottlegourd, Wheat grass, Beetroot, Cabbage, Carrot, Cucumber, Lettuce, Garlic, Onion, Lemon, Papaya, Knol-kol, Pineapple, Mango, Tomato, Pomegranate, Grapes, Apple, Bittergourd, Ashgourd, Bael fruit , Spinach, Pumpkins, Watermelon, Indian Gooseberry , Orange , Sweet Lime, whey water & Neera etc.

c) Sprouts, their Nutritive Values and Methods of Sprouting

d) Food Values in Raw states, germinated form and Cooked form

e) Comparison with raw and cooked foods

7. Diet for Physical Labor & Mental work

8. Arguments from comparative Anatomy , Physiology, Chemistry & Hygiene

9. Naturopathic Hospital dietetics and their classification

10. Disease management with diet

Diabetes, Renal diseases, Anaemia, PEM, Peptic Ulcer, Constipation, Malabsorption syndrome,

Liver diseases like Jaundice, Fatty liver etc. HBP, LBP, Atherosclerosis, Gall Bladder disease,

Cancer and arthritis

11. Food allergy and dietary management

12. Diet for Weight Reduction & Weight Gaining

13. Dietary modification for specific condition

14. Dietary reaction for a different population groups with special reference to pregnancy, lactation, Infancy

15. Seasonal changes in the dietary pattern in Ayurveda/Naturopathy and Modern nutrition

16. Food ,Sanitation, hygiene andhealth
17. Naturopathic approach towards vegetarian and non-vegetarianfood
18. Harmful effects of the food colours, preservatives, pesticides, artificialmanures
19. Dietary fibre and its therapeutic effects (e.g. constipation, ano-rectal disorders, colonicdisorders, GIT disorders, D.M. etc.)
20. Geriatric nutrition anddiet
21. Diet in exercise, sports, games andathletics
22. PaediatricNutrition
23. Nutrition and life Span: How to Prolong Life & PostponeDeath?
24. Diet, Fasting and Disease .
25. Vegetarianism: Its Positive and Negative aspects inNaturopathy
26. Customs and manners of eating:Different views, Effect of emotional state on food utilisation
27. Kalpa therapy in Naturopathy: Grapes, Mango, Matha, MilkEtc.
28. Ideal Diet, China study & Genuine HealthCare
29. Food , Eating , Self-Healing , Recovery ofvigor
30. Drugs Increase Nutritional Requirements
31. Toxicless Diet, Body Purification & HealingSystem
32. How Vitamin-C keeps you Young, NaturalAnti-oxidants
33. Question of Quality & Quantity ofFood
34. Hygienic Food & HygienicCookery
35. Physio-Pharmacology of Foods:-
 - A) Anti- Bacterial / Anti-SepticFoods
 - B) Anti- CoagulantFoods

- C) Anti- DepressantFoods
- D) Anti- DiabeticFoods
- E) Anti- DiarrohealFoods
- F) Anti-InflammatoryFoods
- G) Anti-Oxidant Foods
- H) Anti-Viral Foods
- I) Anti- HypertensiveFoods
- J) Calming & SedativeFoods
- K) Anti-Cancerous Foods
- L) CarminativeFoods
- M) Cholesterol LoweringFoods
- N) DiureticFoods
- O) Immunity EnhancingFoods
- P) Life Prolonging Foods
- Q) Memory EnhancingFoods
- R) Expectorant Foods
- S) OestrogenicFoods
- T) AnalgesicFoods
- U) AphrodisiacFoods
- V) Anti-UlcerFoods
- W) Anti-PyreticFoods
- X) Anti-SpasmodicFoods
- Y) Spoliative & Sudorific / DiaphoreticFoods
- Z) EliminativeFoods
- Aa) Cooling & Heating Foods

Ab) Anti- Emetic Foods

Ac) Purgative & Laxative Foods

1. HERBOLOGY

THEORY

a. Introduction to Herbology. The following herbs are to be studied with respect to their source and therapeutic uses.

b) Botanical details shall be avoided..

c) Botanical Name :-

1. Emblica Officinalis.
2. Cassia Fistia.
3. Ficus Glomerata.
4. Vervena Zizanioides
5. Cinnamomum Camphora
6. Monarda Charantia
7. Tribulus Terrestris
8. Myristica Fragrans
9. Cuminum Cyminum
10. Sesamum Indicum
11. Ocimum sanctum
12. Punica Granatum.
13. Coriandrum Sativum.
14. Azadirachta Indica.
15. Allium Cepa.
16. Piper Longum
17. Psoralea Corylifolia

18. Taxus Baccata .
19. AegleMarrnelos
20. Semecarpus Anacardium
21. Phyllanthus Niruri
22. PiperNigrum
23. SanthalamAlbum
24. SanthalamAlbum
25. AlliumSativam
26. MimosaPudica
27. Acorus Calamus
28. Asparagus Racemosus
29. RauwoffiaSerpentina
30. CurcumaLonga
31. TerminaliaChebula
32. FerulaNarthex
33. SyzygiumAromaticum
34. TerminaliaBelERICA
35. GingerOfficinalis

COURSE OUTCOME-

After the completion of the course, the student shall be able to:

- a) Describe fundamentals of nutrition, with respect to different nutrients and foodgroups;
- b) Illustrate details of nutritional requirements for different age groups, as well as pregnant and lactatingwomen;
- c) Classify modern nutrition to traditional Naturopathicdiets;
- d) Illustrate the use of specific herbs in common diseases, with therapeutic values.

- e) Analyse the nutritional status of a patient; Plan, implement and evaluate nutritional advice for people of different ages and patients of different diseases, including the use of herbs.

Assessment Scheme:

Theory	-	70Marks
Internal Assessment	-	30Marks

NUTRITION DIETETICS AND HERBS PRACTICALS

1. Visits to the dietetic department of the hospital
2. Menu planning using natural foods and raw foods in general patients
3. Demonstration of sprouts
4. Preparation of low cost balanced diet for different population groups using natural foods
5. Modification of normal diet in consistency-liquid full soft
6. Canteen duties at nature cure hospital
7. Knowledge of Sathvic food preparation at nature cure hospital
8. Visit to different nutrition centres like NIN - Hyderabad, CFTRI (Mysore)

COURSE OUTCOME-

After the completion of the course, the student shall be able to:

- a) Understand the procedures and nuances in approaching a patient and taking a detailed history and writing a case report;
- b) Illustrate examination procedures and techniques generally as well as for specific systems and make provisional diagnoses of common diseases;
- c) Describe laboratory investigations used for supporting the provisional diagnosis made after history taking and examinations;
- d) Analyse and interpret any further investigations required for the provisional diagnosis made

Assessment Scheme

Practical Assessment - 90 Marks

Theory viva - 60 marks

Practical viva - 30 marks

Recommended Text Books-

1. Davidson and Passmore Human Nutrition and dietetics-By Passmore, Eastwood.
2. Clinical Dietetics and Nutrition- By F.P. Antia
3. Normal and Therapeutics nutrition” - By Corinne H. Robinson Marilyn R. Lawler.
4. Essentials of Food and Nutrition-By Swaminathan
5. Foundations of Normal and Therapeutic Nutrition-By Randall Teltal.
6. Nutrition and dietetics-By Subhangini Joshi.
7. Sprouts-By J.D. Vaish, Yoga Samsthan
8. Medical Secrets of Your Food-By Aman.
9. Mucusless Diet healing System - By Prof. Arnold Ehret
10. Raw Eating - By Aterhov
11. The Science and Fine Art of Food & Nutrition. - By Herbert M. Shelton.
12. Nutritive value of Indian foods - By NIN B.S. Narsinga Rao.
13. Text book of Nutrition And Dietetics - By Sri Lakshmi
14. All publications of NIN, Hyderabad

Reference Book-

- | | |
|---|-----------------------------|
| 1. Food and Nutrition | -By Gupta |
| 2. Modern Nutrition in Health and Disease | -By Shills |
| 3. Human Nutrition
Sumati Rajgopal | -By Maxine E. Mc. Divit and |
| 4. Superior Nutrition | -By Herbert M. Shelton |
| 5. All publications on Nutrition
Nutrition, Hyderabad. | -By National institute of |

6. Periodicals of Indian Journal of Medical Research.
7. Indian Journal of Nutrition and Dietetics
8. Nutrition survey of India
9. A Complete Guide to Vitamins Staff. - Edited By J.I. Rodele and
10. Nutrition - By Chaney and Ross.
11. The Complete Book of Food and Nutrition - By J.I. Rodele and staff.
12. Food Remedies - By S.J. Singh.
13. The Sprouting Book - By Ann Wigmore
14. Dictionary of Natural Foods - By William L. Esser
15. Healing through Natural Foods - By H.K. Bakhru
16. Food Combining Made Easy - By Herbert M. Shelton
17. Encyclopedia of Fruits, Vegetables, Nuts & Seeds for Healthful Living
- By Joseph M. Cadans
18. Nutritive Value of Indian Food Stuffs - By S.J. Singh
19. Diet & Nutrition - By Rudolph Ballentine
20. Nature's Healing Grasses - By H.E. Kirschner
21. Diet to Dissolve Kidney Stones - By Dr. S.J. Singh
22. The Vitamin & Health Encyclopedia - By Jack Ritchason
23. Food is Your Best Medicine - By Henry G. Bieler
24. Natural Dietetics - By Dr. J.M. Jussawala
25. The Grape Cure - By Johanna Brandt
26. Aahar hi Aushadhi hai - By Dr. Hiralal
27. The Hippocrates Diet and Health Program - By Ann Wigmore
28. The Natural Food of Man - By Hereward Carrington

29. Sugar - The Curse of Civilization - By J.J. Rodale
30. Foods That Heal - By H.K. Bakhru
31. Anubhavaur Sar - By Dr. Sohanlal Nishkam Karmyogi
32. Protective Foods in Health & Disease - By Kulranjan Mukherjee
33. Miracle of Garlic - By Dr. Paavo Airola
34. Old age, its causes & prevention - By Sanford Bennett
35. The Encyclopedia of Health and Physical Culture (Vol 2) - By Bernarr Macfadden

HERBOLOGY BOOKS

- 1) Fundamentals of Ayurveda - By K.N. Udupa
- 2) Fundamentals of Ayurveda (ISM, Bangalore Publication) - By Mahadev Shastri M.
- 3) Swastha Vripta Vignana - By R.H. SINGH
- 4) Arogya Prakash - By Ramnarayana Vaidya
- 5) Astanga Hirudaya - By Vagbhatta
- 6) Charak Samhita - By Charak
- 7) Sushrut Samhita - By Sushrut
- 8) Herbs that Heal - By H.K. Bakhru

2.OBSTRETRICS ANDGYNAECOLOGY

Course type- Core Course

Course code–BNY 403, BNY404P

Credits-6

OBJECTIVE:

The objective of teaching Obstetrics and Gynecology to undergraduate students is to provide them with the comprehensive knowledge of anatomy, physiology and pathophysiology of the reproductive system and gain the ability to optimally manage common problems.

. Objectives:

• Knowledge:

After the completion of the course, the student shall be able to:

1. Delineate the anatomy, physiology and pathophysiology of the reproductive system and the common conditions affecting it;
2. Detect normal pregnancy, labor, and puerperium;
3. Elucidate the leading causes of maternal and perinatal morbidity and mortality;
4. Understand the principles of contraception and various methods employed, methods of medical termination of pregnancy, sterilization and their complications;
5. Recognize the use, abuse and side effects of drugs in pregnancy, pre-menopausal and post-menopausal periods;
6. Explain the national programmes of maternal and child health and family welfare and their implementation;
7. Assess different gynecological diseases and describe principles of their management;
8. Explain the indications, techniques and complications of procedures like Caesarean section, laparotomy, abdominal and vaginal hysterectomy, and vacuum aspiration for Medical Termination of Pregnancy (MTP).

• Skills:

After the completion of the course, the student shall be able to:

1. Examine a pregnant woman, recognize high risk pregnancies and make appropriate referrals;
2. Recognise complications of delivery and provide postnatal care;
3. Recognize congenital anomalies of newborn;
4. Advise a couple on the use of various available contraceptive devices;
5. Perform pelvic examination, diagnose and manage common gynaecological problems including early detection of genital malignancies;

6. Interpret data of investigations like biochemical, histopathological, radiological, ultrasound etc

• **Integration**

At the completion of training, the student should be able to integrate knowledge of Obstetrics and Gynaecology to manage related ailments and educate masses on family planning norms.

THEORY

Section-A

1. Basic Anatomy & Physiology-;

- a) Anatomy and Physiology of female genital organs and pelvis.
- b) Maturation and fertilization of ovum.
- c) Development of placenta.
- d) Embryology of uterus.

2. Physiology of Pregnancy :-

- a) Maternal changes due to pregnancy
- b) Diagnosis of pregnancy
- c) Differential diagnosis of pregnancy
- d) Foetus in normal pregnancy
- e) Ante-natal care.

3. Physiology of Labour :-

- a) Causation and stages of labour
- b) Mechanisms of labour
- c) Conduct of Delivery - the Natural means.

4. Physiology of Puerperium

- a) Phenomena of normal puerperium
- b) Care of Puerperium
- c) Care of new-born child

5. Pathology of Pregnancy

- a) Hyperemesis gravidarum
- b) Anaemia in pregnancy
- c) Diseases of urinary system
- d) Diabetes in pregnancy
- e) Abortion
- f) Ectopic pregnancy
- g) Ante-partum haemorrhage
- h) Placenta previa

6. Pathology of Labour

- a) Occipito - posterior position
- b) Breech presentation
- c) Multiple pregnancy
- d) Contracted pelvis
- e) Management of labour in contracted pelvis
- g) Complications of 3rd stage of labour

7. Affection of New-Born

- a) Asphyxia neonatorum
- b) Preterm baby

8. Obstetrical Operations

- a) Forceps
- b) Caesarean section
- c) Induction of abortion and labour

9. Pathology of Puerperium

Puerperal infections

10. Miscellaneous

- a) Perinatal mortality and Maternal mortality
- b) Post-dated pregnancy
- c) Placenta insufficiency.
- d) Control of contraception
- e) Medical Termination of Pregnancy.
- f) Pre-term labour.

11. Naturopathic Application:

- a) Hydrotherapy in Pregnancy
- b) Importance of Naturopathic Diet in Pregnancy & Puerperium
- c) Underwater delivery

12. Yogic application:

- a) Exercises in -

Ist Trimester

IInd Trimester

IIIrd Trimester

Puerperium

- b) Pelvic Floor Exercises

13. Natural Childbirth

14. Birth Control: Natural and Unnatural

15. Holistic Approach to menstrual Problems

16. Vaginitis: A Natural Approach

17. Breast Cancer Can Be Prevented

18. Varicose Veins: Prevention and Treatment

19. Understanding the Pregnancy: The Miracle of Creation

20. What Smoking Does to Women?
21. Depression : A New Epidemic
22. What Woman Should Know About Anaemia?
23. Overweight: Must It Be A Lifetime Struggle?
24. Menopause: Dreadful Affliction or Glorious Experience?
25. Uterine Tumors can Be Prevented

Section - B

1. Gynaecological diagnosis
2. Malformation of Female genital organs
3. Diseases of vulva
4. Diseases of vagina
5. Sexually transmitted diseases in female
6. Diseases of urinary system
7. Trophoblastic diseases
8. Disorders of menstruation
9. Prolapse of uterus
10. New Growths of uterus
11. Endometriosis and adenomyosis
12. Diseases of ovary
13. Pelvic inflammatory diseases

COURSE OUTCOME

After the completion of the course, the student shall be able to:

- a) Illustrate the anatomy, physiology and pathophysiology of the reproductive system and the common conditions affecting it, Detect normal pregnancy, labor, and puerperium;

- b) Classify the leading causes of maternal and perinatal morbidity and mortality;
- c) Understand the principles of contraception and various methods employed, methods of medical termination of pregnancy, sterilization and their complications;
- d) Describe the national programmes of maternal and child health and family welfare and their implementation;
- e) Analyse different gynecological diseases and describe principles of their management, different techniques.
- f) Analyse a pregnant women, recognize high risk pregnancies and make appropriate referrals;

Assessment Scheme:

Theory	–	70Marks
Internal Assessment	–	30Marks

PRACTICALS

1. History taking of ante-natal and gynaecological cases
2. Demonstration of physical examination of ante-natal and gynaecological cases
3. Demonstration of conductive labour, normal delivery and use of minor instruments during

Delivery

4. Demonstration of various equipments used in obstetrics and gynaecology
5. Case -history writing of ante-natal and gynaecological cases(25)

COURSE OUTCOME

After the completion of the course, the student shall be able to:

- g) Illustrate the anatomy, physiology and pathophysiology of the reproductive system and the common conditions affecting it, Detect normal pregnancy, labor, and puerperium;
- h) Classify the leading causes of maternal and perinatal morbidity and mortality;
- i) Understand the principles of contraception and various methods employed, methods of medical termination of pregnancy, sterilization and their complications;

- j) Describe the national programmes of maternal and child health and family welfare and their implementation;
- k) Analyse different gynecological diseases and describe principles of their management, different techniques.
- l) Analyse a pregnant women, recognize high risk pregnancies and make appropriate referrals;

Assessment Scheme

Practical Assessment - 90 Marks

Theory viva - 60 marks

Practical viva - 30 marks

Practical internal assessment- 10 Marks

Recommended Text Books -

- 1. Clinical Obstetrics - By Mudaliar and Menon
- 2. Text Book of Obstetrics - By C.S. Dawn
- 3. Shaw's Text Book of Gynaecology - By Shaw
- 4. Text Book of Gynaecology - By Dr. Dutta
- 5. Text Book of Obstetrics - By Dr. Dutta
- 6. Text Book of Gynaecology - By Nina & Michael Shandler
- 7. Yoga for Pregnancy & Natural child Birth
- 8. Women Disease & Easy Child Birth - By J.H. Tilden
- 9. Every women's book. - By Dr. Paavo Airola

Reference Books-

- Illustrated Book of Obstetrics & Gynaecology - By Dr. Gevan

3.YOGA THERAPY

Course type- Core Course

Course code – BNY 405, BNY 406P

Credits-5

1. Objective

The objective of teaching *Yoga* Therapy to undergraduate students is to provide them with comprehensive knowledge of *Yoga* and the physiological effects of various *yogic* practices and utilisation of the same for therapeutic purposes.

THEORY

1. Introduction to Yogic Therapy / Basis of Yogic Therapy
2. Role of Asanas in curing various diseases
3. Specific importance of Pranayama in curing various diseases
4. Vital role of Bandhas, Mudras, Drishtis, in curing various diseases
5. Role of Shat-kriyas in curing various diseases particularly digestive disorders
6. Role of general exercises
7. The effects of various Yogic practices on different systems
Viz : Skeletal system, Endocrine System, Nervous system, Digestive System, Respiratory system, Excretory system, Cardio-vascular system, Muscular system, Reproductive system
8. Research methods in yogic therapy, statistical analysis etc.
9. Yogic therapy for:
 - a. Cardio-Vascular diseases
 - b. Psychiatric diseases
 - c. Mental retarded diseases
 - d. Neuro-Muscular diseases
 - e. Gastro-intestinal diseases
 - f. Hormonal diseases

- g. Respiratory disorders
- h. Metabolic disorders
- i. Ophthalmologic disorders
- j. Paediatric disorders
- k. E.N.T. Disorders
- l. Obstetrics & Gynecology disorder
- 10. Meditation and its applications on psycho-somatic disorders
- 11. Yoga & Relaxation Techniques
 - a. QRT-Quick Relaxation Technique
 - b. IRT - Instant Relaxation technique
 - c. DRT-Deep Relaxation technique
- 12. Teaching methods of Yoga to Public, Students and patients. Model lesson planning and adoption of Yoga in education system, limitations, vidhi and Nisheda (right and wrong)
- 13. Workshop on Yogic therapy
- 14. Dessertations
- 15. Advanced techniques of Yogatherapy
- 16. Pranic Healing & Reiki Therapy
- 17. Yoga and Mental health-Total integration of personality, correct mental behaviour and attitude, harmonial relationship of body and mind, self content tranquilising effect, psychology of spiritual growth and spiritual value, toning judgement, pure consciousness, mode of living and disciplined life.
- 18. Applied psychology:-
 - a. Stress -Its causes, effects and control
 - b. Historical perspective, Identifying psychological disorders
 - I. Anxiety Disorders
 - ii. Dissociative Disorders

iii. Somato form Disorders

iv. Sexual Disorders

v. Mood Disorders

vi. Personality Disorders

vii. Schizophrenia

c. Therapy for psychological disorders

psychotherapy, therapy of Interpersonal relations, behavioral therapy

COURSE OUTCOME

After the completion of the course, the student shall be able to:

1. Describe the physiological effects of various *yogic* practices like *kriyas*, *asanas*, *pranayamas*, *mudras*, *bandhas*, *drishtis*, Guided relaxation and Meditation;
2. Define rules and regulations of *Yoga* to be followed;
3. Understand the therapeutic aspects of *Yoga* as applied to different disease conditions;
4. Illustrate the concept of health and disease in *yogic* lore and role of stress in disease causation and management of the same with *Yoga*;
5. Analyse knowledge of *Yoga* therapy in managing various diseases;
6. Demonstrate usage of therapeutic aspect of *Yoga* in promotive, preventive, curative and rehabilitative therapy.

Assessment Scheme:

Theory	–	70Marks
Internal Assessment	–	30Marks

1.

YOGA THERAPY PRACTICAL

Demonstration and instructions of advanced yoga posture, kriyas, meditation, and advanced yoga practices.

Case discussion -25

COURSE OUTCOME-

After the completion of the course, the student shall be able to:

1. Demonstrate basic understanding of procedures of stretching and exercises;
2. Deliver a meditative session using any of the meditative styles;
3. Describe fundamentals of yoga, with respect to its principles;
4. Analyse the patient, and modulate a yoga session for the same.

Assessment Scheme

Practical Assessment	-	90 Marks
Theory viva	-	60 marks
Practical viva	-	30 marks
Practical internal assessment-		10 Marks

REFERENCE BOOKS :-

1. Yogic therapy - By Dr. Vinekar, Govt. of India. Publication.
2. Yogic therapy - By Dr. Giarde
3. Treatment of common Diseases through yoga - By Swami Satyananda Saraswati.
4. Seminars on Yoga, Science & Man - By CCRYN, Delhi Publication.
5. Yoga Nidra Yoga - By Swami Satyananda Saraswati Bihar School of
6. The Ancient Science and Art of Pranic Healing. - By Choa Kok Sui.
7. Pranic Psychotherapy - By Choa Kok Sui.
8. Psychology - By Robert A Baron.
9. Garifeld Special Psychotherapy - By John Wiley & Sons.
10. Hand Book of Behavior Modification & therapy - By Plenum press.
11. Stress & Mental Disorders. - By Crarrett J.E. Raven Press, New York.
12. Counseling and evidences - By Adams J.T. moe. Millionco.
13. Stress Management Research papers. - By V.K. Yoga Bangalore.

4.HYDROTHERAPY

Course type- CoreCourse

Course code – BNY 407, BNY 408, BNY409P

Credits-4

OBJECTIVE:

The objective of teaching Hydrotherapy and Mud Therapy to undergraduate students is to provide them with comprehensive knowledge of treating diseases using water and mud, and the physiological effects of various kinds of such applications, and utilisation of the same for therapeutic purposes.

Objectives:

• Knowledge:

After the completion of the course, the student shall be able to:

- a. Describe the properties and chemical composition of water and mud used for therapeutic purposes, physiology of the skin, production of heat and body temperature regulation, which are essential as a foundation for hydrotherapy.
- b. Illustrate physiological effects of hot and cold water upon the different systems of the body and applications to reflex areas;
- c. Explain action and reaction mechanisms and physiology, with their effects and uses
- d. Demonstrate use of water in preservation, acute diseases, chronic diseases;
- e. Show in-depth knowledge of general principles of hydrotherapy, therapeutic applications of water, along with therapeutic actions, indications and contra-indications; and classification of mud, storing of mud, modes of mud treatment, cosmetic uses of mud and research updates in hydrotherapy and mud therapy;
- f. Demonstrate techniques and procedures of various types of hydrotherapeutic applications;

• Skills:

After the completion of the course, the student shall be able to:

1. Utilise knowledge of hydrotherapy and mud therapy in managing various diseases;
2. Demonstrate usage of therapeutic aspect of hydrotherapy and mud therapy treatments in promotive, preventive, curative and rehabilitative therapy.
3. Institute and evaluate remedial measures in hydrotherapy for various disease conditions in clinical as well as research settings.

- **Integration**

At the completion of training, the student should be able to integrate knowledge of hydrotherapy in various diseases and efficiently utilise the same for therapeutic purposes.

THEORY

PAPER-I

1. Introduction and History
2. Physical properties and chemical composition of water
3. Physiological basis of Hydrotherapy:- The Skin and its anatomical construction, functions of the body
4. Production of heat and its distribution in the body, regulation of the body temperature, conditions that increase and decrease heat production in the body, body heat and body temperature
5. Importance of water to human body.
6. Physiological effects of water on different systems of the body
 - i) General and Physiological effects of heat upon:-
 - a. Skin
 - b. Respiration
 - c. Circulation
 - d. Nervous System
 - e. Heat and its production, dissipation etc.
 - f. Tactile and temperature sense
 - ii) General and physiological effects of cold upon skin, respiration, circulation, nervous system, G.I.T., Body temperature and its maintenance.

7. Reflect areas of the body, results of the application of hot and cold over reflex areas
8. Action and reaction, incomplete reaction, Conditions that encourage and discourage reaction, internal reaction, thermic reaction, modified thermic reaction
9. Place of water in preservation
10. Place of water in Acute diseases
11. Place of water in Chronic diseases
12. Magnesium sulphate - use in Hydrotherapy

Assessment Scheme:

Theory	–	70Marks
Internal Assessment	–	30Marks

PAPER - II

1. General Principles of Hydrotherapy
 - a) General rules of hydrotherapy
 - b) Therapeutic significance of reaction
 - c) Adaptation of individual cases
 - d) Exaggeration of symptoms under treatment, the untoward effects and how to avoid them
 - e) General indications and contra- Indications
2. Therapeutic actions and use of Hydrotherapy:
 - a) Classification of Hydratic effects, General principles excitation and Depression
 - b) Primary excitant effects when to apply and when not to apply
 1. Local haemostatic effects
 2. Cardiac effects Hydratic heart tonics

3. Uterine excitations, emmenagogue effects

4. Vesical excitations

5. Intestinal excitations, peristaltic effects

c) Secondary excitant effects:-

1. Restorative effects.

2. Tonic effects of cold water, physiological effects of cold water, Cold water Vs. Medical tonics, application diseases.

3. Anaemia, Neurasthenia, Hypochondria Cerebral congestion, Rheumatism, Diabetes mellitus, Valvular heart diseases.

4. Calorific effects.

5. Diaphoretic effects.

Importance of attention to the skin in Chronic diseases - alternative & qualitative effect - Hot bath in brights diseases, Sweating baths in dropsy and obesity, Depurative or eliminative effects, Toxemia in Rheumatism.

6. Expectorant effects.

7. Diuretic effects - Brights disease, Uremia - eclampsia.

8. Atonic Dyspepsia, Hyperacidity

9. Revulsive and derivative effects, flexion, revulsive methods for Combating superficial anaemia and for relief of deep congestion method adopted to anaemia of deep seated organs revulsion on analgesic measure.

d) Resolvent effects, sedative effects- general sedatives - local sedatives.

i) Sedatives of the circulatory system- antiphlogestic effects, inflammation, pneumonia, pleurisy and other acute disorders.

ii) Nerve sedatives, hypnotic, calmative analgesic, anesthetic, antispasmodic, insomnia, chorea, spastic paralysis, exophthalmic goiter, mania, epilepsy and various painful conditions.

iii) Anti- thermic and antipyretic effects, relation of heat production and heat

elimination to antipyretic methods, principles that govern the application of hyriatic measures for the reduction of temperature in fevers , methods that may be efficiently employed in various morbid conditions and effects, indications and contra- indications.

iv) Secretary and sedative effects - prophylacticuses.

a. Cold bathing in infancy and earlychildhood.

b. The cold bathing forAdults.

c. The cold baths forwomen.

d. The cold bath in old age-precautions.

3. The techniques of Hydrotherapy:-

Plain water bath:-

Coldhip bath - Kellog's & Kuhne's sitz bath

Shallowbath - for males, females hand and arm

Graduatedbath bath, foot bath, hot and cold

Naturalbath alternative legbath

Non revulsive bath

Immersion bath

Cold plunge bath

Whirl pool bath

Aeration bath

Vichy spray massage

Rapid bath, Brand -bath, Fever bathing, Sea bathing.

4. Various baths and air baths, Russian bath, Turkish bath, Steam inhalation, Hot air bath, Local hot air bath, Super hot air bath, Cold air bath, Indoor and out-door baths.

5. Pool Therapy:-

a) Introduction

b) Principles of treatment Part I and PartII.

c) Physiological and Therapeutic effects of exercise in warmwater.

d) Indications and contra -indications.

e) Dangers andprecautions.

6. Douches :-

Cold Douche

Hot Douche

NeutralDouche

Alternative Douche

Under water Douche

Contrast Douche

Horizontal Jet

Cephalic Douche

Lumbar Douche

Fan Douche

Rain Douche or Shower Douche

Heptic Douche

Circular Douche and Semi Circular Douche

Cerebrospinal Douche

Plantar Douche

Percussion Douche

Scotch Douche

Revulsive Douche

Ascending Douche

Calliper Douche

Filiform Douche

Fog Douche

Massage Douche

Shoulder Douche

Thoracic Douche

Abdominal Douche

Anal Douche

Perineal Douche

Pulmonary Douche

Cardiac Douche

Gastric Douche

Enteric Douche

Renal Douche

Articular Douche

Vapour Douche

7. Fomentation and Stupes:-

The hot water bag, the siphon hot water bag, the thermopore, the mustard Fomentation, clay and glycerin poultice, charcoal poultice, cotton poultice.

8. Compresses and Packs:-

The wet sheet pack, cooling pack, cold shower pack, sweating pack, very

cold compress, proximal compress, neutral compress, alternate compress, repulsive compress, compress of ten days for injuries and eruptions, alternative ten applications to the head and spine, local packs, wet girdle pack, dry abdominal bandage.

Abdominal heating compress, Head pack, Spinal pack

Hot and cold heat compress, Hot and cold lung compress

Hot and cold gastro-hepatic compress

Hot and cold renal compress

Hot and cold intestinal compress

Hot and cold pelvic compress

Hot and cold abdominal pack

Hot and cold spinal pack

Hot and cold pancreatic pack

SPECIAL FORMS OF COMPRESS :-

Cephalic compress, Chest pack, Triangular chest Pack, Half chest compress, Joint compress, Pelvic pack, Foot pack, Cold spinal compress, Towel chest Pack, Pericardial or cardiac compress, Hip pack, Perineal compress, Prone Packs , Lumbar compress.

9. Internal Use of Water:-

Irrigations and enema (Colon Flushing)

Cold water drinking, Hot water drinking.

Water emetic, irrigation of ear, Nasal Irrigation,

Vaginal irrigation, Intra-uterine irrigation, rectal

irrigation. Enema :- Hot, warm, Cold, graduated enema.

Coloclyster, Retentive enema, Tonic Enema.

Hydriatic Prescription Making:-

- a. The natural defense of the organism.
- b. Procedures for increasing vital resistance.
- c. Procedures which excite the central ganglia.
- d. Procedures that increase oxidation.
- e. Measures that encourage general and local metabolic activity.
- f. Procedures that increase general blood movement and local blood supply.
- g. Measures that increase heat production.
- h. Measures that increase the elimination of heat.
- i. Measures that combat bacterial development of blood.
- j. Measures that increase/ lessen heat elimination.
- k. Hydratic incompatibility.
- l. Hydrotherapy as a means of rehabilitation and health promotion.
- m. Emergency treatments in Hydrotherapy.

10. Mud Therapy:-

- a) Introduction to Mud Therapy.
- b) Classification of mud for therapeutic use.
- c) Precautions for storing mud.
- d) Methods of treatment of mud - applications, packings, hot poultices, effect of mud on different systems of the body.
- e) Natural mud bath, full and partial mud packs, mud plaster, thermal bath, dry pack, sand pack and sand baths.
- f) Cosmetic uses of mud.

COURSE OUTCOME

After the completion of the course, the student shall be able to

1. Describe the properties and chemical composition of water and mud used for therapeutic purposes, physiology of the skin, production of heat and body temperature regulation, which are essential as a foundation for hydrotherapy.
2. Illustrate physiological effects of hot and cold water upon the different systems of the body and applications to reflex areas;
3. Explain action and reaction mechanisms and physiology, with their effects and uses
4. Demonstrate use of water in preservation, acute diseases, chronic diseases;
5. Correlate general principles of hydrotherapy, therapeutic applications of water, along with therapeutic actions, indications and contra-indications; and classification of mud, storing of mud, modes of mud treatment, cosmetic uses of mud and research updates in hydrotherapy and mud therapy;
6. Demonstrate techniques and procedures of various types of hydrotherapy applications.

Assessment Scheme

Theory – 70 marks

Internal marks – 30 marks

HYDROTHERAPY PRACTICALS

Demonstration of various therapeutic Procedure and treatments in

Hydrotherapy during clinical classes at the hospital.

At the end of final B.N.Y.S. Course, candidate should be in a position to give treatments independently.

COURSE OUTCOME

After the completion of the course, the student shall be able to

- a) Demonstrate use of water in preservation, acute diseases, chronic diseases;
- b) Correlate general principles of hydrotherapy, therapeutic applications of water, along with therapeutic actions, indications and contra-indications; and classification of mud, storing of mud, modes of mud treatment, cosmetic uses of mud and research updates in hydrotherapy and mud therapy;

- c) Demonstrate techniques and procedures of various types of hydriatic applications.

Assessment Scheme

PracticalAssessment	-	90 Marks
Theoryviva	-	60marks
Practicalviva	-	30 marks
Practicalinternalassessment-		10Marks

TEXTBOOKS:-

1. Baths - By S.J. Singh.
2. My Water Cure - By Sebastian Keneipp.
3. Rational Hydrotherapy - By Dr. J.H. Kellogg.
4. The Healing Clay - By Michel Adserra.
5. Our Earth and Cure - By Raymond Dextroit.

REFERENCE BOOKS

1. Hand Book of Hydrotherapy - By Shew, Joel.
2. Hydrotherapy in Practice - By Davis, B.C. & Harrison, R.A.
3. Medical Hydrology - By Sideny Licht.

5. PHYSIOTHERAPY

Course type- Core Course

Course code – BNY 410, BNY 411P

Credits-1.5

Objective:

The objective of teaching Physical Medicine and Rehabilitation to undergraduate students is to provide them with the knowledge and skills needed for utilisation of Physical medicine for therapeutic, rehabilitative purposes.

THEORY

I. Basic Physics in exercise therapy:-

1. Mechanics : Force, Gravity, Line of gravity, center of gravity in human body, base, Equilibrium. And planes.

Mechanical Principles :- Lever, Order of Lever, examples in human body, Pendulum, Spring.

2. Introduction to Exercise Therapy:-

3. Starting Position :- Fundamental Starting positions, derived position, Muscle work for all the fundamental starting positions.

4. Classification of movements in detail :-

a) Voluntary movements.

b) Involuntary movements

5. Active movements

6. Passive movements

7. Muscle strength :-

Anatomy and physiology of muscle tissue, causes of muscle weakness/paralysis, preventing of muscles weakness/ paralysis, types of muscle work and contractions, range of muscle work, muscle assessment.

Principles of muscle strengthening / re-education, early re-education of Paralyzed muscles

8. Joint movement:-

Classification of Joint movements, causes for restriction of joint movement, prevention of restriction of joints range of movements, Principles of mobilizations of joint in increasing the range of motion. Technique of mobilization of stiff joint.

9. Relaxation:-

Techniques of relaxation, Principles of obtaining relaxation in various positions.

10. Posture :-Types, factor responsible for good posture, factor for poor development of good posture.

11. Co-ordination exercises :-Definition of co-ordinated movements, in-coordinated movements.

Principles of co-ordinated movements, technique of co-ordination exercise.

12. Gait- Analysis of normal gait with muscles work, various pathological gaits.

13. Crutch Gait :- Introduction, crutch measurement, various types of crutch gait (in details)

14. Neuro- muscular facilitation techniques, functional re-education.

15. Suspension Therapy :- Principles of suspension, types of suspension therapy, effects and uses of suspension therapy, their application either to mobilize a joint or to increase joint range of motion to increase muscle power, explaining the full details of the components used for suspension therapy

ELECTROTHERAPY

THEORY

1. Electrical fundamentals, physical principles, structure and properties of matter, molecular atom, proton, neutron, electron, ion, etc., Electrical energy: Nature of electricity current, static electricity current, Electric potentials generated by cell, ohm's law, joule's law, Magnetic Energy: Nature and

property of a magnet, magnetic induction, Show rule, maxwell's cork-screw rule.

Electro magnetic induction, principle and working of choke, coil, transformer, rectification of A.C. to D.C., Metal oxide Rectifier, semiconductor, Diode and triode, valves, principles of working in a capacitor, details of charging and discharging etc.

Transistors, measurement of current intensity, EMS and power, moving coil milometer and voltmeter.

2. Low Frequency Currents:-

Nature and principle of production of muscles stimulating currents, types of low frequency currents used for treatment, Therapeutic electric stimulation, Intophoresis.

3. Preparation for electro therapy, preparation of apparatus, patient treatment technique. Stimulating the muscles of extremity, back and face through the motorpoints.

4. Faradic and galvanic currents.

5. High frequency current treatments:-

Physics of high frequency currents, production of high frequency currents, principles, Bio Physics of heat, Physiology of heat and cold, Production, Physiological and therapeutic effects and uses. Technique of Treatments, Dangers and precautions, contra-indications of the following.

a) Shortwave Diathermy

b) Microwave Diathermy

c) Ultrasonic Therapy

6. Principles of radiation therapy, physics of radiation therapy, laws governing radiation, Production. physiological and therapeutic effects, uses, techniques of treatment, dangers and precautions, contraindication, etc. of the following.

a) infrared radiation therapy.

b) Ultraviolet radiation therapy

- c) Basic principles of transcutaneous nerve stimulation and interferential therapy.
- d) Wax therapy-physics-physiological and therapeutic effect and uses, Techniques of application.

COURSE OUTCOME

After the completion of the course, the student shall be able to:

1. Illustrate principles of basic physics that act as a foundation for physical medicine
2. Describe exercise therapy in detail, including starting positions, movements and their types, muscle strength, joint movement, relaxation, posture, co-ordination, gait, walking aids, neuromuscular facilitation, suspension therapy and their therapeutic applications, including allied modalities like heat treatments and cryotherapy;
3. Understand electrotherapy in terms of fundamentals, principles, laws of electricity and magnetism, practical and theoretical aspects of electrotherapeutic applications, such as faradic and galvanic currents, high frequency currents, laser, ultrasound, radiation therapy (IR & UV), TENS and IFT.
4. Demonstrate usage of therapeutic applications of physical medicine in promotive, preventive, curative and rehabilitative therapy, focusing on rehabilitation.
5. Analyse remedial measures in *Yoga* for various disease conditions.

PRACTICALS I

(1) Interrupted/modified D.C.

(a) Stimulation of muscles directly.

(b) Diagnostic tests

(I) F.G. Test.

(II) S.D. Curve

(III) Fatigue Test.

(2) Uses of surged faradism and interrupted galvanism in various peripheral nerve lesions.

(a) Neuroproxia

(b) Axonotomosis.

(c) Neurotomosis

PRACTICALS II

(High frequency current treatment)

- (a) Shortwave diathermy-setting up of apparatus including selection of method and electricity, Techniques, preparation of patient, checking, contra indications, application of SWD for various conditions and various parts of the body. Those must be practiced by the students.
- (b) Microwave diathermy-setting up of apparatus including selection of method and electricity, Techniques, preparation of patient, checking, contra indications, application of MWD for various condition and various parts of the body. Those must be practiced by the students.
- (c) Ultraviolet radiation: setting up of apparatus including selection of lamps technique of application of UVR for various conditions like test dose, general body bath, acne vulgaris, alopecia areata and total is, ulcers, psoriasis, rickets and general debility patients.
- (d) Ultrasonics: setting up of apparatus, selection of dose, technique of application in various Condition and to various parts of the body.

PRACTICALS III

- (1) Demonstration and practice of Active and passive movements.
- (2) Demonstration and practice of putting suspension to shoulder joint, Elbow joint in upper limb, hip joint and knee joint in lower limbs for all movements. Demonstration of total suspension.
- (3) Muscle strength: Demonstration and practice of strengthening, re-education of weak/paralysed muscles of both upper and lower extremity, individual group muscles, abdominal muscle exercises.
- (4) Joint movements: Demonstration and practice of techniques to improve joint range of motion of hip joint, knee joint, ankle and foot in lower limb, shoulder joint, elbow joint, radio-ulnar joint, wrist joint & upper limb.
- (5) Demonstration and practice of free exercise to improve joint range of motion (Small joints, eg. hand, finger, toes etc.) Demonstration and practice of all crawling exercises, faulty posture. Correcting techniques.

(6) Demonstration of various pathological gaits.

Measurement of crutches, walking aids, strengthening of crutch muscles, crutch balance, Demonstration and practice of all crutch gaits.

(7) Breathing Exercises: Demonstration and practice of Diaphragmatic breathing, localised expansion exercises.

(8) Passive stretching: Techniques of passive stretching to sternomastoid muscle, shoulder abductors, flexors elbow flexors, supinator, wrist and finger flexors in upper limbs passive stretching to hip flexors, Adductors, ilio-tibial band, tensor fascia lata, quadriceps, knee flexors, tendo achilles etc.

COURSE OUTCOME

After the completion of the course, the student shall be able to:

1. Illustrate principles of basic physics that act as a foundation for physical medicine
2. Describe exercise therapy in detail, including starting positions, movements and their types, muscle strength, joint movement, relaxation, posture, co-ordination, gait, walking aids, neuromuscular facilitation, suspension therapy and their therapeutic applications, including allied modalities like heat treatments and cryotherapy;
3. Understand electrotherapy in terms of fundamentals, principles, laws of electricity and magnetism, practical and theoretical aspects of electrotherapeutic applications, such as faradic and galvanic currents, high frequency currents, laser, ultrasound, radiation therapy (IR & UV), TENS and IFT.
4. Demonstrate usage of therapeutic applications of physical medicine in promotive, preventive, curative and rehabilitative therapy, focusing on rehabilitation.
5. Analyse remedial measures in *Yoga* for various disease conditions.

Assessment Scheme:

Theory – 70 Marks

Internal Assessment – 30 Marks

Practical Assessment - 90 Marks

Theory viva - 60 marks

Practical viva - 30 marks

Practical internal assessment- 10 Marks

BOOK REFERENCE (BOTH THEORY AND PRACTICALS)

1. Principles of Exercise Therapy - By Dena Gardiner.
2. Tidy's physiotherapy.
3. Cash text book of physiotherapy.
4. Clayton's Electrotherapy and Actinotherapy.
5. Kisner's Therapeutic Exercise Foundation and techniques.
6. Maggie's text Book of Physiotherapy

6. HOLISTIC PRACTICES OF NATUROPATHY & YOGA

Course type- Core Course

Course code – BNY 412, BNY 413P

Credits-3.5

1. Objective:

The objective of teaching Holistic practices of naturopathy & yoga to undergraduate students is to train them to provide well integrated clinical service in Naturopathy.

THEORY

Diseases of System:-

1. Cardiovascular Disorders
2. Gastrointestinal Disorders
3. Blood related Disorders
4. Respiratory Disorders
5. Neurological Disorders
6. Psychiatric Disorders
7. Musculoskeletal Disorders
8. E.N.T. Disorders
9. Ophthalmology Disorders
10. Obstetrics & Gynaecology Disorders
11. Paediatric Disorders
12. Metabolic Disorders
13. Hormonal Disorders
14. Neuromuscular Disorder
15. Mental Retardation Disorder
16. Psychological Disorder
17. Sexual Disorder

18. Post surgical Rehabilitation
19. Post Chemotherapy Rehabilitation
20. Skin Disorders
21. Tumors & Cancers
22. Affections due to Parasites
23. Affections due to Physical agents & Intoxicants
24. Care of Wounds, Burns, Bites & Stings
25. Accidents & Emergencies

Cure of Surgical Disorders:-

1. Deviated Nasal Septum
2. Tonsillitis
3. Appendicitis
4. Uterine Fibroid
5. Uterine Prolapse
6. Hernia
7. Intervertebral Disc Prolapse
8. Cervical Spondylosis & Slip disc
9. Calcaneal Spur
10. Osteoarthritis
11. Hydrocele etc.
12. Prostate
13. Hemorrhoids (Piles)
14. Fistula
15. Pyorrhea

16. Gall Stone & Renal Stone

17. Breast tumor.

COURSE OUTCOME

After the completion of the course, the student shall be able to:

- a. Illustrate decision making in Naturopathy;
- b. Understand the basic principles of screening and prevention of disease;
- c. Comprehend the scope of practice- patterns of use, fields of practice, regulations, limitations;
- d. Understand the concept of healing and disease crises and management of the same.
- e. Understand the pathogenesis of the disease in Naturopathy basis and preventive measures of the same;
- f. Deduce and form a specific module of therapy for the particular patient with varied presentations.

Assessment Scheme:

Theory	-	70	Marks
Internal Assessment	-	30	Marks
Practical Assessment	-	90	Marks
Theory viva	-	60	marks
Practical viva	-	30	marks
Practical internal assessment-		10	Marks

7.HOSPITAL MANAGEMENT AND RESEARCH METHODOLOGY

Course type- Core Course

Course code – BNY 414, BNY 415P

Credits-5.5

Objective:

The objective of teaching Research Methodology and Recent advances to undergraduate students is to provide them with the latest updated scientific, knowledge in the field of Naturopathy and *Yoga* and introduce them to research methodology.

THEORY

I - Medical Jurisprudence, Forensic Medicine & Toxicology

A. FORENSICMEDICINE:

1. Definition of Forensic medicine and its scope.
2. Procedure of giving medical evidence with reference to Indian evidence act.
3. Methods of identification of living and dead body, race, age, sex etc.
4. Death:- Medico-legal aspects, certification of death, sudden death, causes, Medico-legal importance, sign of death, changes due to death and calculating time of death.
5. Medico legal autopsy.
6. Medico-legal wounds, their classification and study and medico-legal aspects.
7. Examination of blood stains, hairs and seminal stains.
8. Miscellaneous causes of death from heat, cold, electricity, Starvation etc.,
9. Violent asphyxia deaths:- Hanging, Strangulation, Suffocation and drowning.
10. Sexual Offences: - Impotency and sterility, Virginity, legitimacy, un-natural Offences, Medico-legal aspects, Anesthetic death.
11. Infanticide.

12. Medico-legal aspects of insanity.
13. Forensic Psychiatry.
14. Definition, Police inquest, difficulties in detection of crime, legal procedure in Criminal courts and their powers, oath, medical evidence, medical certificate, Dying declaration.
15. Rules of giving evidence, professional secrecy.
16. Post mortem examinations.
17. Death - signs of death cadaveric rigidity and spasm, putrefaction, estimation of Time since death.
18. Death from asphyxia, differences between hanging and strangulation, suffocation and Drowning.
19. Death from burns and scalds and lightning.
20. Rape and unnatural offences.
21. Abortion, pregnancy and delivery, miscarriage.
22. Law in relation to a medical man, medical ethics, duties, professional privilege and responsibilities.

B. TOXICOLOGY:

1. General considerations of poisoning and classification.
 - a) Actions of poisons, factors modifying their action.
 - b) Diagnosis of poisoning.
 - c) Treatment of poisoning in General.
2. Poisons:-

a) Corrosives	b) Nonmetallic poisons
c) Insecticides and weedkillers	d) Metallic poisons
e) Organic Irritant poisons	f) Somniferous poisons.
g) Inebriant poisons	h) Delibriant poisons
i) Drug Dependence	j) Food poisoning

k) Spinal poisons

1) Cardiac poisons

m) Asphyxiants

n) Miscellaneous

3. Legal responsibilities: Medical ethics.
4. Responsibilities and duties of the medical practitioners to the state, Professional secrecy and privileged communication.
5. Un-professional conduct and malpractice.
6. The rights and privilege and duties of medical practitioners.
7. The functions of state-medical council and its relationship to Indian Medical Council.
8. Medical ethics approved by Indian Medical council.

PRACTICALS

1. Age estimation.
2. Autopsies
3. Skeleton remains.
4. Spotters.
5. Examination of injured.
6. Alcoholic.
7. Psychiatric.
8. Toxicology.

TEXT BOOKS:-

1. Medical jurisprudence - By Modi
2. A Text Book of Forensic Medicine - By Narayana Reddy
3. A Text Book Of Forensic Medicine - By M.R.K. Krishna

REFERENCE BOOKS:-

1. The essential of forensic medicine - By Dr. C.J.Polson,
D.J. Gee and B. Knight
2. Forensic Medicine - By Corden andShapiro
3. Principles and practice of Medical jurisprudence - ByTaylor's
4. Legal Boundaries of Nature Cure - By Advocate (Dr.)AshokKumar
Sharma

III - Hospital Management (Naturopathy & Yoga)

(Hospital Administration)

SECTION 1

HOSPITAL ADMINISTRATION

1. The Hospital administrator - Role and Responsibilities
2. Profile of an effective HospitalAdministrator

SECTION2

MANAGERIAL SKILLS

1. Planning
2. Information System
3. Communication
4. Decision Making
5. Monitoring andEvaluation
6. Managing Time
7. Meetings

SECTION3

HOSPITAL ORGANISATION

1. Hospital Organisation - Structure andFunction

2. Hospital Committees

SECTION 4

THE HOSPITAL

1. Role of Hospital in Health Care

2. Hospital Planning and design

3. Special Features of Nature cure Hospital, Qualities of Therapist, Hospital Atmosphere,

Scientific Attitudes, Awareness of Scope, Limitations of nature cure.

4. Newer Technology in Treatment Through Naturopathy

SECTION 5

THE CLINICAL SERVICES & CLINICAL SUPPORTIVE SERVICES

1. The Medical Staff Organisation, interaction with patients.

2. Radiological Services

3. Laboratory Services

SECTION 6

THE NURSING SERVICES

SECTION 7

SPECIALISED SERVICE AREAS

1. Casualty Services

2. Disaster Services

3. Out-patient Services

4. Day Care

5. Diagnostic Services

6. Medical Records

SECTION 8

HUMAN RESOURCES

1. Personnel

SECTION 9

MATERIALS MANAGEMENT

SECTION 10

FINANCES

1. Finances
2. Activity based costing in Hospital
3. Economics of H.M.

SECTION 11

QUALITY ASSURANCE

1. Quality Management in our Hospitals
2. Medical Audit

INFECTION CONTROL

1. Control of Hospital acquired infection.

ETHICS & LAWS

1. Ethics
2. Law applicable to Hospitals
3. Consumer Protection act 1986

SECTION 12

1. Indian Health Policy

PRACTICAL

1. Visit to the different Hospitals.

2. Project work in Planning & Designing the Hospital

REFERENCE BOOKS

1. Hospital Planning & Administration - By Llewellyn Davies Macaulay ,H.M.C.
2. Hospital Administration - By Francis C.M & MariaC.Desouza
3. Hospital ward Management - By KusumSamant
4. Text Book of Social & Preventive Medicine - By Park.K.
5. Economics of Health care - By MartinGreen
6. Hospital Planning - By Dr. AshokSahni
7. Principals of Hospital Administration & Planning - B.M.Sakharkar

IV. Research Methodology in Naturopathy & Yoga

- 1 Introduction
2. Planning a researchProject
3. Design of thestudy
4. Statistics
5. Parameters to be recorded for specificdiseases

Obesity

Diabetesmellitus

Hypertension

Asthma

Lumbago

Rheumatoid Arthritis

6. Project Preparation for Clinical Research
7. Bioethics
8. Ethical Issues in ClinicalTrials

9. Recent Research Update in Naturopathy & Yoga
10. Psychological Aspects in Yoga Research
11. Status of Research in India on naturopathy and yoga

RECOMMENDED BOOKS

1. Research Methods - By Dr. H.R. Nagendra
3. Fundamentals of Evidence based Medicine - By Kamleshwar Prasad
4. Research Reports From 1981 to 2006 - By INYS (Jindal Nature Cure Institute)

COURSE OUTCOME-

After the completion of the course, the student shall be able to;

- a. Describe research methodology under process, materials and methods, design of a study, literature review, ethics, sampling, measurement tools, data organisation, statistics, data analysis, reliability and validity, etc, and implement this knowledge in practically designing, conducting, evaluating and publishing a study.
- b. Illustrate statistics and probability theory;
- c. Use technological aids for preparing research reports;
- d. Demonstrate knowledge about inter-disciplinary research

Assessment Scheme:

Theory	-	70	Marks
Internal Assessment	-	30	Marks
Practical Assessment	-	90	Marks
Theory viva	-	60	marks
Practical viva	-	30	marks
Practical internal assessment-		10	Marks

7. PSYCHOLOGY AND BASIC PSYCHIATRY

Course type- Core Course

Course code – BNY 416, BNY 417P

Credits-1.5

Objective:

The objective of teaching Psychology and Basic Psychiatry to undergraduate students is to provide them with comprehensive knowledge of normal and abnormal psychology and assessment of the same for therapeutic purposes.

THEORY

- I. Definition and brief history of Psychology.
- II. Biology of Behaviour: Typical behaviour patterns, Sociobiology, Brain and Behaviour.
- III. Sensory process and Perception.
 1. Vision, Hearing, Smell, Taste, Skin senses.
 2. Perceptual Process - Attention from perception, visual depth perception, Constancy, Movement perception, Plasticity, individual difference.
- IV. Principles of Learning: Classical conditioning, Instrumental conditioning, cognitive learning etc.
- V. Memory: Theories about memory, Forgetting and Amnesia, Improving your Memory.
- VI. Thinking and Language: The thinking process, concepts, Problems solving, Decision making, Creative thinking, Language Communication.
- VII. Motivation: Theories of motivation, Biological motivation, Social motives, Motives to know and to be effective, Frustration and conflict of motives.
- VIII. Emotion and Stress: Expression and perception of Emotions, physiology of emotion, Stress Theories of Emotion.
- IX. Social Perceptions, Influence and Relationship: Social perception social influence, social relationship.

- X. Attitudes: The Nature of attitudes, the measurement of attitudes, attitude theories, Factor in attitude change, attitudes and behaviour, behaviour & Attitudes.
- XI. Development during infancy and childhood: Methods of studying development, infancy, early childhood and later childhood.
- XII. Development during Adolescence, Adulthood and Old age: Adolescence, Youth, Early and Middle adulthood, Old age.
- XIII. Psychological Assessment and Testing: Psychological tests, The Nature of intelligence and assessing intelligence, Individual difference in intelligence, Testing for special aptitudes, Personality Assessment, Behavioural Assessment.
- XIV. Personality: Type and Trait theories of personality, Dynamic personality theories, humanistic theories, learning and behavioural theories of personality.
- XV. Abnormal Psychology: (Psychiatry)
1. Abnormality in everyday life
 2. The language of Abnormality
 3. General causes of abnormal Behaviour
 4. Classifying Psychological Disorders: Clinical syndromes, Brain Syndrome, Psychoses, Neuroses, and Personality disorders
 5. Psychoneuroses
 6. Hysteria, Anxiety state and Neurasthenia
 7. Other forms of Psychoneuroses (OCD, Phobias etc.)
 8. Treatment of Psychoneuroses - Psychotherapy and its procedures, Other therapies.
 9. Psychoanalysis and related school.
 10. Psychoses
 11. Schizophrenia
 12. Mania - Depressive Psychoses
 13. Involutional Melancholia and Paranoia
 14. Alcoholic Mental Disorders

15. Toxic and Organic Psychoses
16. Epilepsy
17. Mental Deficiency
18. Antisocial personalities and crime.

XVI. Therapy for Psychological distress:

1. Positive Psychotherapy & other Psychotherapies: Psychoanalysis, Behaviour therapy, Logo therapy, Conversation therapy, Gestalt therapy and Primal therapy, Transactional analysis.

2. Positive Psychotherapy and its practical application for various conditions.

XVII. Co-relation of Psychology, Mental health and Yoga.

COURSE OUTCOME-

After the completion of the course, the student shall be able to:

1. Describe the evolution of Psychology from speculation to science;
2. Illustrate mechanisms of sense and perception, states of consciousness and their functions;
3. Understand basic and complex functions such as learning, memory, thinking, language, motivation, emotion, intelligence, development of psychology across lifespan, personality, stress coping, social psychology, attitudes, etc.
4. Explain abnormal psychology and describe aetiology and psychopathology along with classification of disorders;
5. Demonstrate knowledge of therapies aimed at psychological health, such as psychotherapy, Yoga, etc;

Assessment Scheme:

Theory	-	50	Marks
Internal Assessment	-	20	Marks
Practical	-	20	marks
Practical Internal	-	10	marks

BOOKS RECOMMENDED:

1. Introduction to Psychology - By Clifford T. Morgan & Richard A. King
2. Abnormal Psychology - By James D. Page

3. Positive Psychotherapy - By NossratPesseschkian
4. Psychologies, Mental Health and Yoga - By A.S.Dalal
5. General Psychology - By J.P.Guilford
6. A brief Introduction to Psychology - By Clifford T.Morgan

SPA MANAGEMENT
COURSE TYPE – SKILL ENHANCEMENT COURSE
COURSE CODE - BNY 419

1. SPA MARKETING

- Developing a Marketing plan
- Essentials of selling to women, men and teen
- Generating Good Publicity
- Building and Maintaining contacts
- Using Technology in business' aid
- Building and Managing a Result Oriented Team Effective financial management
- Corporate tie ups

2. ROLE OF A SPA MANAGER

- Effective financial management
- Understanding spa concepts and its operations
- Effective planning – short term as well as long term Leadership & management
- Human resources
- Financial planning and management Therapy designing
- Menu designing
- Live spa training
- Spa recruitment
 - Development Operations Spa and Hospitality

3. FRONT OFFICE & GUEST HANDLING

- Telephone handling
- Guest appointments & booking procedures
- Guest orientation Guest intake forms Guest comments.

4. SPA AS A CAREER

Basic Requirements

- Remuneration/Earning Drive & Motivation Commitment
 - Spa Career Options Typical Career Path.
 - How to Start Your Own Spa Business
 - Job Opportunities -India and abroad
-

BOS



SGT UNIVERSITY
SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved University) GURGAON, Delhi-NCR

FACULTY OF NATUROPATHY & YOGIC SCIENCES

Ref.No:- SGTU/FNYS/2020-

Date:-30.11.2021

MINUTES OF THE BOARD OF STUDIES MEETING FOR FNYS

The meeting was attended by the following members held through virtual mode. The Board of Studies for FNYS, SGT University met for the academic year 2020-21 on 29/11/2021. At the onset, the Chairman welcomed the members to the Board of Studies Meeting of FNYS, SGT University for deliberations on the agenda were placed before the committee.

The meeting was attended by the following members:

S No	Members	Designation
1.	Dr Sangeeth S, Professor, FNYS, SGT University	Chairman
2.	Prof Dr Asha Gandhi, HOD, Dept of Physiology, FMHS, SGT University	Member
3.	Prof Dr Busi Karunanand , HOD, Dept of Biochemistry, FMHS, SGT University	Member
4.	Dr Kirti Singh, Professor & Dean, Apex Naturopathy College, APU, Jaipur	External Member
5.	Dr Tokika Yepthomi , Lecturer, FNYS,SGT University	Member

The Chairman kept the following agendas for deliberations and approval before the committee

- 1. Agenda No 1- To consider amendments in the Syllabus with addition of Two Subjects: First Aid & Emergency Medicine and Basic Pharmacology in the Third Year of BNYS Course**

As the Chairman briefed the members of the BOS and the need and importance to add these two subjects: A) First Aid & Emergency Medicine and B) Basic Pharmacology, which are two important subjects that need to be added in the III BNYS course. These two subjects are very crucial that all BNYS graduates get registered as A Class Physician at State/Central boards of AYUSH after successful completion of the BNYS Course. Not only that there are few subjects' specific questions which have appeared in the various medical recruitment board exams like AIIMS, NIMHANS Bengaluru etc. Some of the external experts had also opined the same on these two subjects. In view of the above points the agenda is placed before the committee for the approval.

The Scheme of Examinations, Promotion and Pass criteria for theory and practical papers will remain the same as per other subjects taught in BNYS Course with total marks of 100 for theory and 100 for practical papers respectively.

(Handwritten signatures of Dr Tokika Yepthomi, Dr Kirti Singh, Prof Dr Asha Gandhi, Prof Dr Busi Karunanand, and Dr Sangeeth S)

Committee Approval:

The BOS committee members were on unison and approved the amendments in the BNYS Course Examination rules

The meeting ended with a vote of thanks by the chair.

Approval of The Board of Studies Members:

J. J. Thomas
K. J. [unclear]
K. J. [unclear]

TWO SUBJECTS TO BE ADDED IN III BNYS COURSE

1. FIRST AID AND EMERGENCY MEDICINE (Duration: 12 Months)

Total hours: 150 (Theory: 100 Practical: 50)

a. Goals and Objectives

Goal:

The goal of teaching First Aid and Emergency Medicine to undergraduate students is to provide them with the skills and knowledge required to manage medical emergencies efficiently.

Objectives:

1. Knowledge:

After the completion of the course, the student shall be able to:

- a. Illustrate working knowledge about Golden hour
- b. Describe quick assessment and recognition of emergency conditions;
- c. Demonstrate specific first aid measures and emergency treatments used for handling emergency cases before and after diagnosis of the condition;

2. Skills:

After the completion of the course, the student shall be able to:

- a. Demonstrate usage of first aid procedures in various emergency situations
- b. Describe assessment of emergencies and treatment of the same with suitable procedures.

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- c. Possess the knowledge and skills to perform Basic Life Support procedures in the Golden Hour.
- d. Able to assess the severity of an emergency condition so as to act in accordance and take necessary steps to prevent further complications.

3. Integration

At the completion of training, the student should be able to effectively use his/her knowledge of assessment and management of medical emergencies in his/her professional practice.

b. First Aid

- i. General principles of first aid-definition, principles, responsibilities and golden rules
- ii. Resuscitation techniques-basic life support, mouth to mouth ventilation, artificial ventilation, Sylvester method.
- iii. Unconsciousness and general principles of treatment, recovery position
- iv. Transportation and handling of patient
- v. Hemorrhage and bleeding
- vi. Shock
- vii. Wounds
- viii. Bandages, dressing and slings
- ix. Fractures, sprains and strains
- x. Poisoning
- xi. Asphyxia, Aspiration, drowning, suffocation and strangulation
- xii. Road accidents
- xiii. Effect of temperature, sunburn, hypothermia, frost bite, heat

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exhaustion, heatstroke

- xiv. Burns and scalds, electrical injuries
- xv. Head injury, chest injury, blast injury, crush injury
- xvi. Sports injuries
- xvii. Epilepsy-febrile convulsions
- xviii. Syncope
- xix. Dog bite, snake bite, scorpion bite and bee sting
- xx. Emergencies in diasthetic patients and cardiac patient

c. Recognition, Evaluation of Clinical Emergencies

i. CVS

- 1. Acute myocardial infarction
- 2. Cardiogenic shock
- 3. Cardiac arrhythmias
- 4. Cardiac arrest
- 5. Hypertensive emergencies
- 6. Pulmonary embolism
- 7. Dissection of aortic aneurysm
- 8. Cardiac tamponade
- 9. DVT

ii. Respiratory System

- 1. Hemoptysis
- 2. Status asthmaticus
- 3. Spontaneous pneumothorax
- 4. Acute respiratory failure
- 5. Massive pulmonary collapse

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6. Acute laryngeal obstruction
7. ARDS
8. Pneumonia
9. Massive pleural effusion

iii. Gastrointestinal System

1. Acute vomiting
2. Perforation of Peptic Ulcer
3. Hematemesis
4. Hepatic Pre coma and coma
5. Acute pancreatitis
6. Acute pain in abdomen
7. Obstruction of intestine

iv. Nervous System

1. Unconscious patient
2. Cerebrovascular catastrophes
3. Convulsions
4. Status epilepticus
5. TIA
6. Spinal cord injuries
7. Brain death
8. Head injury
9. Acute ascending polyneuritis

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v. Renal System

1. Acute renal failure
2. Renal colic
3. Hematuria
4. Hyperkalaemia
5. Hypokalaemia
6. Hybernatriumia

vi. Endocrine and Metabolism

1. Thyroid crisis
2. Adrenal crisis
3. Diabetic ketoacidosis and coma
4. Hypoglycemia
5. Tetany
6. Hypercalcemia

vii. Miscellaneous Emergencies

1. Syncope
2. Acute peripheral circulatory failure
3. Anaphylaxis
4. Hypothermia
5. Hyperpyrexia
6. Poisoning
7. Drug overdose

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Kirti

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Practical

- History taking and physical examination of cases
- Case sheet writing in different general cases (25)
- Demonstration of equipment and instruments used for investigation in modern diagnostics
- Demonstration tour of an ultra-modern super specialty hospital to see the latest techniques management of emergency conditions

Textbooks

- Hutchison's Clinical Methods
- Manual of Clinical Methods – PS Shankar
- First Aid – Red Cross Society
- First Aid – St. John Ambulance Association
- First Aid – LC Gupta
- Bailey and Love's Short Practice of Surgery
- Harrison's Principle of Internal Medicine
- Davidson's Principle and Practice of Medicine
- Medical Emergency, Diagnosis and Management

Shankar

Kirti
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Kirti

2. BASIC PHARMACOLOGY

Total hours: 150 (Theory: 100 Practical 50)

a. Goals and Objectives

Goal:

The goal of teaching Pharmacology to undergraduate students is to provide a comprehensive knowledge of scientific, evidence based treatment of diseases through drug administration.

Objectives:

1. Knowledge:

After the completion of the course, the student shall be able to:

- a. Illustrate pharmacokinetics and pharmacodynamics of essential and common drugs

2. Skills:

After the completion of the course, the student shall be able to:

- a. Be proficient in describing pharmacokinetics and pharmacodynamics of essential and common drugs
- b. Observe medical ethics in his professional practice

3. Integration

At the completion of training, the student must be trained in medico legal responsibilities of physicians at all levels of health care as well as scientifically based clinical toxicology, being skilled in allied disciplines like Pathology, Radiology, Forensic Sciences, Hospital Administration, Medicine, Pharmacology, etc.



b. Theory (Duration: 12 months)

Total hours: 100

i. General Pharmacology

1. Nature and sources of drugs
2. Routes of administration
3. Absorption and bioavailability of a drug – factors affecting drug absorption and its bioavailability
4. Distribution of a drug in the body
 - a. Plasma concentration
 - b. Drug storage
 - c. Placental transfer
5. Fate of the drug
6. Drug excretion
7. Drug receptors
8. Mechanism of action of a drug – types of drug action
9. Adverse reaction to drug
10. Drug toxicity in man –
 - a. drug intolerance
 - b. hemopoietic toxicity
 - c. hepatotoxicity
 - d. nephrotoxicity
 - e. abnormalities of taste and smell
 - f. behavioral toxicity

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- g. production of a disease
- h. electrolyte disturbances
- i. endocrine disturbances
- j. skin toxicity
- k. carcinogenesis
- l. teratogenicity
- m. drug dependence

- 11. Factors modifying the effects of a drug
- 12. Role of a placebo

ii. Brief description of the following drugs

(Their mode of action, dosage, adverse reaction, the method of tapering their dosage, including the adverse effects with the abrupt stoppage of their use)

iii. Drugs acting on the CNS

- 1. General sedatives
- 2. Anticonvulsant drugs
- 3. Opioid and Non-Opioid analgesics
- 4. Analgesics, antipyretics and non-steroidal anti-inflammatory drugs (NSAID)
- 5. CNS stimulants – Xanthine alkaloids
- 6. Psychopharmacology
 - a. Anti-anxiety drugs – Meprobamate, Benzodiazepines, Chlormethiazole

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- b. Anti-depressant drugs – Classification, actions, adverse reaction (monoamine oxidase inhibitors, tricyclic compounds, carbamazepine, lithium)
 - c. Psychotogenic drugs – LSD, Mescaline, Cannabis
7. Local Anesthetics – adverse reactions
8. Drug action on ANS
- a. Skeletal muscle relaxants – Diazepam, Baclofen, Dantrolene
 - b. Anti-Parkinsonian drugs – Levodopa, Amantadine
9. Biogenic Amines and Polypeptides
- a. Histamine and Antihistamine drugs
 - b. Angiotensin, Kinins, Leukotrienes, Cytokines & PGs
10. Drugs used in Respiratory Disorders
- a. Expectorants, Central cough suppressants, antitussives, mucolytic agents
 - b. Pharmacotherapy of bronchial asthma and rhinitis
 - Drug therapy during an acute attack
 - Prevention of acute attacks
 - Treatment of acute severe asthma
 - Treatment of acute respiratory

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failure

- Treatment of chronic persistent asthma
- Drug therapy of rhinitis

11. Cardiovascular drugs

- a. Digitalis
- b. Pharmacotherapy of cardiac arrhythmias – Sodium channel blockers, beta blockers, potassium channel blockers, calcium channel blockers
- c. Pharmacotherapy of Hypertension – Clonidine, alpha methyl dopa, Guanethidine, Reserpine, Phentolamine etc.

12. Drugs acting on Blood and blood forming organs

- a. Drugs effective in iron deficiency anemia
- b. Treatment of acute iron poisoning

13. Water, Electrolytes and drugs affecting Renal functions

- a. Nutritional supplementation therapy
- b. Diuretic and Anti-diuretic drugs

14. Drugs used in GIT disorders

- a. Appetizers, Digestants, Carminatives, Appetite suppressants and agents lowering serum lipid
- b. Emetics, drug therapy of vomiting and diarrhea
- c. Pharmacotherapy of constipation
- d. Pharmacotherapy of peptic ulcer

15. Chemotherapy

- a. Sulfonamides, Cotrimaxazole, Nitrofurans

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- b. Penicillin, antibiotics effective against gram positive and negative organisms
 - c. Tetracyclines, chloramphenicol and antifungal agents
 - d. Chemotherapy of UTI, STD, Tuberculosis, Leprosy, Malaria, Amoebiasis, Viral infections, Helminthiasis, Malignancy
 - e. Antiseptics and Disinfectants
16. Drugs used in Endocrine disorders
- a. Thyroid and antithyroidal drugs
 - b. Insulin and oral antidiabetic drugs
 - c. Adrenal cortical steroids
 - d. Gonadotropins, estrogens, progestins
 - e. Antifertility agents and ovulation including drugs
 - f. Drug therapy in lipidemia
 - g. Drug therapy in obesity
17. Therapeutic gases – oxygen carbon dioxide
18. Vitamins
19. Immunotherapy, immuno-suppressants and immune-stimulants

PRACTICALS (50 Hours)

I. Identification and Interpretation of Medical Prescription

II. Pharmacy

- a) Criticism of prescription
- b) Developing critical appraisal skill in scanning information from
 - i) Pharmaceuticals Promotional Literature
 - ii) Package Inserts/ Patient Information Leaflets

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iii) Published Documents in Independent Medical Journals.

II. **Experimentals**

Actual Patient Situation

a) Visit to the General Emergency to oversee the management of any one Medical/Surgical Emergency.

b) Visit to the surgical Operation Theatre to oversee the effects of drugs used anaesthetic practice.

NOTE: All the drugs mentioned in the syllabus are strictly for understanding drug reactions and NOT to be prescriptive in nature. Students, after graduation are not expected to prescribe any of the above-mentioned medication.

c. Textbooks

- i. Pharmacology and Pharmacotherapeutics – RS Satoskar, SD Bhandarkar, SSAinapure
- ii. Essentials of Medical Pharmacology – KD Tripathi
- iii. Pharmacology – Rang and Dale

SSAinapure

KD Tripathi

13

RS Satoskar

SSAinapure

KD Tripathi

Considered and approved.

Agenda Item No. 29.4

To consider and approve the minutes of the Board of Studies of Faculty of Physiotherapy held on 18th November, 2021

Considered and approved.

Agenda Item No. 29.5

To consider and approve the minutes of the Board of Studies of Faculty of Indian Medical System held on 22nd September, 2021.

Considered and approved.

Agenda Item No. 29.6

To consider and approve the minutes of the Board of Studies of Department of Special Education, Faculty of Behavioural Sciences held on 18th November, 2021.

Considered and approved.

Agenda Item No. 29.7

To consider and approve the minutes of the Board of Studies of Faculty of Naturopathy & Yogic Sciences held on 29th September, 2021.

Considered and approved.

Agenda Item No. 29.8

To consider and approve the minutes of the Board of Studies of SGT College of Pharmacy held on 10th November, 2021.


Considered and approved.

Agenda Item No. 29.9

To consider and approve the minutes of the Admissions Committee held on 24th November, 2021.

Considered and approved.

The meeting was concluded with vote of thanks to the Chair.


Registrar cum Member Secretary



SGT UNIVERSITY
SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved University) GURGAON, Delhi-NCR

FACULTY OF NATUROPATHY & YOGIC SCIENCES

Ref.No:- SGTU/FNYS/2021- 69

Date:-30.09.2021

MINUTES OF THE BOARD OF STUDIES MEETING FOR FNYS

The meeting was attended by the following members held through WebEx Platform taking all guidelines of MHA during COVID Pandemic. The Board of Studies for FNYS, SGT University met for the academic year 2020-21 on 29/09/2021. At the onset, the Chairman welcomed the members to the Second Board of Studies Meeting of FNYS, SGT University for deliberations on the agenda were placed before the committee.

The meeting was attended by the following members:

S No	Members	Designation
1.	Dr Sangeeth S, Professor, FNYS, SGT University	Chairman
2.	Prof Dr Asha Gandhi, HOD, Dept of Physiology, FMHS, SGT University	Member
3.	Prof Dr Busi Karunanand , HOD, Dept of Biochemistry, FMHS, SGT University	Member
4.	Dr Kirti Singh, Professor & Dean, Apex Naturopathy College, APU, Jaipur	External Member
5.	Dr Tokika Yepthomi , Lecturer, FNYS,SGT University	Member

The Chairman kept the following agendas for deliberations and approval before the committee

1. Agenda No 1- To Approve the Title, Credits, Budget, Regulations, Evaluation and Syllabi for Multidisciplinary Courses offered by FNYS

The Chairman of the committee enlisted the TWO Multidisciplinary Courses that are to be offered by Faculty of Naturopathy & Yogic Sciences. These courses are designed as 4 Credits course The courses are offered for UG/PG students of other faculties of SGTU. The title, credits, regulations, budget, syllabi and evaluation were kept before the BOS committee for approval. Minimum 75% attendance is compulsory for the students who are enrolling to these courses.

MCs Course draft submitted for approval for the courses- Yoga (Odd semester) and Natural Health and Wellbeing (Even Semester)

Committee Approval: After deliberations and detailed discussions on the scope of adding these courses in the flagship of FNYS, the BOS committee members were on unison and approved the amendments in the BNYS Course Examination rules

The meeting ended with a vote of thanks by the chair.

Approval of The Board of Studies Members:

Dr Sangeeth S



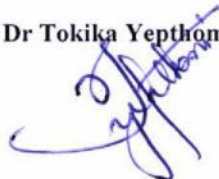
Dr Asha Gandhi

Dr Busi Karunanand



Dr Kirti Singh

Dr Tokika Yephthomi





SGT UNIVERSITY
SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved) Gurugram, Delhi-NCR

**FACULTY OF NATUROPATHY & YOGIC
SCIENCES**

MULTIDISCIPLINARY COURSES

1. YOGA (ODD SEMESTER)

**2. NATURAL HEALTH AND WELL BEING (EVEN
SEMESTER)**

(Academic Session 2021-2022)

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Preamble:

Naturopathy & Yoga are drugless systems of Complimentary Alternative Medicine, under which is an eclectic composition of a huge array of drugless healing modalities which are practiced on the basis of the fundamental principles strongly emphasizing the potential of the natural inherent healing capacity of human body. These CAM promote the body to rejuvenate and recover by facilitating its own healing capacity by providing and enabling a favorable internal mechanism in the physical and mental sphere. It also educates and empowers individuals to make lifestyle changes necessary for the best possible health. This professional training in Naturopathy and Yogic Sciences provide a rigorous, systematic training based on well planned course curriculum, comprehensive clinical training and ground breaking workouts in applied aspects well oriented with research methodology.

Goals:

Multi-disciplinary courses (MC) are designed to provide students with necessary skills, to increase employability quotient and preparing them to meet industry demands as well as develop their own interests and aptitudes. Department of Yoga, Faculty of Naturopathy & Yogic Science at SGT University is offering wide variety of MCs, like YOGA & NATURAL HEALTH AND WELL BEING. Experienced faculty members will deliver these courses for the benefit of students so that they stand apart from the rest in the job market by adding value to their careers.

Objective:

The objective of the scheme is to introduce career and market oriented, skill enhancing add on courses that have utility for job, self-employment and empowerment of the students. After the completion of the course, the students will be equipped with essential life skills to succeed in life and enhance their holistic development.

Duration: 22 weeks, Regular and Physical Teaching Mode

Level: Pursuing Undergraduate or Post Graduate from any stream.

In-take Capacity: 20 seats

Vocational Opportunities:

1. Increases the self-employability or self-entrepreneurship.
2. Provides essential knowledge-based skills and aptitude for occupational employment.

Core Department of FNYS, SGT University:

1. Dept. of Yoga
2. Dept of Naturotherapeutic

Teaching Strategies:

The program intends to integrate different pedagogies including student interactive sessions, focused/spot group discussion, storytelling, problem/project-based learning, quiz sessions, video presentation, use of case studies etc. A good amount of experiential learning has been envisioned for each course which would help student to understand the theoretical aspects with reality-based outcomes.

Scheme of Examination

Course Type: Multidisciplinary Course (Short term of 22 weeks)
of **FOUR** Credits

Mode of Course delivery: Physical Mode - Complete Course

Level	Course Type	Name of the Courses	Evaluation		Maximum Marks	Credit	Duration
			Formative	Summative			
UG/PG Program	Multidisciplinary	1. Yoga 2. Natural Health and Well Being	40	60	100	04	44 hours + Summative Assessment

Assessment and Grading Scale:

Formative Assessment:

40 marks will be awarded on the basis of formative assessment.

- 10 marks will be awarded on the basis of average of four assignments given in the course
- 10 marks will be given on the basis of project activity
- 10 marks will be awarded on the basis of Discussion/short project/any innovative activity
- 10 marks will be awarded on the basis of objective/subjective Test i.e. 10 Marks.

Summative Assessment:

End term exam of 60 marks will be conducted to award the 60% of the total exam score. Question paper will be set as per the university rules applied to other courses.

Exam Score:

40% passing criterion will be based on Formative assessment plus Summative assessment scores.

Attendance, Participation and feedback

75% attendance is compulsory to complete this course. Students will be held responsible to download the material and information presented in this course. Students are expected to actively participate in discussion. It will require Careful listening of the lectures, constructive criticism, analytical questions and feedback on recorded lectures and readings.

Withdrawals/ Cancellation

It is the responsibility of the student to be certain she/he is officially withdrawn from the course by requesting the Dean of the Faculty. Failure to officially withdraw typically will result in failing this course and other graded assignments.

Internet and Cell Phone Policy

Use of Laptops and mobile are allowed for completion of this course. Internet speed of minimum 2 to 4 mbps is required.

Citation Policy, Submission of Assignments and Academic Integrity

These courses will firmly adhere to the SGT university code of conduct and ethical standards. Academic fraudulence includes representing another's work as one's own, active complicity in such falsification, and violation of test conditions.

All written assignments are to be handed over personally or uploaded online on ERP/MST only. Assignments sent by email or social networking sites will not be accepted.



CURRICULUM

Course Name: MC - 1: Yoga (Odd Semester)

Course Coordinator: Dr. Sataz R

Designation: Assistant Professor, D/O Yoga, FNYS

E mail: sataz_fnys@sgtuniversity.org

COURSE DISCRPTION

Yoga is one of the ancient system of psychosomatic training meant for human beings. It encompass the aspects of the human personality on account of our Social behavior, personal traits like intellect and emotions as well as the harnessing the potentiality of the mind and body for a state of homeostasis or perfect equilibrium condition.

Health is one of the basic human needs and the good health is an important contribution for the quality of human life experience. Our ancient Vedic scriptures have shown the importance of the good health by keeping the fit body in which it says "Sharir Madhyam Khalu Dharma Sadhanam" which means body is means of achieving the great objectives of meaningful life.

Positive health is an important means of leading meaningful life filled with happiness and inner harmonyy.

Objective:

The objective of teaching *Yoga* to undergraduate students is to familiarize them with basic principles of *Yoga* with respect to history, definitions, philosophy and practices of *Yoga*, with emphasis of *Ashtanga Yoga*.

COURSE OUTCOME

After the completion of the course, the student shall be able to:

1. Demonstrate knowledge of *pranayamas*, *prana* and lifestyle, breathing and lifespan.
2. Demonstrate various types of *Yogasanas* in their correct method of performance;
3. Demonstrate different *pranayamas*.
4. Explain about the definitions, origin, branches of *Yoga*.

COURSE LAYOUT	LECTURE/ HOUR	TOPICS	PEDAGOGY
Module-1	1	Definition of Yoga and its philosophy & origin	Lecture
	1	Loosening Exercises	Practical
Module - 2	1	Fundamentals of yoga Various schools of Yoga	Lecture
	1	Suryanamaskara & its variations	Practical
Module-3	1	Brief anatomy and physiology of Yoga asanas and pranayama-I	Lecture
	1		Practical
Module-4	1	Brief anatomy and physiology of Yoga asanas and pranayama-II	Lecture
	1		Practical
		Assignment -1	
Module-5	1	Rules & regulations to be followed for practising asanas Difference between exercise and asanas.	Lecture
	1		Practical
Module-6	1	Pranyama their methods, importance, rules and regulations	

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		Difference between breathing exercises & Pranayama	
	1	Practical Class	Practical
Module- 7	1	Kriyas their methods, importance, rules & regulations-I	Lecture
	1	Practical Class	Practical
Module-8	1	Kriyas their methods, importance, rules & regulations-II	Lecture
	1	Practical Class	Practical
		Assignment -2	
Module-9	1	Definition of Health Concept of Health	Lecture
	1	Practical Class	Practical
Module-10	1	Indicators of Health Determinants of Health	Lecture
	1	Practical Class	Practical
Module-11	1	Concept of Pancha kosha	Lecture
	1	Practical Class	Practical
Module-12	1	Concept of sapta dhatu, Triguna and tridosha	Lecture
	1	Practical Class	Practical
		Assignment -3	
Module-13	1	Yoga and sports	
	1	Practical Class	Practical
Module-14	1	Yoga and immunity	Lecture
	1	Practical Class	Practical
Module-15	1	Yoga and Mental Health	Lecture
	1	Practical Class	Practical
Module-16	1	Yoga and non communicable diseases-I – Research oriented	Lecture
	1	Practical Class	Practical
		Assignment-4	
Module-17	1	Yoga and non communicable diseases-II- Research oriented	Lecture
	1	Practical Class	Practical
Module-18	1	Yoga and non communicable diseases-III- Research oriented	
	1	Practical Class	Practical
Module-19	1	Applications of Yoga-Astanga Yoga, Hatha Yoga, Relaxation techniques	Lecture
	1	Practical Class	Practical
Module 20	1	Yoga Asanas	Lecture
	1	Practical Class	Practical
Module-21	1	Breathing exercises & Pranayams	Lecture
	1	Practical Class	Practical
Module-22	1	Meditation- Research oriented	Lecture
	1	Practical Class	Practical
		Project Work	

Reference Books

1. Sukshma Vyayama - Swami Dharendra Brahmachari
2. Basis and definitions of Yoga –Vivekananda Kendra
3. Asanas -Swami Kuvalyananda.
4. Glimpses of Divine Light - S.K.Das.
5. Asanas, Pranayama, Mudras & Bandhas - Swami Satyananda Saraswati,
6. Yoga inDailylife - Dr. A.U.Rahman
7. Yoga- The Science of Holistic living –VY Yoga
8. YogasanaVigyan -Swami Dharendra Brahmachari

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CURRICULUM

**Course Name: MC - 2: Natural Health & Well Being
(Even Semester)**

Course Coordinator: Dr. Sataz R
Designation: Assistant Professor, D/O Yoga, FNYS
E mail: sataz_fnys@sgtuniversity.org

OBEJECTIVES:

The objectives of introducing philosophy of Naturopathy to the undergraduate students is to make them understand philosophical basis of the system of Naturopathy, including concepts of health, causes and pathogenesis of disease and brief introduction to the various therapeutic modalities used in Naturopathy.

COURSE OUTCOME-

After completion of the course, the student shall be able to:

1. Explain the history of Naturopathy including major contributors to the field and their work;
2. Correlate the evolution and composition of the human body according to different schools of medicine such as Naturopathy, *Yoga, Ayurveda*, Homeopathy, Modern Medicine, etc.
3. Analyse naturopathic viewpoints of concepts like hygiene, vaccination, family planning, personal life and prevention of diseases, geriatrics, etc, and implement them in his/her practice
4. Analyse Principles behind using the diagnostic procedures of Naturopathy, like spinal diagnosis, facial diagnosis, iris diagnosis, and chromo diagnosis.
5. Demonstrate knowledge of recent advances and research in Naturopathy principles/theories.

COURSE LAYOUT	LECTURE/HOUR	TOPICS	PEDAGOGY
Module-1	1	Definition of Health	Lecture
	1	How health and Diseases Affect Wellbeing	Lecture
Module - 2	1	Fundamentals of Naturopathic Medicine	Lecture
	1	Naturopathic Principles	Lecture
Module-3	1	Naturopathic Medicine in Practice	Lecture
	1	Naturopathic Medicine – Global view	Lecture
Module-4	1	Process of Disease and Healing – The Vis in Action	Lecture
	1	Tolle Totem – Treat the Whole Person	Lecture
Module-5		Assignment -1	
	1	The Landscape of Natural and Traditional Medicines: Complementary, Natural, Holistic, Traditional, Alternative, Integrative	Lecture
	1	Introduction to traditional medicine around the world	Lecture
Module-6	1	The Naturopathic Framework of Health and Disease	Lecture
	1	10 Pillars to Good Health	Lecture
Module- 7	1	Nature Cure	Lecture
	1	Doctrine of Signatures	Lecture
Module-8	1	Determinants of Health	Lecture
	1	Model Progression of Disease and Restoration of Health	Lecture
		Assignment -2	
Module-9	1	Vis Medicatrix Naturae -The Healing Power of Nature	Lecture
	1	Vis Medicatrix Naturae -The Healing Power of Nature	Lecture
Module-10	1	Relationship of Spirituality to the Concept of the Vis Medicatrix Naturae	Lecture
	1	Modern lifestyles and Health and Disease	Lecture
Module-11	1	Nature Deficit Disorder	Lecture
	1	Various modalities in naturopathic Medicine	Lecture
Module-12	1	Various modalities in naturopathic Medicine (Applications in Various Health Conditions)	Lecture

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	1	Various modalities in naturopathic Medicine (Applications in Various Health Conditions)	Lecture
		Assignment -3	
Module-13	1	Naturopathic Definition of Disease	Lecture
	1	Symptoms as Expressions of the Illness	Lecture
Module-14	1	Acute Inflammatory Process & The Body's Innate Intelligence	Lecture
	1	Removing Obstacles to Cure/Disturbing Factors	Lecture
Module-15	1	Healing Crisis vs. Disease Crisis	Lecture
	1	Unity of Disease and Unity of Cure	Lecture
Module-16	1	Toxins and Its Role in Disease and Health	Lecture
	1	Violation and Natures laws and disease	Practical
		Assignment-4	
Module-17	1	Hydrotherapy	Lecture
	1	Hydrotherapy Demo	Practical
Module-18	1	Mud therapy	Lecture
	1	Mud therapy Demo	Practical
Module-19	1	Massage Therapy	Lecture
	1	Massage Therapy Demo	Practical
Module 20	1	Chromotherapy and Heliotherapy	Lecture
	1	Chromotherapy and Heliotherapy Demo	Practical
Module-21	1	Fasting & Diet Therapy	Lecture
	1	Energy Medicine	Lecture
Module-22	1	Acupuncture & acupressure	Lecture
	1	Yoga & Yoga Therapy	Lecture
		Project Work	

Text Books—

1. Philosophy of Nature Cure- By Henry Lindlahr.
2. Practice of Nature Cure - By Henry Lindlahr.
3. Human Culture and Cure - By Dr. E.D.Babbit
4. Practical Nature Cure - By Dr. K.Laxman Sharma.
5. History and Philosophy of Nature Cure - BY S.J.Singh
6. My Nature Cure - By M.K.Gandhi
7. Natural health care- A to Z - By Belinda Gram
8. Introduction to Natural Hygiene - By Herbert M.Shelton
9. A Complete Hand book of Nature Cure - By H.K.Bakhru
10. Nature Cure - a way of life- By S.R.Jindal
11. The cure of advance cancer by Diet Therapy - Dr. Max GersonM.D.
12. Toxemia- J.H.Tilden
13. The Encyclopedia of Health & Physical Culture - Dr. Bernarr Macfadden
14. My Water Cure -Father Sebastian Kneipp
15. The New Science of Healing - Louis Kuhne
16. Return to Nature - Adolf Just
17. Diet Reform Simplified - Dr. Stanley Lief
18. Rational Fasting - Dr. Arnold Ehret
19. The Human Culture and Cure - Edwin Babbit
20. The Greatest Health Discovery - American Natural Hygiene Society
21. The History of Natural Hygiene - Hereward Carrington.
22. Principles of Natural Hygiene -Herbert M. Shelton
23. Health For All -H.M.Shelton

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UNIVERSITY UMBRELLA (MULTIDISCIPLINARY GENERIC ELECTIVES) - FACULTY OF NATUROPATHY & YOGIC SCIENCES, SGT UNIVERSITY

BATCH : 2021-22

Sr. No.	Faculty	Semester	Subject Code	Nomenclature	Theory/ Practical	L T P			ASSIGNED MARKS			Theory			Theory (Internal)			Practical					Scheme of Examinations (Theory+Internal +Practical+Oral/ Theory+Internal +Practical/ Theory+Practical)						
						L	T	P	Theory	Practical	Oral	Pass	Max	Credits	Pass	Max	Professional Activities	Assignment	Midterm	Demonstration/Presentation	Viva-voce	Max		Pass	Attendance	Project/Laboratory Work	Midterm	Conduct/Demonstration	Max
1	Naturopathy	Odd	MGEC01060	Yoga		4	0	0	4	60	24	24	20	10	10	40	16											40	Theory + Internal
2	Naturopathy	Even	MGEC02055	Natural Health & Wellbeing		4	0	0	4	60	24	24	20	10	10	40	16											40	Theory + Internal



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved University) GURGAON, Delhi-NCR

FACULTY OF NATUROPATHY & YOGIC SCIENCES

ORDINANCE FOR ACADEMIC PROGRAMMES (BNYS)

Preamble / Scope :-

Bachelor of Naturopathy & Yogic Sciences (BNYS) is a professional medical degree course in Naturopathic Medicine and Yogic Sciences, exercising the powers conferred by the standing academic board of Shree Guru Gobind Singh Tricentenary University Gurugram (UGC Approved)

Naturopathy

Naturopathic medicine is a distinct health care profession, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals' inherent self-healing process. The practice of Naturopathic Medicine includes modern and traditional, scientific, and empirical methods.

Yoga & Yoga Therapy

Yoga is now worldwide accepted evidence based system of healing owing to its holistic & integrated concept of approach and suitability for all age groups. Its simplicity of application & cost effectiveness has brought a tremendous change in the Medical field. Both Naturopathy & Yoga work wonderfully in prevention, treatment & rehabilitation when scientifically applied. Their complementary nature, safety, lack of adverse effects, cost effectiveness & simplicity have made them popular in the medical fraternity & accepted in the world's best Health.

Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the application of the teachings and practices of Yoga.

Goals of BNYS Course

- Recognize the health needs of the community, and carry out professional obligations ethically and in keeping with the objectives of the national health policy;
- Develop the skills in most of the competencies, and training that are required to deliver the Naturopathy and Yoga health care system;
- Become aware of the contemporary advances and developments in the discipline concerned;
- Acquire a spirit of scientific inquiry and is oriented to the principles of research methodology and epidemiology;
- Become proficient in their profession by developing scientific temper and improve educational experience;
- Identify social, economic, environmental, biological and emotional determinants of health in a given case and take them into account while planning therapeutic, rehabilitative, preventive and promotive measures/strategies;
- Plan and devise measures in Naturopathy and Yoga for the prevention and rehabilitation of patients suffering from disease and disability;
- Demonstrate skills in documentation of individual case details as well as morbidity data relevant to the assigned situation;
- Demonstrate empathy and humane approach towards patients and their families and exhibit interpersonal behavior in accordance with the societal norms and expectations;
- Play the assigned role in the implementation of national health programs, effectively and responsibly;

- Organize and supervise the chosen/assigned health care services Demonstrating adequate managerial skills in the clinic/hospital or the field Situation;
- Develop skills as a self-directed learner; recognize continuing educational needs, select and use appropriate learning resources;
- Demonstrate competence in basic concepts of research methodology and epidemiology, and be able to critically analyze relevant published research literature;
- To implement all National health policies ;
- Work towards realization of 'Health for all', as a national goal through naturopathy and yoga;
- To follow the medical ethics and to fulfill the social and professional responsibilities as a Naturopathy and Yoga Physician through drugless therapies;
- Be competent in the practice of holistic medicine with expert knowledge and experience in promotive, preventive, curative and rehabilitative aspects of diseases;
- Become proficient in their profession by developing scientific temper and improve educational experience;

Objectives of Medical Graduate Training Program

- To effectively integrate the conventional basic sciences (e.g. human physiology) with the traditional medical systems and to enhance the understanding of their effects and therapeutic potential;
- To provide state of the art learning facilities (e.g. audio visual aids, interactive learning systems) to conceptualize the ancient medical system;
- To run advanced laboratories under each department (basic and clinical sciences) for effective experimental training and research;
- To explore the possibilities of promoting effective integrated medical practice at conventional medical facilities attached to the institute;
- To provide the best possible clinical setting for clinical training and research;
- To prepare every Yoga and Naturopathic physician with an in depth understanding of Basic sciences, superior clinical training and with an outlook for research and development;

Scope/Career Prospects of BNYS

- Grade 'A' Physician
- Naturopathic Physicians / Consultants
- Medical Research
- Wellness Consultant/Physician in MEDI-SPAs
- Academician in Naturopathic Medical Institutions
- Yoga Consultant/Physician
- Stress Management Consultant
- Life Style Interventionist in various disciplines like Cardiology / Obesity / Fitness / Endocrinology etc.
- Acupuncture Physician
- Corporate Wellness Consultant
- Medical Officer

Justification :-

- This is the first time in the history of Shree Guru Gobind Singh Tricentenary University Gurugram (UGC Approved) has introduced Bachelor of Naturopathy & Yogic Sciences (BNYS), which is a professional medical degree course in Naturopathic Medicine and Yogic Sciences has been started since the Academic Year 2019 - 2020.

Nomenclature of the Course / Program :-

- On successful completion of the course including rotatory internship, the student is awarded Bachelor of Naturopathy & Yogic Science (B.N.Y.S.)

Admission & Eligibility Criteria :-

- Candidate who has passed Intermediate (10 + 2) or its equivalent examination from any recognized Board of Secondary Education of the State/Central Governments/Educational Boards with the subjects Physics, Chemistry, Biology and English individually and must have obtained fifty percent marks taken together in Physics, Chemistry and Biology at the aforesaid qualifying examination in the case of general category and forty five percent marks in the case of Scheduled castes and Scheduled Tribes and Other Backward Classes.
- In respect to disability candidate specified under the Rights of Persons with Disabilities Act, 2016 (49 of 2016), the minimum qualifying marks in the said qualifying examination in Physics, Chemistry and Biology shall be forty five percent marks in case with general category and forty percent marks in the case of Scheduled castes and Scheduled Tribes and Other Backward Classes.
- No candidates shall be admitted to B N Y S Degree Course unless he has attained the age of seventeen years on or before the 31st December of the year of his admission in the first year of the course and not more than of twenty-five years on or before the 31st December of the year of his admission in the first year of the course
- In some cases the upper age limit may be relaxed by five years in the case of Scheduled castes and Scheduled Tribes and Other Backward Classes and physically challenged candidates

Selection of the Candidate :-

- On the basis of the merit determined by the qualifying Examination/Entrance Exam/Interview/Group Discussion or as per the guidelines of the Statutory Bodies/Haryana Private Universities Act, 2006

Basis of Operation of the Course/Program:-

- Yearly System

Total duration of the Course / Program:-

- Duration of the course will be 4 1/2 years +1 (one) year internship. The course will be divided into four parts.

- 1st Professional BNYS-1 Year (12 Months)
- 2nd Professional BNYS - 1 Year (12 Months)
- 3rd Professional BNYS-1 Year (12 Months)
- 4th Professional BNYS -1 & 1/2 Year (18 Months)
- 1 Year Compulsory Rotatory Internship (12 Months)

After completing the course successfully, a graduate will have to undergo internship for a period of one year. Degree will be awarded only after satisfactorily completing the one-year rotatory period of internship.

Internship program:

A candidate after passing final B.N.Y.S. Medical Degree Examination shall undergo the compulsory rotatory internship of one year duration, which shall consist of work/duty postings in the following sections/departments for the period specified against them.

S.No.	Department	Duration
1.	Philosophy of <i>Yoga</i> and Naturopathy	1 Month
2.	<i>Yoga</i> and Mind-Body Medicine	1 Month
3.	Pathology and Microbiology	1 Month
4.	Community Medicine	1 Month
5.	Acupuncture & Energy Medicine	1 Month
6.	Manipulative Therapies, Physical Medicine & Rehabilitation	1 Month
7.	Fasting, Dietetics, Nutrition, & Medicinal Herbs.	1 Month
8.	Diagnostic Methods	1 Month
9.	Obstetrics & Gynecology	1 Month
10.	Hydrotherapy & Mud Therapy	1 Month
11.	Naturopathic Medicine	1 Month
12.	Allied Health Sciences	1 Month
	TOTAL	12 Months


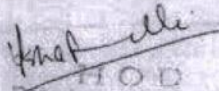
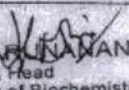
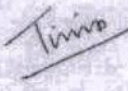
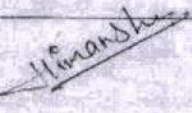
Minimum Credits required to be eligible for Award of Degree :-

- Total duration of the Course/Program is 5 & ½ Years

Other Provision:

- Nothing in the Ordinance shall debar the University from amending the Ordinance and the same shall be applicable to all the students whether old or new.
- Any other provision not contained in the Ordinance shall be governed by the rules and regulations framed by the University from time to time.
- In case of any dispute, the Vice-Chancellor will be competent authority to interpret the rules and his interpretation shall be final.

Approval of BNYS Ordinance by the Board of Studies Members:

S No	Members	Approval & Signatures
1	Dr Sangeeth S , Professor & HOD FNYS,SGT University	
2	Dr Asha Gandhi , Professor & HOD Dept of Physiology, FMHS, SGT University	 HOD Department of Physiology S. G. T. Medical College
3	Dr Busi Karunanand, Professor & HOD, Dept of Biochemistry, FMHS, SGT University	 Dr. B. KARUNANAND Professor & Head Department of Biochemistry Faculty of Medicine & Health Sciences SGT University Buthera-122505, Gurugram (Haryana)
4	Dr Timsi Sriwastava HOD, Dept of Swasthavritta, FIMS, SGT University	
5	Dr Himanshu , Lecturer FNYS,SGT University	



Office of the Registrar

No. : SGTU/Acad./18/2021/3128

Dated: 13th August, 2021

To,

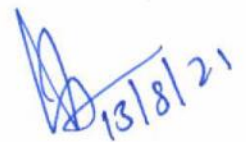
The Dean,
Faculty of Naturopathy & Yogic Sciences,
SGT University, Budhera

Subject: Approval of the Agenda item

Sir,

The Academic council in its 28th meeting held on 07th August, 2021 vide Agenda item No. 28.7 has considered and approved the Agenda **"To consider and approve the minutes of the meeting of Board of Studies, Faculty of Naturopathy & Sciences held on 22nd July, 2021"**.

This is for your information and further course of action.


13/8/21

Registrar



SGT UNIVERSITY






SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved) Gurugram, Delhi-NCR

FACULTY OF NATUROPATHY & YOGIC SCIENCES

VALUE ADDED COURSES

1. YOGA FOR HEALTH AND WELLNESS
2. SELF MANAGEMENT OF EXCESSIVE TENSION

(Academic Session 2020-21)

Preamble:

Naturopathy & Yoga are drugless systems of Complimentary Alternative Medicine, under which is an eclectic composition of a huge array of drugless healing modalities which are practiced on the basis of the fundamental principles strongly emphasizing the potential of the natural inherent healing capacity of human body. These CAM promote the body to rejuvenate and recover by facilitating its own healing capacity by providing and enabling a favorable internal mechanism in the physical and mental sphere. It also educates and empowers individuals to make lifestyle changes necessary for the best possible health. This professional training in Naturopathy and Yogic Sciences provide a rigorous, systematic training based on well planned course curriculum, comprehensive clinical training and ground breaking workouts in applied aspects well oriented with research methodology.

Goals:

Valued-Added courses are designed to provide students with necessary skills, to increase employability quotient and preparing them to meet industry demands as well as develop their own interests and aptitudes. Department of Yoga, Faculty of Naturopathy & Yogic Science at SGT University is offering wide variety of Value Added courses, like YOGA FOR HEALTH AND WELLNESS & SELF MANAGEMENT OF EXCESSIVE TENSION. Experienced faculty members will deliver these courses for the benefit of students so that they stand apart from the rest in the job market by adding value to their careers.

Objective:

The objective of the scheme is to introduce career and market oriented, skill enhancing add on courses that have utility for job, self-employment and empowerment of the students. After the completion of the course, the students will be equipped with essential life skills to succeed in life and enhance their holistic development.

Duration: 8 weeks, Regular and Physical Teaching Mode

Level: Pursuing Undergraduate or Post Graduate from any stream.

In-take Capacity: 20 seats

Vocational Opportunities:

1. Increases the self-employability or self-entrepreneurship.
2. Provides essential knowledge-based skills and aptitude for occupational employment.

Core Department:

Dept. of Yoga, Faculty of Naturopathy & Yogic Sciences, S G T University.

Teaching Strategies:

The program intends to integrate different pedagogies including student interactive sessions, focused/spot group discussion, storytelling, problem/project-based learning, quiz sessions, video presentation, use of case studies etc. A good amount of experiential learning has been envisioned for each course which would help student to understand the theoretical aspects with reality-based outcomes.

Scheme of Examination

Course Type: Value Added Course (Short term of 30 hours) of TWO CREDITS

Credit Mode of Course delivery: Physical Mode - Complete Course

Level	Course Type	Name of the Courses	Evaluation		Maximum Marks	Credit	Duration
			Formative	Summative			
UG/PG Program	Value Added	1. Yoga for Health & Wellness 2. Self-Management of Excessive Tension	25	25	50	01	8 Week (30 hour) + Summative Assessment

Assessment and Grading Scale:

Formative Assessment:

25 marks will be awarded on the basis of formative assessment, i.e., 50% of the total exam score.

- 10% marks will be awarded on the basis of average of two assignments given in the course i.e. 05 Marks.
- 20% marks will be given on the basis of professional activity i.e. Quiz/discussion/short project/any innovative activity i.e. 10 Marks.
- 20% marks will be awarded on the basis of objective/subjective Test i.e. 10 Marks.

Summative Assessment:

End term exam of 25 marks will be conducted to award the 50% of the total exam score. Question paper will be set as per the university rules applied to other courses.

Exam Score:

40% passing criterion will be based on Formative assessment plus Summative assessment scores.

Attendance, Participation and feedback

75% attendance is compulsory to complete this course. Students will be held responsible to download the material and information presented in this course. Students are expected to actively participate in discussion. It will require Careful listening of the lectures, constructive criticism, analytical questions and feedback on recorded lectures and readings.

Withdrawals/ Cancellation

It is the responsibility of the student to be certain she/he is officially withdrawn from the course by requesting the Dean of the Faculty. Failure to officially withdraw typically will result in failing this course and other graded assignments.

Internet and Cell Phone Policy

Use of Laptops and mobile are allowed for completion of this course. Internet speed of minimum 2 to 4 mbps is required.

Citation Policy, Submission of Assignments and Academic Integrity

These courses will firmly adhere to the SGT university code of conduct and ethical standards. Academic fraudulence includes representing another's work as one's own, active complicity in such falsification, and violation of test conditions.

All written assignments are to be handed over personally or uploaded online on ERP/MST only. Assignments sent by email or social networking sites will not be accepted.

Handwritten signatures in blue ink, including names like 'Ajmanah', 'Keti', 'Ashtabudho', and others, located at the bottom of the page.

CURRICULUM

Course Name: VAC - 1: Yoga for Health & Wellness

Course Coordinator: Dr. Elizabeth Oinam

Designation: Assistant Professor, D/O Yoga, FNYS

E mail: elizabethoinam_naturopathy@sgtuniversity.org

Course Description:

Yoga is becoming a popular mode of wellness and it can be practiced for self-benefit as well as to help others. It is a value-added course that can be taken up by students of SGT who are receiving regular MEDICAL & ALLIED MEDICAL training as well as other Yoga enthusiasts. It will be an additional skill-based program for positive self-development

Course Objectives:

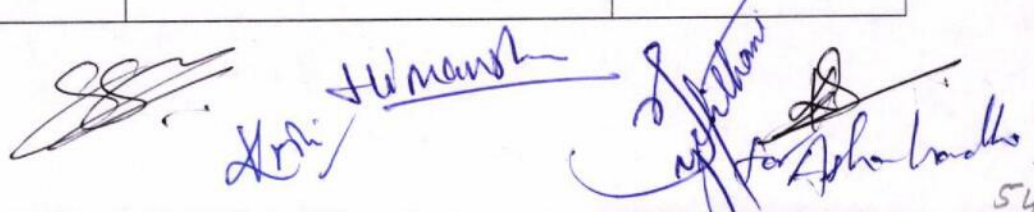
1. To develop understating about the various aspects of health and wellness concepts.
2. The course will empower and motivate students to achieve wellness.
3. It will also give them requisite skills in various Yoga techniques that can be practiced by their own benefit or shared with others.
4. The course would create overall personality development
5. Life skill development through work life balance and stress management training.
6. To developing effective leadership quality among the learners.

Course Outcome: Upon successful completion of this course students will be able to:

1. Develop a deeper understanding and knowledge of various Yogic practices
2. Develop the ability to perform the various yogic practices.
3. Develop Effective communication skills.
4. Develop work life balance and stress management skills.
5. Develop better self-perception as effective leader and positive thinker.

Course Outline and Readings

COURSE LAYOUT	LECTURE/ HOUR	TOPICS	PEDAGOGY
Week- 1 Module-I	1	What is Yoga?	Lecture
	2	Brief history and development of Yoga	Lecture
	3	The Fundamentals of Yoga	Lecture
	4	Traditional Schools of Yoga	Lecture
	5	Yogic practices for health and wellness General Guidelines for Yoga Practice	Lecture
Week- 2 Module-II	6	Food for thought and How Yoga can help?	Lecture
	7	Importance of Prayer Assignment 1	Lecture Demonstration, & Practice
	8	Rules, Regulations for the practice of Yoga	Lecture Demonstration, & Practice



	9	Importance and concept of Loosening Exercises in Yoga	Lecture Demonstration,& Practice
	10	Standing series of Asanas	Lecture Demonstration,& Practice
Week- 3 Module-III	11	Standing series of Asanas	Lecture Demonstration,& Practice
	12	Standing series of Asanas Assignment-2	Lecture Demonstration,& Practice
	13	Sitting series of Asanas	Lecture Demonstration,& Practice
	14	Sitting series of Asanas	Lecture Demonstration,& Practice
	15	Sitting series of Asanas	
Week- 4 Module-IV	16	Supine series of Asanas	Lecture Demonstration,& Practice
	17	Supine series of Asanas	Lecture Demonstration,& Practice
	18	Supine series of Asanas	Lecture Demonstration,& Practice
	19	Prone series of Asanas	Lecture Demonstration,& Practice
Week- 5 Module-V	20	Prone series of Asanas	Lecture Demonstration,& Practice
	21	Prone series of Asanas Assignment-3	Lecture Demonstration,& Practice
	22	Sitting series of Asanas	Lecture Demonstration,& Practice
	23	Sitting series of Asanas	Lecture Demonstration,& Practice

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Week-6 Module-VI	20	Importance and Role of Relaxation Techniques in Yoga	Lecture Demonstration,& Practice
	21	Different Types of Relaxation Techniques	Lecture Demonstration,& Practice
	22	Deep Relaxation Technique	Lecture Demonstration,& Practice
	23	Quick Relaxation Technique	Lecture Demonstration,& Practice
Week-7 Module-VII	24	Importance of Breathing Practices and Benefits	Lecture Demonstration,& Practice
	25	Different Types of breathing practices -1	Lecture Demonstration,& Practice
	26	Different Types of breathing practices -2	Lecture Demonstration,& Practice
	27	Different Types of breathing practices -3	Lecture Demonstration,& Practice
Week-8 Module-VIII	28	Importance of Dharana and Dhyana	Lecture Demonstration,& Practice
	29	Sankalp and Santhipath	Lecture Demonstration,& Practice
	30	Medical Benefits of Meditation	Lecture Demonstration,& Practice
		Summative Assessment	

Recommended Readings:

0. Common Yoga Protocol, Ministry of AYUSH, 2020 Edition
(<https://yoga.ayush.gov.in/public/assets/front/pdf/CYPEnglishLeaflet.pdf>)
1. Sukshma Vyayama - Swami Dharendra Brahmachari
2. Basis and definitions of Yoga - Vivekananda Kendra
3. Asanas - Swami Kuvalyananda.
4. Asanas, Pranayama, Mudras & Bandhas - Swami Satyananda Saraswati,
5. Yoga- The science of Holistic living - VKS Yoga
6. Yogasana Vigyan-Swami Dharendra Brahmachari

Himanshu
K. N.

S. S. S. S. S.
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CURRICULUM

Course Name: VAC - 2: Self-Management of Excessive Tension (SMET)

Course Coordinator: Dr. Elizabeth Oinam

Designation: Assistant Professor, D/O Yoga, FNYS

E mail: elizabethoinam_naturopathy@sgtuniversity.org

Course Description:

Health is wealth and Yoga is becoming a popular mode of wellness. This is a value-added course that will be an additional skill-based program for positive self-development and may be useful in future job applications as Yoga is being actively promoted by Government of India through Ministry of AYUSH.

Extensive and in depth research published in peer reviewed index journals has proven that half an hour practice provides thrice as much rest as 6 hours of good sleep. Brain wave coherence, enhanced information processing in the brain for higher concentration, memory, and creativity has been demonstrated. Control of health hazards and modern NCDs through tailor made modules published in renowned journals as BMJ (British Medical Journal) shows the usefulness of the SMET Modules.

Course Objectives:

1. To develop understating about the various aspects of stress management and wellness concepts.
2. The course will empower and motivate students to achieve wellness.
3. It will also give them requisite skills in specialized Yoga techniques that can be practiced by their own benefit or shared with others.
4. The course would create overall personality development and make you skilled in stress management techniques
5. To developing effective leadership quality among the learners.

Course Outcome: Upon successful completion of this course students will be able to:

1. Develop a deeper understanding and knowledge of specialized practices of Yoga for stress management
2. Develop the ability to perform the various relaxation and meditative techniques.
3. Develop work life balance and stress management skills.
4. Develop better self-perception as effective leader and managerial skills.

Course Outline and Readings

COURSE LAYOUT	LECTURE/ HOUR	TOPICS	PEDAGOGY
Week- 1 Module-I	1	Introduction to stress Discussion and Quiz	Lecture
	2	The Nature of stressors Discussion and Quiz	Lecture
	3	Stress response Discussion and Quiz	Lecture
	4	Stress and you Discussion and Quiz	Lecture
Week- 2 Module-II	5	Can stress be managed? Discussion and Quiz Assignment-1	Lecture
	6	Introduction to Yoga	Lecture
	7	Demonstration and practical of breathing exercises	

	8	Panchakoshas in Yoga	Lecture
Week- 3 Module-III	9	Demonstration and practical of Pranayam Assignment-2	
	10	Introduction to SMET	Lecture
	11	Demonstration and Practical of SMET	Demonstration and Practical
	12	Research Summary of SMET	Lecture
Week- 4 Module-IV	13	Demonstration and Practical of SMET Assignment-3	Demonstration and Practical
	14	Introduction to Yoga Nidra	Lecture
	15	Yoga Nidra Session	Demonstration,& Practice
	16	Research Summary of Yoga Nidra	Lecture
Week- 5 Module-V	17	Yoga Nidra Session	Demonstration,& Practice
	18	Assignments-4, Discussion, Quiz	
	19	Techniques of Relaxation-IRT,	Lecture
	20	IRT	Demonstration, & Practice
Week- 6 Module-VI	21	Techniques of Relaxation-QRT	Lecture
	22	QRT	Demonstration,& Practice
	23	Techniques of Relaxation-DRT	
		DRT	Demonstration,& Practice
	24	Assignment-5, Discussion, Quiz	
	25	Meditative technique - Om meditation	Lecture
Week- 7 Module-VII	26	Om meditation	Demonstration,& Practice
	27	Meditative technique- Sectional Breathing	Practice








Himanshu
Kishore

To
Abhishek

28	Sectional Breathing	Demonstration, & Practice
29	Integrated Approach to Yoga Therapy	Lecture
30	Assignment-6, Discussion, Quiz	
Summative Assessment		

Recommended Readings:

1. SMET – VKS Yoga
2. IAYT – VKS Yoga
3. Asanas -Swami Kuvalyananda.
4. Asanas, Pranayama, Mudras & Bandhas - Swami Satyananda Saraswati,
5. Yoga- The science of Holistic living –VKS Yoga
6. Yogasana Vigyan-Swami Dhirendra Brahmachari



FACULTY OF NATUROPATHY & YOGIC SCIENCES

Ref.No:- SGTU/FNYS/2021-

Date:-23.07.2021

MINUTES OF THE BOARD OF STUDIES MEETING FOR FNYS

The meeting was attended by the following members held through WebEx Platform taking all guidelines of MHA during COVID Pandemic. The Board of Studies for FNYS, SGT University met for the academic year 2021-22 on 22/07/2021. At the onset, the Chairman welcomed the members to the Board of Studies Meeting of FNYS, SGT University for deliberations on the agenda which were placed before the committee.

The meeting was attended by the following members:

S No	Members	Designation
1.	Dr Sangeeth S, Professor & Dean, FNYS, SGT University	Chairman
2.	Prof Dr Asha Gandhi, HOD, Dept of Physiology, FMHS, SGT University	Member
3.	Prof Dr Busi Karunanand , HOD, Dept of Biochemistry, FMHS, SGT University	Member
4.	Dr Kirti Singh, Professor & Dean, Apex Naturopathy College, APU, Jaipur	External Member
5.	Dr Himanshu , Lecturer, FNYS,SGT University	Member
6.	Dr Tokika Yepthomi , Lecturer, FNYS,SGT University	Member

The Chairman kept the following agenda for deliberations and approval before the committee

1. **Agenda No 1- To Approve the Title, Duration, Budget, Regulations, Evaluation & Syllabi for Value Added Courses offered by Faculty of Naturopathy & Yogic Sciences**

The Chairman of the committee enlisted the Two Value Added Courses that are to be offered by Faculty of Naturopathy & Yogic Sciences. These courses are designed with a duration of 30 hours (2 Credits). The courses are offered for UG/PG students of SGTU. The title, duration, regulations, budget, syllabi and evaluation were kept before the BOS Committee. Minimum 75% attendance is compulsory for students who are enrolling to these courses.

VACs Submitted for Approval:



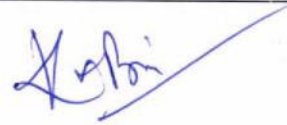



- YOGA FOR HEALTH AND WELLNESS
- SELF MANAGEMENT OF EXCESSIVE TENSION

After deliberations and discussions on the scope of adding these courses in the flagship of FNYS, the BOS members approved the value added courses for FNYS.

The meeting ended with a vote of thanks by the chair.

Respectfully submitted to the board for approval.

Approval of The Board of Studies Members:

S No	Members	Signature
1.	Dr Sangeeth S, Professor & Dean, FNYS, SGT University	
2.	Prof Dr Asha Gandhi, HOD, Dept. of Physiology, FMHS, SGT University	
3.	Prof Dr Busi Karunanand , HOD, Dept of Biochemistry, FMHS, SGT University	
4.	Dr Kirti Singh, Professor & Dean, Apex Naturopathy College, APU, Jaipur	
5.	Dr Himanshu, Lecturer, FNYS, SGT University	
6.	Dr Tokika Yephthomi, Lecturer, FNYS, SGT University	

Name of the Faculty : NATUROPATHY & YOGIC SCIENCES

Name of the Course : VALUE ADDED COURSES

Sr. No.	Semester/ Year	Subject Code	Nomenclature	Theory/ Practical/ Theory+Practical/ Only Teaching	Core/ AECC/ SEC/ DSE/ GE/VAC	Lecture	Tutorial	Practical	Credits	SUMMATIVE ASSESSMENT		FORMATIVE ASSESSMENT		Whether to be offered under CBCS (Yes/No)	Scheme (Theory+ Theor)
										Max	Pass	Max	Pass		
1	ODD		Yoga for Health & Wellness		VAC				1	25	10	25	10	YES	T
2	EVEN		Self-Management of Excessive Tension		VAC				1	25	10	25	10	YES	T
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Office of the Registrar

No. : SGTU/Acad./18/2021/ 2266

Dated: 04th May, 2021

To,

The Dean,
Faculty of Naturopathy & Yogic Sciences,
SGT University, Budhera

Subject: Approval of the minutes of the Board of Studies.

Sir,

The Academic council in its 26th meeting held on 26th December, 2020 vide Agenda item No. 26.17 has considered and approved the minutes of the Board of Studies held on 27th March, 2020.

This is for your information and further necessary action.


Registrar



Office of the Registrar

No. : SGTU/Acad./18/2021/2248-2265

Dated: 04th May, 2021

To,

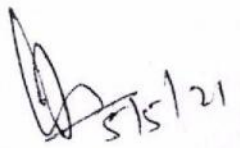
All the Deans,
SGT University, Budhera

Subject: Approval of the registration of the Ph. D. scholars on successful completion of Pre Ph. D. Course Work and qualifying the Pre Ph. D. Course Work Examination.

Sir/Madam,

The Academic council in its 26th meeting held on 26th December, 2020 vide Agenda item No. 26.16 has considered and approved the registration of the Ph. D. scholars on successful completion of Pre Ph. D. Course Work and qualifying the Pre Ph. D. Course Work Examination.

This is for your information and further necessary action.


5/5/21
Registrar



Office of the Registrar

No. : SGTU/Acad./18/2021/2296-2313

Dated: 04th May, 2021

To,

All Deans,
SGT University, Budhera

Subject: Approval of the proposal of Academic Branch regarding streamlining the Examination Pattern, Pass Percentage, Promotion of Students, Distribution of marks etc.

Sir/Madam,

The Academic council in its 26th meeting held on 26th December, 2020 vide Agenda item No. 26.30 has considered and approved the proposal of Academic Branch regarding streamlining the Examination Pattern, Pass Percentage, Promotion of Students, Distribution of marks etc.

This is for your information and further necessary action.

Registrar



Office of the Registrar

No. : SGTU/Acad./18/2021/2271-2288

Dated: 04th May, 2021

To,

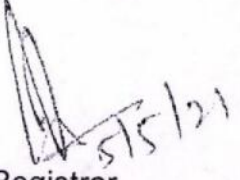
All the Deans,
SGT University, Budhera

Subject: Approval of the minutes of the Admission Committee.

Sir/Madam,

The Academic council in its 26th meeting held on 26th December, 2020 vide Agenda item No. 26.22 has considered and approved the minutes of the Admission Committee.

This is for your information and further necessary action.


5/5/21
Registrar



Office of the Registrar

No. : SGTU/Acad./18/2021/12345-2235

Dated : 04th May, 2021

To,


The Controller of Examinations,
SGT University, Budhera

Subject : Approval of the Agenda Item

Sir,

The Academic Council in its 27th meeting held on 18th February, 2021 vide Agenda Item No. 27.3 has considered and approved the Agenda "To consider, ratify and approve the action taken by the Vice Chancellor regarding approval of the minutes of the constituted committee to streamline the examination pattern".

This is for your information and further course of action.


Registrar

Copy to :

All the Deans/Principal



Office of the Registrar

No. SGTU/Acad/18/2021/2337-2354

Dated: 04th May, 2021

To

The Director
IQAC
SGT University, Budhera

Subject: Approval of the Agenda Item

Sir

The Academic Council in its 27th meeting held on 18th February, 2021 vide Agenda Item No. 27.7 has considered and approved the Agenda 'To consider and approve the revised Research Promotion Policy framed by the Director, IQAC in consultation with the stake holders of the University'

This is for your information and further course of action.


Registrar

Copy to

All the Deans/Principal



Office of the Registrar

No. : SGTU/Acad./18/2021/2376-2393

Dated : 04th May, 2021

To,

The Pro Vice Chancellor (Academics),
SGT University, Budhera

Subject : Approval of the Agenda Item

Sir,

The Academic Council in its 27th meeting held on 18th February, 2021 vide Agenda Item No. 27.12 has considered and approved the Agenda "To consider, ratify and approve the action taken by the Vice Chancellor for approving the Employability Skills Placement Module".

This is for your information and further course of action.


Registrar

Copy to :

All the Deans/Principal



Office of the Registrar

No. : SGTU/Acad./18/2021/2248-2265

Dated: 04th May, 2021

To,

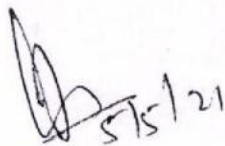
All the Deans,
SGT University, Budhera

Subject: Approval of the registration of the Ph. D. scholars on successful completion of Pre Ph. D. Course Work and qualifying the Pre Ph. D. Course Work Examination.

Sir/Madam,

The Academic council in its 26th meeting held on 26th December, 2020 vide Agenda item No. 26.16 has considered and approved the registration of the Ph. D. scholars on successful completion of Pre Ph. D. Course Work and qualifying the Pre Ph. D. Course Work Examination.

This is for your information and further necessary action.


5/5/21
Registrar



SGT UNIVERSITY
 SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
 (UGC Approved University) GURGAON, Delhi-NCR

Received By Lalit Kumar
 20/8/21
 08/2/21

FACULTY OF NATUROPATHY & YOGIC SCIENCES

Ref. No: - SGTU/FNYS/2021-36

Date:-06.02.2021

To,

The Registrar,
 SGT University,
 Budhera, Gurugram

Subject: - Approval of the Registrar on BNYS Examinations Examination Scheme – reg.

Respected Sir,

As suggested by the Controller of Examinations for a clear printout and approval from Registrar the document is placed before the Registrar, SGTU for approval. Earlier copy of the printout wasn't clear and legible, so it is reprinted from COE office and placed for approval afresh again.

This is for kind perusal and consideration.

Forwarded to Hon'ble VC Sir on 8.2.2021
 VC

Approved
 Registrar
 SGT University
 Budhera, Gurugram
 8/2/21



Name of the Faculty : NATUROPATHY & YOGIC SCIENCES
Name of the Course : BACHELOR OF NATUROPATHY & YOGIC SCIENCES

Sr. Semester/ No. Year	Subject Code	Nomenclature	Theory/ Practical/ Theory+Practical/ Only Teaching	Core/ AIECC/ SEC/ DSE/ GE	Theory (Internal)				Theory (External)				Practical External					Practical (Internal)			Oral	Overall Total	Overall Pass Marks	Whether to be offered under CBCS (Yes/No)	Scheme of Examinations (Theory+Internal+Practical+Oral/ Theory+Internal+Practical/ Theory+Practical)						
					Attendance	Midterm	Assignment	Project/Seminar	Total	Max	Theory Total	Pass	Demonstration/Presentation	Viva-voce	Max	Attendance	Lab Work	Midterm	Max	Max						Max	Max				
1 First	20010101	Anatomy-I	Theory	Core	5	10	5	10	30	70	200	80																			Theory + Internal
2 First	20010102	Anatomy-II	Theory	Core	5	10	5	10	30	70																					Theory + Internal
3 First	20010103	Anatomy Practical	Practical	Core										50	5	10	20	30	100	50											Practical + Internal
4 First	20010104	Physiology - I	Theory	Core	5	10	5	10	30	70																					Theory + Internal
5 First	20010105	Physiology - II	Theory	Core	5	10	5	10	30	70																					Theory + Internal
6 First	20010106	Physiology Practical	Practical	Core										50	5	10	20	30	100	50											Practical + Internal
7 First	20010107	Biochemistry	Theory	Core	5	10	5	10	30	70																					Theory + Internal
8 First	20010108	Biochemistry - Practical	Practical	Core										50	5	10	20	30													Practical + Internal
9 First	20010109	Philosophy of Naturopathy I	Theory	Core	5	10	5	10	30	70																					Theory + Internal
10 First	20010110	Philosophy of Naturopathy II	Theory	Core	5	10	5	10	30	70																					Theory + Internal
11 First	20010111	Philosophy of Naturopathy - Practical	Practical	Core										50	5	10	20	30	100	50											Practical + Internal
12 First	20010112	Yoga Practices	Theory	Core	5	10	5	10	30	70																					Practical + Internal
13 First	20010113	Yoga Practical	Practical	Core										50	5	10	20	30													Practical + Internal
1 Second	20010201	Pathology	Theory	Core	5	10	5	10	30	70																					Theory + Internal
2 Second	20010202	Pathology Practical	Practical	Core										50	5	10	20	30													Practical + Internal
3 Second	20010203	Microbiology	Theory	Core	5	10	5	10	30	70																					Theory + Internal
4 Second	20010204	Microbiology Practical	Practical	Core										50	5	10	20	30													Practical + Internal
5 Second	20010205	Community Medicine	Theory	Core	5	10	5	10	30	70																					Theory + Internal
6 Second	20010206	Community Medicine Practical	Practical	Core										50	5	10	20	30													Practical + Internal
7 Second	20010207	Yoga Philosophy	Theory	Core	5	10	5	10	30	70																					Theory + Internal
8 Second	20010208	Yoga Philosophy Practical	Practical	Core										50	5	10	20	30													Practical + Internal
9 Second	20010209	Colour Therapy & Magnetotherapy	Theory	Core	5	10	5	10	30	70																					Practical + Internal
10 Second	20010210	Colour Therapy & Magnetotherapy	Practical	Core										50	5	10	20	30													Practical + Internal
1 Third	20010301	Manipulative Therapies	Theory	Core	5	10	5	10	30	70																					Theory + Internal
2 Third	20010302	Manipulative Therapies Practical	Practical	Core										50	5	10	20	30													Practical + Internal
3 Third	20010303	Acupuncture	Theory	Core	5	10	5	10	30	70																					Theory + Internal
4 Third	20010304	Acupuncture Practical	Practical	Core										50	5	10	20	30													Practical + Internal
5 Third	20010305	Yoga Applications	Theory	Core	5	10	5	10	30	70																					Theory + Internal
6 Third	20010306	Yoga Applications Practical	Practical	Core										50	5	10	20	30													Practical + Internal
7 Third	20010307	Diagnostic Methods I	Theory	Core	5	10	5	10	30	70																					Theory + Internal
8 Third	20010308	Diagnostic Methods I Practical	Practical	Core										50	5	10	20	30													Practical + Internal
9 Third	20010309	Diagnostic Methods II	Theory	Core	5	10	5	10	30	70																					Theory + Internal
10 Third	20010310	Diagnostic Methods II Practical	Practical	Core										50	5	10	20	30													Practical + Internal
11 Third	20010311	Fasting Therapy	Theory	Core	5	10	5	10	30	70																					Theory + Internal
12 Third	20010312	Fasting Therapy Practical	Practical	Core										50	5	10	20	30													Practical + Internal
1 Fourth	20010401	Nutrition Dietetics and Herbs	Theory	Core	5	10	5	10	30	70																					Theory + Internal
2 Fourth	20010402	Nutrition Dietetics and Herbs Practical	Practical	Core										50	5	10	20	30													Practical + Internal
3 Fourth	20010403	Obstetrics and Gynecology	Theory	Core	5	10	5	10	30	70																					Theory + Internal
4 Fourth	20010404	Obstetrics and Gynecology Practical	Practical	Core										50	5	10	20	30													Practical + Internal
5 Fourth	20010405	Yoga Therapy	Theory	Core	5	10	5	10	30	70																					Theory + Internal
6 Fourth	20010406	Yoga Therapy Practical	Practical	Core										50	5	10	20	30													Practical + Internal
7 Fourth	20010407	Hydro Therapy	Theory	Core	5	10	5	10	30	70																					Theory + Internal
8 Fourth	20010408	Hydro Therapy Practical	Practical	Core										50	5	10	20	30													Practical + Internal
9 Fourth	20010409	Physical Medicine and Rehab	Theory	Core	5	10	5	10	30	70																					Theory + Internal

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Name of the Faculty : NATUROPATHY & YOGIC SCIENCES
Name of the Course : BACHELOR OF NATUROPATHY & YOGIC SCIENCES

Sr. No.	Semester/ Year	Subject Code	Nomenclature	Theory/ Practical/ Theory+Practical/ Only Teaching	Core/ AECC/ SEC/ DSE/ GE	Theory (Internal)					Theory (External)			Practical External			Practical (Internal)			Oral		Whether to be offered under CBCS (Yes/No)	Scheme of Examinations (Theory+Internal+Practical+Oral/ Theory+Internal+Practical/ Theory+Practical)					
						Attendance	Midterm	Assignment	Project/Seminar	Total	Max	Theory Total	Pass	Demonstration/Presentation	Viva-voce	Max	Attendance	Lab Work	Midterm	Max	Max			Practical Total	Pass	Overall Total	Overall Pass Marks	
10	Fourth	20010410	Physical Medicine and Rehab Practical	Practical	Core										50	5	5	10	20	30			200	200	NO	Practical + Internal		
11	Fourth	20010411	Psychology and Psychiatry	Theory	Core	5	10	5	10	30	70	100	40											200	100	NO	Theory + Internal	
12	Fourth	20010412	Psychology and Psychiatry Practical	Practical	Core										50	5	5	10	20	30					200	100	NO	Practical + Internal
13	Fourth	20010413	Clinical Naturopathy & Yoga therapy	Theory	Core	5	10	5	10	30	70	100	40												200	100	NO	Theory + Internal
14	Fourth	20010414	Clinical Naturopathy and Yoga Therapy Practical	Practical	Core										50	5	5	10	20	30					200	100	NO	Practical + Internal
15	Fourth	20010415	Forensic, HM and RM	Theory	Core	5	10	5	10	30	70	100	40												200	100	NO	Theory + Internal
16	Fourth	20010416	Forensic, HM and RM Practical	Practical	Core										50	5	5	10	20	30					200	100	NO	Practical + Internal

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Name of the Faculty : NATUROPATHY & YOGIC SCIENCES
 Name of the Course : BACHELOR OF NATUROPATHY & YOGIC SCIENCES

Sr. No.	Semester/Year	Subject Code	Nomenclature	Theory/Practical/ Theory+Practical/ Only Teaching	Core/ AECC/ SEC/ DSE/ GE	Theory (Internal)				Theory (External)				Practical External				Practical (Internal)			Oral	Overall Total	Overall Pass Marks	Whether to be offered under CBCS (Yes/No)	Scheme of Examinations (Theory+Internal+Practical+Oral/ Theory+Internal+Practical/ Theory+Practical)															
						Attendance	Midterm	Assignment	Project/Seminar	Total	Max	Theory Total	Pass	Demonstration/Presentation	Viva-voice	Max	Attendance	Lab Work	Midterm	Max						Practical Total	Pass													
1	First	20010101	Anatomy-I	Theory	Core	5	10	5	10	30	70	200	80											300	150	NO	Theory + internal													
2	First	20010102	Anatomy-II	Theory	Core	5	10	5	10	30	70	200	80													300	150	NO	Theory + internal											
3	First	20010103	Anatomy Practical	Practical	Core																							NO	Practical + internal											
4	First	20010104	Physiology - I	Theory	Core	5	10	5	10	30	70	200	80														300	150	NO	Theory + internal										
5	First	20010105	Physiology - II	Theory	Core	5	10	5	10	30	70	200	80															300	150	NO	Theory + internal									
6	First	20010106	Physiology Practical	Practical	Core																								NO	Practical + internal										
7	First	20010107	Biochemistry	Theory	Core	5	10	5	10	30	70	100	40															200	100	NO	Theory + internal									
8	First	20010108	Biochemistry - Practical	Practical	Core																								NO	Practical + internal										
9	First	20010109	Philosophy of Naturopathy I	Theory	Core	5	10	5	10	30	70	200	80																300	150	NO	Theory + internal								
10	First	20010110	Philosophy of Naturopathy II	Theory	Core	5	10	5	10	30	70	200	80																300	150	NO	Theory + internal								
11	First	20010111	Philosophy of Naturopathy - Practical	Practical	Core																									NO	Practical + internal									
12	First	20010112	Yoga Practices	Theory	Core	5	10	5	10	30	70	100	40																200	100	NO	Theory + internal								
13	First	20010113	Yoga Practical	Practical	Core																									200	100	NO	Practical + internal							
1	Second	20010201	Pathology	Theory	Core	5	10	5	10	30	70	100	40																	200	100	NO	Theory + internal							
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3	Second	20010203	Microbiology	Theory	Core	5	10	5	10	30	70	100	40																		200	100	NO	Theory + internal						
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6	Second	20010206	Community Medicine Practical	Practical	Core																												200	100	NO	Practical + internal				
7	Second	20010207	Yoga Philosophy	Theory	Core	5	10	5	10	30	70	100	40																				200	100	NO	Theory + internal				
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9	Second	20010209	Colour Therapy & Magnetotherapy	Theory	Core	5	10	5	10	30	70	100	40																					200	100	NO	Theory + internal			
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7	Third	20010307	Diagnostic Methods I	Theory	Core	5	10	5	10	30	70	100	40																								200	100	NO	Theory + internal
8	Third	20010308	Diagnostic Methods I Practical	Practical	Core																																200	100	NO	Practical + internal
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10	Third	20010310	Diagnostic Methods II Practical	Practical	Core																																200	100	NO	Practical + internal
11	Third	20010311	Fasting Therapy	Theory	Core	5	10	5	10	30	70	100	40																								200	100	NO	Theory + internal
12	Third	20010312	Fasting Therapy Practical	Practical	Core																																200	100	NO	Practical + internal

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 - A signature: "Anand" (written vertically)
 - A signature: "S. Anand" (written diagonally)
 - A signature: "S. Anand" (written horizontally)
 - A signature: "S. Anand" (written horizontally)
 - A signature: "S. Anand" (written horizontally)

Name of the Faculty : NATUROPATHY & YOGIC SCIENCES
 Name of the Course : BACHELOR OF NATUROPATHY & YOGIC SCIENCES

Sr. No.	Semester/ Year	Subject Code	Nomenclature	Theory/ Practical/ Theory+Practical/ Only Teaching	Core/ AECC/ SEC/ DSE/ GE	Theory (Internal)				Practical				Practical (Internal)			Oral	Whether to be offered under CBCS (Yes/No)	Scheme of Examinations (Theory-Internal+Practical+Oral/ Theory-Internal+Practical/ Theory+Practical)					
						Attendance	Midterm	Assignment	Project/Seminar	Total	Max	Theory Total	Pass	Demonstration/Presentation	Viva-voice	Max				Attendance	Lab Work	Midterm	Max	Practical Total
1	Fourth	20010401	Nutrition Dietetics and Herbs	Theory	Core	5	10	5	10	30	70	100	40		50	5	5	10	20	30	200	100	NO	Theory + Internal
2	Fourth	20010402	Nutrition Dietetics and Herbs Practical	Practical	Core																		NO	Practical + Internal
3	Fourth	20010403	Obstetrics and Gynecology	Theory	Core	5	10	5	10	30	70	100	40		50	5	5	10	20	30	200	100	NO	Theory + Internal
4	Fourth	20010404	Obstetrics and Gynecology Practical	Practical	Core																		NO	Practical + Internal
5	Fourth	20010405	Yoga Therapy	Theory	Core	5	10	5	10	30	70	100	40		50	5	5	10	20	30	200	100	NO	Theory + Internal
6	Fourth	20010406	Yoga Therapy Practical	Practical	Core																		NO	Practical + Internal
7	Fourth	20010407	Hydro Therapy	Theory	Core	5	10	5	10	30	70	100	40		50	5	5	10	20	30	200	100	NO	Theory + Internal
8	Fourth	20010408	Hydro Therapy Practical	Practical	Core																		NO	Practical + Internal
9	Fourth	20010409	Physical Medicine and Rehab	Theory	Core	5	10	5	10	30	70	100	40		50	5	5	10	20	30	200	100	NO	Theory + Internal
10	Fourth	20010410	Physical Medicine and Rehab Practical	Practical	Core																		NO	Practical + Internal
11	Fourth	20010411	Psychology and Psychiatry	Theory	Core	5	10	5	10	30	70	100	40		50	5	5	10	20	30	200	100	NO	Theory + Internal
12	Fourth	20010412	Psychology and Psychiatry Practical	Practical	Core																		NO	Practical + Internal
13	Fourth	20010413	Clinical Naturopathy & Yoga therapy	Theory	Core	5	10	5	10	30	70	100	40		50	5	5	10	20	30	200	100	NO	Theory + Internal
14	Fourth	20010414	Clinical Naturopathy and Yoga Therapy Practical	Practical	Core																		NO	Practical + Internal
15	Fourth	20010415	Forensic, HM and RM	Theory	Core	5	10	5	10	30	70	100	40		50	5	5	10	20	30	200	100	NO	Theory + Internal
16	Fourth	20010416	Forensic, HM and RM Practical	Practical	Core																		NO	Practical + Internal

Handwritten signatures and initials:
 - A large signature on the left side of the page.
 - A signature in the middle, possibly "Shivam".
 - A signature on the right side, possibly "Raj".
 - A signature at the bottom right, possibly "Raj".



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved University) GURGAON, Delhi-NCR

FACULTY OF NATUROPATHY & YOGIC SCIENCES

Ref.No:- SGTU/FNYS/2020-35

Date:-29.12.2020

To:

The Registrar,
SGT University,
Budhera,
Gurugram

Subject: Approval of the Registrar on BNYS Examinations Results, and Examination Process – reg

Respected Sir,

As advised and suggested by the Controller of Examinations please find the Criteria of Pass, Selection of Examiners and Evaluation Criteria to be placed before the Registrar, SGTU for approval. The same matter had been discussed during the meeting with The Registrar and Hon Vice Chancellor on 29.12.2020.

This is for kind perusal and consideration.

forward to vc sir for his kind approval
Dhruvi 29.12.2020

- Approved -
29/12/20

Registrar

Dhruvi 30.12.2020
Registrar
SGT University
Budhera, Gurugram





SGT UNIVERSITY
SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved University) GURGAON, Delhi-NCR

FACULTY OF NATUROPATHY & YOGIC SCIENCES

Ref.No:- SGTU/FNYS/2020-34

Date:-24.12.2020

To,

The Registrar,
SGT University,
Budhera, Gurugram

Subject: Approval of the Registrar on BNYS Examinations Results, and Examination Process – reg.

Respected Sir,

As advised and suggested by the Controller of Examinations please find the Criteria of Pass, Selection of Examiners and Evaluation Criteria to be placed before the Registrar, SGTU for approval for NAAC and declaration of BNYS Results.

This is for kind perusal and consideration.

forwarded to PUC sir @ Dujin 28.12.2020

Dean, Naturopathy & Yogic Science
Pl - discuss -
Prof. Ahmad
24/12/20



Comparative Table On Suggested Changes

S No	Criteria	Existing	New Changes Proposed	Justification
1.	<u>Criteria for Pass</u>	<p>To be eligible for promotion to the II, III & IV years, the candidate has to complete and pass in all the subjects of I, II & III years with an exemption of one subject in each year.</p> <p>The candidate is declared to have been successful provided he/she secures minimum 40% and above in theory, 50% and above in oral/practical/clinical separately each subjects, but should get 50% in aggregate in all.</p>	<p>To be eligible for promotion to the II, III & IV years, the candidate has to complete and pass in all the subjects of I, II & III years. The candidate might carry two subjects are less at any particular year to be eligible for promotion. The papers containing two parts in theory and practical might be considered to be as ONE SINGLE SUBJECT. The candidate is required to pass in all subjects to be eligible for Compulsory Internship Program.</p> <p>The candidate is declared to have been successful provided he/she secures minimum 50 % and above in theory, oral/practical/clinical/internal assessment separately in each subject.</p>	<ul style="list-style-type: none"> • No Syllabus / Ordinance existed before the course inception (Aug 2019). Both designed afresh. • 50% pass percentage mandatory for State/Central registration purposes. • New changes were proposed for parity with other BNYS Colleges. • A candidate to be eligible for registration at State/Central Registrations, a candidate is needed to pass theory and practical with 50% separately. • A copy of TN MGR and Rajiv Gandhi health Universities mark sheets and breakup of marks has been attached with this documents.

2.	<i>Appointment of Examiners for BNYS Examinations.</i>	Not Available	<p>The examiners will be appointed as per the following guidelines with the approval of the Vice Chancellor by taking due care that his/her own relative is not appearing in the examination:</p> <p>(a) An internal examiner should be of the level of an Assistant Professor or above in the respective subject in the University.</p> <p>(b) One external and one internal examiner will jointly conduct the practical examination.</p> <p>(c) External examiners shall be from outside the University involved in academics or research and shall preferably be from any BNYS Institution affiliated to any UGC approved University/ Research Institution under Ministry of AYUSH with minimum of Associate Professor and above or Research Officers and above with 10 years of Research Experience.</p>	<ul style="list-style-type: none"> • Approvals were obtained from Vice Chancellor and examinations were done. Approvals are with the examination cell. • It was suggested by the Examination Cell for streamlining the process through proper channels
3.	Evaluation Process – Theory, Practical Examination Answer Books for the BNYS Examinations	Not Available	<p>The answer books may be evaluated either by the internal or external examiner to be nominated by the Controller of Examinations with the approval of the Vice-Chancellor from the panel of examiners during the time of practical examinations.</p>	<ul style="list-style-type: none"> • Approvals were obtained from Vice Chancellor and examinations were done. Approvals are with the examination cell. <p>It was suggested by the Examination Cell for streamlining the process through proper channels</p>



Faculty of NATUROPATHY & YOGIC SCIENCES

Ref. No. - SGTU/FNYS/2020- 29

Date: - 23.10.2020

To,

The Vice Chancellor,
SGT University
Budhera, Gurugram

Subject: - Approval for Remuneration for Practical Examination Duty in par with AYUSH Medical Courses in SGT University.

Respected Sir,

As we know that the examiners who officiate as examiners for the BNYS subjects like Pre-Clinical/ Para-Clinical/Clinical/ Naturopathy And Yoga subjects are all doctors and registered medical practitioners under their own streams of medicine.

For Allopathic subjects all examiners are called at the level of Associate Professors from Clinical Research or Medical College and again for Naturopathic Medicine and Yoga subjects the examiners are called from either BNYS Colleges or Research Institute or Councils of Ministry of Ayush with BNYS with or without MD/PhD with minimum of 10 years of Clinical/Research/Teaching experience.

As all BNYS subjects fall under the category of Medical Courses I would request you to consider the remuneration paid for examiners for BNYS examiner including all medical subjects & Naturopathic subjects be considered for TA in addition to Rs. 4000/- paid as examination fee.

A copy of previous sanction letter dated 23/10/2020 has been attached.

Thanking You

We may also provide TA @ Rs 10/- per km
in addition to Honorarium of
Rs 4000/- per day fee to
the Examiners in Faculty of
Naturopathy at par with other
Medical Oriented Faculties
Registrar



Md 23.10.2020

Yogesh
23.10.2020



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved University)
GURGAON, Delhi-NCR

FACULTY OF NATUROPATHY & YOGIC SCIENCES

Ref. No: - SGTU/FNYS/BNYS/2020- 27

Date:-17.10.2020

To,

The Vice Chancellor,
SGT University, Budhera,
Gurugram, Haryana

Subject: Approval for Remuneration or Practical Examination Duty in Par Other Medical Courses in SGT University

Respected Sir,

As we are in the verge of completion theory papers for the BNYS Examinations for 2019 batch and planning to schedule our practical examinations from 22, October, 2020 and considering the fact that some of the subjects are taught by FMHS, SGTU and the practical examinations are to be conducted in the respective departments, it might be considered by the university authorities for a remuneration for external examiners in par with other medical professional courses. Some of the practical examinations for the medical subjects are already scheduled around next week.

I would request for your kind perusal and approval on this matter at the earliest.

Thanking You

Please examine

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17.10.2020





FACULTY OF NATUROPATHY & YOGIC SCIENCES

Reg No:- SGTU/FNYS/2020-

Date:-29.09.2020

MINUTES OF THE BOARD OF STUDIES MEETING FOR FNYS

The meeting was attended by the following members held through WebEx Platform taking all guidelines of MHA during COVID Pandemic. The Board of Studies for FNYS, SGT University met for the academic year 2020-21 on 28/09/2020. At the onset, the Chairman welcomed the members to the Second Board of Studies Meeting of FNYS, SGT University for deliberations on the agenda were placed before the committee.

The meeting was attended by the following members:

S No	Members	Designation
1.	Dr Sangeeth S, Professor, FNYS, SGT University	Chairman
2.	Prof Dr Asha Gandhi, HOD, Dept of Physiology, FMHS, SGT University	Member
3.	Prof Dr Busi Karunanand , HOD, Dept of Biochemistry, FMHS, SGT University	Member
4.	Dr Kirti Singh, Professor & Dean, Apex Naturopathy College, APU, Jaipur	External Member
5.	Dr Himanshu , Lecturer, FNYS,SGT University	Member
6.	Dr Tokika Yephthomi , Lecturer, FNYS,SGT University	Member

The Chairman kept the following agendas for deliberations and approval before the committee :

Agenda No 1- To consider amendments in the Examination Rules (Criteria for Pass) for the BNYS Course

To be eligible for promotion to the II, III & IV years, the candidate has to complete and pass in all the subjects of I, II, III & IV years. The candidate might carry two subjects are less at any particular year to be eligible for promotion. The papers containing two parts in theory and practical might be considered to be as ONE SINGLE SUBJECT. The candidate is required to pass in all subjects to be eligible for Compulsory Internship Program.

The candidate is declared to have been successful provided he/she secures minimum 50 % and above in theory, practical/clinical/internal assessment separately in each subject.

Committee Approval:

The BOS committee members were on unison and approved the amendments in the BNYS Course Examination rules

Agenda No 2- To consider Appointment of Examiners for BNYS Examinations:

(Handwritten signatures of committee members)

24. DISTRIBUTION OF MARKS

First B.N.Y.S. 1 1/2 year (18 months)

Paper	UE	IA	TOTAL			
	Marks	Marks	O	I	R	
	W	P	A			
Part I						
1. Biochemistry	100	50	20	20	10	200
2. Philosophy & Practice of Yoga	100	50	20	20	10	200
Part II						
1. Human Anatomy-I	100					
Human Anatomy-II	100	50	20	20	10	300
2. Human Physiology-I	100					
Human Physiology-II	100	50	20	20	10	300
3. Philosophy of Nature Cure - I	100					
Philosophy of Nature cure - II (Including fundamentals of Ayurveda, Siddha, Unani, Homoeopathy and Allopathy)	100	50	20	20	10	300
Grand Total						1300

Second B.N.Y.S. 1 year (12 months)

Paper	UE Marks				TOTAL
	W	P	O	R	
1. Pathology I	100	50	20	10	300
Pathology II	100	50	20	10	300
2. Microbiology	100	50	20	10	200
3. Yoga & Physical Culture I	100	50	20	10	200
4. Diagnostic Methods in Naturopathy	100	50	20	10	200
5. Diagnostic Methods in Modern Medicine	100	50	20	10	200
6. Basic Pharmacology	100	—	—	—	100
Grand Total					1200

Third B.N.Y.S. 1 year (12 months)

Paper	UE Marks				TOTAL
	W	P	O	R	
1. Forensic Medicine & Toxicology	100	50	20	10	200
2. Community Medicine	100	50	20	10	200

3. Psychology & Basic Psychiatry	100	—	—	—	—	100
4. Obstetrics & Gynaecology	100	50	20	20	10	200
5. Yoga & Physical Culture - II	100	50	20	20	10	200
6. Nutrition & Herbology	100	50	20	20	10	200
7. Massage, Chiropractic Osteopathy & Aromatherapy	100	50	20	20	10	200
Grand Total						1300

Fourth B.N.Y.S. 1 year (12 months)

Paper	UE Marks		IA Marks			TOTAL
	W	P	O	IA	R	
1. Yoga Therapy	100	50	20	20	10	200
2. Hydrotherapy & Clay Therapy	100	50	20	20	10	200
3. Fasting & Diet Therapy	100	50	20	20	10	200
4. Chromo therapy & Magneto therapy	100	50	20	20	10	200
5. Physiotherapy	100	50	20	20	10	200

6. Acupuncture, Acupressure, Reflexology, Reiki, & Pranic healing	100	50	20	20	10	200
7. Minor Surgery, First Aid & Emergency Medicine	100	50	20	20	10	200
8. Hospital Management	100					100
Grand Total						1500

UE Marks - University Examination Marks

W - Written

O - Oral

P - Practical

IA - Internal Assessment / Terminal Assessment / Day
to Day Evaluation

R - Record Marks

MARKS QUALIFYING FOR A PASS

50 % of marks in the University written exam - 50 / 100

50 % of marks in the University Practical Exam - 25 / 50

35 % of marks in the aggregate of Internal

Assessment & Record

- 35 %

Minimum.



FACULTY OF NATUROPATHY & YOGIC SCIENCES

Ref.No:- SGTU/FNYS/2020-

Date:-29.09.2020

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5.	Dr Himanshu , Lecturer, FNYS,SGT University	Member
6.	Dr Tokika Yephthomi , Lecturer, FNYS,SGT University	Member

The Chairman kept the following agendas for deliberations and approval before the committee

1. **Agenda No 1- To consider amendments in the Examination Rules (Criteria for Pass) for the BNYS Course**

To be eligible for promotion to the II, III & IV years, the candidate has to complete and pass in all the subjects of I, II & III years. The candidate might carry two subjects are less at any particular year to be eligible for promotion. The papers containing two parts in theory and practical might be considered to be as ONE SINGLE SUBJECT. The candidate is required to pass in all subjects to be eligible for Compulsory Internship Program.

The candidate is declared to have been successful provided he/she secures minimum 50 % and above in theory, oral/practical/clinical/internal assessment separately in each subject.

Committee Approval:

The BOS committee members were on unison and approved the amendments in the BNYS Course Examination rules

2. **Agenda No 2- To consider Appointment of Examiners for BNYS Examinations:**

The examiners will be appointed as per the following guidelines with the approval of the Vice Chancellor by taking due care that his/her own relative is not appearing in the examination:

- (a) An internal examiner should be of the level of an Assistant Professor or above in the respective subject in the University.
- (b) One external and one internal examiner will jointly conduct the practical examination.
- (c) External examiners shall be from outside the University involved in academics or research and shall preferably be from any BNYS Institution affiliated to any UGC approved University/ Research Institution under Ministry of AYUSH with minimum of Associate Professor and above or Research Officers and above with 10 years of Research Experience.

The BOS committee members were on unison and recommended the amendments in the process of conduct of the BNYS Examination

3. Agenda No 3 - To Consider Evaluation Process – Theory, Practical Examination Answer Books for the BNYS Examinations

The answer books may be evaluated either by the internal or external examiner to be nominated by the Controller of Examinations with the approval of the Vice-Chancellor from the panel of examiners during the time of practical examinations.

The meeting ended with a vote of thanks by the chair.

Approval of The Board of Studies Members:



Usha Pawale
K. B. ...

[Signature]

[Signature]



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

MINUTES OF THE 30th MEETING OF THE ACADEMIC COUNCIL HELD ON 18TH FEBRUARY, 2022 AT 02.30 P.M. UNDER THE CHAIRMANSHIP OF THE VICE CHANCELLOR IN THE COMMITTEE ROOM OF THE UNIVERSITY

The following members were present :

1.	Prof. (Dr.) O.P. Kalra, Vice Chancellor	-	Chairperson
2.	Prof. (Dr.) N.S. Tung, PVC	-	Member
3.	Prof. (Dr.) R.K. Mitra, PVC	-	Member
4.	Prof. V.K. Nangia	-	Member
5.	Prof. Jitender Kumar Chhabra	-	Member
5.	Dr. Vijay Bhardwaj, COE	-	Member
6.	Dr. SPS Cochhar, Dean, FMHS	-	Member
7.	Dr. Omkar Krishna Shetty, Dean, FDS	-	Member
8.	Dr. Prasanna V Sabanur, Dean, FIMS	-	Member
9.	Dr. Vijay Bhalla, Principal, SGT COP	-	Member
10.	Dr. Rajesh Shamsunder Arora, Dean, FCM	-	Member
11.	Dr. Pooja Anand, Dean, FOP	-	Member
12.	Dr. S.K. Pandey, Dean, FOL	-	Member
13.	Dr. A.K. Mathur, Dean, FEAT	-	Member
14.	Dr. Lakhwinder Singh, Dean, FOSC	-	Member
15.	Dr. Mohammed Ejaz, Dean, FAHS	-	Member
16.	Dr. M.K. Nair, Dean, FFD	-	Member
17.	Dr. Susanta Ranjan Chaini, Dean, FAS	-	Member
18.	Prof. Sushil Manav, Dean, FMCMT	-	Member
19.	Dr. Rajiv Rastogi, Dean, FNYS	-	Member
20.	Dr. Shourya Tandon	-	Member
21.	Dr. Joginder Yadav, Registrar	-	Member Secretary

At the outset, the Vice Chancellor welcomed the members of the Academic Council present in the meeting and requested the Registrar to place the Agenda Items before the members of the Academic Council.

Agenda Item No. 30.1

To consider and confirm the minutes of 29th Meeting of the Academic Council held on 26th August, 2021.

No member has raised any objection and, hence, the minutes were confirmed.

Agenda Item No. 30.2

To consider and note the Action Taken Report on the decisions of the 29th meeting of the Academic Council held on 26th August, 2021.

Action taken report noted.

Agenda Item No. 30.3

To consider, ratify and approve the action taken by the Vice Chancellor regarding change of Administrative Control of Department of Special Education from Faculty of Behavioural Sciences to Faculty of Education.

Registrar
SGT University
Budhera, Gurugram

Considered and approved.

Agenda Item No. 30.4

To consider, ratify and approve the action taken by the Vice Chancellor regarding change of Administrative Control of Department of Audiology and Speech Language Pathology (BASLP) from Faculty of Behavioural Sciences to Faculty of Allied Health Sciences.

Considered and approved.

Agenda Item No. 30.5

To consider, ratify and approve the action taken by the Vice Chancellor regarding approval to start new courses in the Department of Special Education, Faculty of Education and in other faculties too from the Academic Session 2022-23.

Considered and approved. It was resolved that as per the provisions of Section 34A of the Haryana Private Universities Act, 2006 (amended from time to time), Academic Branch should apply to Department of Higher Education, Panchkula for necessary authorization to offer the programs from the Session 2022-23.

Agenda Item No. 30.6

To consider and approve the minutes of the Board of Studies of Faculty of Indian Medical System held on 22nd January, 2022.

Considered and approved.

Agenda Item No. 30.7

To consider and approve the minutes of the Board of Studies of Faculty of Nursing held on 31st January, 2022.

Considered and approved.

Agenda Item No. 30.8

To consider and approve the minutes of the Board of Studies of Faculty of Commerce & Management held on 10th November, 2021.

Considered and approved.

Agenda Item No. 30.9

To consider and approve the minutes of the Board of Studies of Faculty of Behavioural Sciences held on 01st February, 2022.

Considered and approved.

Agenda Item No. 30.10

To consider and approve the minutes of the Board of Studies of Department of Nutrition & Dietetics, Faculty of Allied Health Sciences held on 03rd December, 2021.

Considered and approved.

Agenda Item No. 30.11

To consider and approve the minutes of the Board of Studies of Department of Microbiology, Faculty of Allied Health Sciences held on 22nd December, 2021.

Considered and approved.

Agenda Item No. 30.12

To consider and approve the minutes of the Board of Studies of Department of Paramedical Sciences, Faculty of Allied Health Sciences held on 23rd December, 2021.

Considered and approved.

Agenda Item No. 30.13

To consider and approve the minutes of the Board of Studies of Faculty of Naturopathy & Yogic Sciences held on 29th November, 2021.

Considered and approved.

Agenda Item No. 30.14

To consider and approve the minutes of the Board of Studies of Faculty of Education held on 03rd February, 2022.

Considered and approved.

Agenda Item No. 30.15

To consider and approve the action taken by the Vice Chancellor regarding change of department of Ms. Richa Panwar, Ph. D. scholar.

Deans of the faculties of Allied Health Sciences and Agricultural Sciences were requested to explain the feasibility regarding change of department of the said Ph. D. scholar to the members of the Academic Council. The Dean, Faculty of Agricultural Sciences has submitted that the Ph. D. scholar has completed her graduation in Botany (Hons.) which is closely related to the Agricultural Biotechnology and the scholar wants to pursue her research work in Plant Biotechnology. After deliberated discussions the change of the department of the scholar was considered and approved.

Table Agenda Items

Agenda Item No. 30.16

To consider and approve the action taken by the Vice Chancellor regarding approval of process to streamline the Ph. D. programs.

Prof. R.C. Kuhad, Pro Chancellor has submitted that of late the Ph. D. research scholars have experienced some issues in the smooth conduct of their Ph. D. program and it was felt that the process of conduct of Ph. D. programs at the university needs to be streamlined. A meeting was held with various Deans of the Faculties and other stake holders to design the process relating to streamlining the Ph. D. programs, registration, progress of Research Work, Submission/Evaluation/Notification/Uploading of Ph. D.

Thesis. The proposed scheme of process was submitted to the Vice Chancellor for consideration and approval which was approved in anticipation of the approval of Academic Council. After detailed deliberation with the members of the Academic Council, it was considered and approved.

Agenda Item No. 30.17

To consider and approve the Course Structure, Course Curriculum etc. of BAMS program as per the Gazette of India 16th February, 2022.

The Dean, Faculty of Indian Medical System has submitted that the National Commission for Indian System of Medicine has notified on 16th February, 2022, the new Course Structure, Course Curriculum, Scheme of Examinations etc. for BAMS program which will be implemented from the Academic Session 2021-22. After deliberated discussion, it was considered and approved that the notified structure of BAMS program to be adopted from the Academic Session 2021-22.

Agenda Item No. 30.18

To consider and approve the action taken by the Vice Chancellor regarding establishment of two departments i.e. Emergency Medicine and Hospital Administration in the complex of SGT Hospital.

The Dean, Faculty of Medicine & Health Sciences has submitted that as per the requirement of National Medical Commission for intake of 150 MBBS students, the two department of Emergency Medicine needs to be established. In addition, it was proposed that in order to generate work force for hospital administration, we need to start MD program in Hospital Administration. Accordingly, the committees were constituted to find out the feasibility and infrastructure requirement for establishment of these departments. The report of the committees was submitted to the Vice Chancellor for consideration and approval, which was approved in anticipation of the approval of the Academic Council. After deliberated discussion, it was considered, approved and resolved that proposal may be submitted to the Department of Medical & Research, Panchkula for issue of Essentiality Certificate/No Objection Certificate.

Agenda Item No. 30.19

To consider and approve the following agenda points submitted by the Controller of Examinations :

- (a) **List of qualified candidates for the award of Ph. D. Degree**
Consequent upon evaluation of thesis submitted for the degree of Doctor or Philosophy and after viva-voce examination, the candidates were found qualified and their result has already been notified with the approval of the Vice Chancellor in anticipation of the approval of the Academic Council. Considering the facts, agenda in Academic Council, approved the proposal.
- (b) **Examination Manual**
Considered and approved
- (c) **Uniform passing percentage criteria for CBCS courses for batch 2019**
Considered and approved

(d) **Ratification in the following clauses of First Ordinance of the University :**

- (i) **2.4.7 (Pending Migration Cases)**
- (ii) **5.18.4 (Rechecking/Re-evaluation)**
- (iii) **5.38.1 (Grace Marks)**

Considered and recommended to be placed before Board of Management for necessary approval. It was also resolved that as per Section 32(2) of the Private Universities Act, 2006 (amended from time to time) the First Ordinance of the University is already approved by the State Government and published in the Haryana Government Gazette on 31st December, 2013. Hence, as per the provisions of the Act, the amendment in the Clauses of the Ordinance needs to be submitted to the Department of Higher Education, Panchkula for approval and notification in the Gazette so that these amendments can be implemented.

(e) **Mercy chance examinations and Mercy chance examination fee**

Considered and approved.

The meeting was concluded with vote of thanks to the Chair.



Registrar cum Member Secretary
SGT University
Budhera, Gurugram

TWO SUBJECTS TO BE ADDED IN III BNYS COURSE

1. FIRST AID AND EMERGENCY MEDICINE (Duration: 12 Months)

Total hours: 150 (Theory: 100 Practical: 50)

a. Goals and Objectives

Goal:

The goal of teaching First Aid and Emergency Medicine to undergraduate students is to provide them with the skills and knowledge required to manage medical emergencies efficiently.

Objectives:

1. **Knowledge:**

After the completion of the course, the student shall be able to:

- a. Illustrate working knowledge about Golden hour
- b. Describe quick assessment and recognition of emergency conditions;
- c. Demonstrate specific first aid measures and emergency treatments used for handling emergency cases before and after diagnosis of the condition;

2. **Skills:**

After the completion of the course, the student shall be able to:

- a. Demonstrate usage of first aid procedures in various emergency situations
- b. Describe assessment of emergencies and treatment of the same with suitable procedures.

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- c. Possess the knowledge and skills to perform Basic Life Support procedures in the Golden Hour.
- d. Able to assess the severity of an emergency condition so as to act in accordance and take necessary steps to prevent further complications.

3. Integration

At the completion of training, the student should be able to effectively use his/her knowledge of assessment and management of medical emergencies in his/her professional practice.

b. First Aid

- i. General principles of first aid-definition, principles, responsibilities and golden rules
- ii. Resuscitation techniques-basic life support, mouth to mouth ventilation, artificial ventilation, Sylvester method.
- iii. Unconsciousness and general principles of treatment, recovery position
- iv. Transportation and handling of patient
- v. Hemorrhage and bleeding
- vi. Shock
- vii. Wounds
- viii. Bandages, dressing and slings
- ix. Fractures, sprains and strains
- x. Poisoning
- xi. Asphyxia, Aspiration, drowning, suffocation and strangulation
- xii. Road accidents
- xiii. Effect of temperature, sunburn, hypothermia, frost bite, heat

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exhaustion, heatstroke

- xiv. Burns and scalds, electrical injuries
- xv. Head injury, chest injury, blast injury, crush injury
- xvi. Sports injuries
- xvii. Epilepsy-febrile convulsions
- xviii. Syncope
- xix. Dog bite, snake bite, scorpion bite and bee sting
- xx. Emergencies in diasthetic patients and cardiac patient

c. Recognition, Evaluation of Clinical Emergencies

i. CVS

- 1. Acute myocardial infarction
- 2. Cardiogenic shock
- 3. Cardiac arrhythmias
- 4. Cardiac arrest
- 5. Hypertensive emergencies
- 6. Pulmonary embolism
- 7. Dissection of aortic aneurysm
- 8. Cardiac tamponade
- 9. DVT

ii. Respiratory System

- 1. Hemoptysis
- 2. Status asthmaticus
- 3. Spontaneous pneumothorax
- 4. Acute respiratory failure
- 5. Massive pulmonary collapse

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6. Acute laryngeal obstruction
7. ARDS
8. Pneumonia
9. Massive pleural effusion

iii. Gastrointestinal System

1. Acute vomiting
2. Perforation of Peptic Ulcer
3. Hematemesis
4. Hepatic Pre coma and coma
5. Acute pancreatitis
6. Acute pain in abdomen
7. Obstruction of intestine

iv. Nervous System

1. Unconscious patient
2. Cerebrovascular catastrophes
3. Convulsions
4. Status epilepticus
5. TIA
6. Spinal cord injuries
7. Brain death
8. Head injury
9. Acute ascending polyneuritis

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v. Renal System

1. Acute renal failure
2. Renal colic
3. Hematuria
4. Hyperkalaemia
5. Hypokalaemia
6. Hyponatrimia

vi. Endocrine and Metabolism

1. Thyroid crisis
2. Adrenal crisis
3. Diabetic ketoacidosis and coma
4. Hypoglycemia
5. Tetany
6. Hypercalcemia

vii. Miscellaneous Emergencies

1. Syncope
2. Acute peripheral circulatory failure
3. Anaphylaxis
4. Hypothermia
5. Hyperpyrexia
6. Poisoning
7. Drug overdose

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Practical

- History taking and physical examination of cases
- Case sheet writing in different general cases (25)
- Demonstration of equipment and instruments used for investigation in modern diagnostics
- Demonstration tour of an ultra-modern super specialty hospital to see the latest techniques management of emergency conditions

Textbooks

- Hutchison's Clinical Methods
- Manual of Clinical Methods – PS Shankar
- First Aid – Red Cross Society
- First Aid – St. John Ambulance Association
- First Aid – LC Gupta
- Bailey and Love's Short Practice of Surgery
- Harrison's Principle of Internal Medicine
- Davidson's Principle and Practice of Medicine
- Medical Emergency, Diagnosis and Management

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2. BASIC PHARMACOLOGY

Total hours: 150 (Theory: 100 Practical 50)

a. Goals and Objectives

Goal:

The goal of teaching Pharmacology to undergraduate students is to provide a comprehensive knowledge of scientific, evidence based treatment of diseases through drug administration.

Objectives:

1. Knowledge:

After the completion of the course, the student shall be able to:

- a. Illustrate pharmacokinetics and pharmacodynamics of essential and common drugs

2. Skills:

After the completion of the course, the student shall be able to:

- a. Be proficient in describing pharmacokinetics and pharmacodynamics of essential and common drugs
- b. Observe medical ethics in his professional practice

3. Integration

At the completion of training, the student must be trained in medico legal responsibilities of physicians at all levels of health care as well as scientifically based clinical toxicology, being skilled in allied disciplines like Pathology, Radiology, Forensic Sciences, Hospital Administration, Medicine, Pharmacology, etc.

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b. Theory (Duration: 12 months)

Total hours: 100

i. General Pharmacology

1. Nature and sources of drugs
2. Routes of administration
3. Absorption and bioavailability of a drug – factors affecting drug absorption and its bioavailability
4. Distribution of a drug in the body
 - a. Plasma concentration
 - b. Drug storage
 - c. Placental transfer
5. – Fate of the drug
6. Drug excretion
7. Drug receptors
8. Mechanism of action of a drug – types of drug action
9. Adverse reaction to drug
10. Drug toxicity in man –
 - a. drug intolerance
 - b. hemopoietic toxicity
 - c. hepatotoxicity
 - d. nephrotoxicity
 - e. abnormalities of taste and smell
 - f. behavioral toxicity

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- g. production of a disease
- h. electrolyte disturbances
- i. endocrine disturbances
- j. skin toxicity
- k. carcinogenesis
- l. teratogenicity
- m. drug dependence

11. Factors modifying the effects of a drug

12. Role of a placebo

ii. Brief description of the following drugs

(Their mode of action, dosage, adverse reaction, the method of tapering their dosage, including the adverse effects with the abrupt stoppage of their use)

iii. Drugs acting on the CNS

1. General sedatives
2. Anticonvulsant drugs
3. Opioid and Non-Opioid analgesics
4. Analgesics, antipyretics and non-steroidal anti-inflammatory drugs (NSAID)
5. CNS stimulants – Xanthine alkaloids
6. Psychopharmacology
 - a. Anti-anxiety drugs – Meprobamate, Benzodiazepines,

Chlormethiazole

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- b. Anti-depressant drugs – Classification, actions, adverse reaction (monoamine oxidase inhibitors, *tricyclic* compounds, carbamazepine, lithium)
- c. Psychotogenic drugs – LSD, Mescaline, Cannabis
- 7. Local Anesthetics – adverse reactions
- 8. Drug action on ANS
 - a. Skeletal muscle relaxants – Diazepam, Baclofen, Dantrolene
 - b. Anti-Parkinsonian drugs – Levodopa, Amantadine
- 9. Biogenic Amines and Polypeptides
 - a. Histamine and Antihistamine drugs
 - b. Angiotensin, Kinins, Leukotrienes, Cytokines & PGs
- 10. Drugs used in Respiratory Disorders
 - a. Expectorants, Central cough suppressants, antitussives, mucolytic agents
 - b. Pharmacotherapy of bronchial asthma and rhinitis
 - Drug therapy during an acute attack
 - Prevention of acute attacks
 - Treatment of acute severe asthma
 - Treatment of acute respiratory

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failure

- Treatment of chronic persistent asthma
- Drug therapy of rhinitis

11. Cardiovascular drugs

- Digitalis
- Pharmacotherapy of cardiac arrhythmias - Sodium channel blockers, beta blockers, potassium channel blockers, calcium channel blockers
- Pharmacotherapy of Hypertension - Clonidine, alpha methyl dopa, Guanethidine, Reserpine, Phentolamine etc.

12. Drugs acting on Blood and blood forming organs

- Drugs effective in iron deficiency anemia
- Treatment of acute iron poisoning

13. Water, Electrolytes and drugs affecting Renal functions

- Nutritional supplementation therapy
- Diuretic and Anti-diuretic drugs

14. Drugs used in GIT disorders

- Appetizers, Digestants, Carminatives, Appetite suppressants and agents lowering serum lipid
- Emetics, drug therapy of vomiting and diarrhea
- Pharmacotherapy of constipation
- Pharmacotherapy of peptic ulcer

15. Chemotherapy

- Sulfonamides, Cotrimaxazole, Nitrofurans

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