



Department of Sports Science and Yoga

Ramakrishna Mission Vivekananda Educational and Research Institute
(Declared by Govt of India as Deemed University u/s 3 of UGC Act, 1956)
Belur Math, Howrah 711202, West Bengal

Six-month Certificate Course in Yoga and Naturopathy (CCYN)

Preamble

Yoga is a science of Holistic Living. Yoga is an invaluable gift of ancient Indian tradition. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind, body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

Yoga education is becoming popular day by day. The CCYN program aims to increase awareness on Yoga and teach general public wellness through yoga. Students are taught the basic concepts of philosophy of Yoga, the physiological implications of Yogic practices, various Yogic practices such as Asanas, Bandha, Mudra, Neti, Dhauti and Pranayama.

Naturopathy is the natural way of living a healthy life. It is now a recognised and popular alternate branch of medicine and health care. The AYUSH Ministry is constantly promoting Naturopathy along with Ayurveda, Yoga, Unani and other alternate forms of health care. Naturopathy and Yoga go hand-in-hand.

I. Title of the Programme:

The programme shall be called "Certificate Course in Yoga & Naturopathy" (CCYN)

II. Aim of the Programme:

The aim of the programme is to spread wellness through Yoga and healthy living through Naturopathy

III. Objectives of the programme:

- To bring awareness of the fundamentals of Yoga for wellness in their daily lives
- To bring peace and harmony in the society at large by introducing the Yogic way of life.
- To create teachers to teach Yoga for wellness in the society

IV. Duration:

The minimum duration of the programme will be SIX months

V. Eligibility:

The candidate should have completed 12th Standard from a recognized board or institution

VI. Class timings

This is a weekend program. Classes are held on Sundays, 10.00am-4.00pm (11am-4pm). The exact class schedule will be formulated based on mutual convenience of the enrolled batch and faculty members.

NOTE:

1. CCYN is NOT an online program as the course has a large practical part (asanas, kriya, pranayama etc. as well as panchakarma and naturopathy practical) which will be conducted on campus only.
2. CCYN is NOT a vocational course for employment. Rather, the objective of this certificate course is awareness generation and promotion of healthy living with Yoga and Naturopathy.
3. In order to make education accessible to the community at large, RKMVERI runs certificate courses for people who have crossed their formal education time period. Certificate courses are tailor made for the working class who could not attend the regular full time courses. That is why classes will be held on weekends.

VII. Scheme of Teaching and Examination:

| Sl. No | Subject Code | Subject Title | Evaluation Scheme | | | | Subject Total |
|--------|--------------|--------------------------------------|-------------------|----|-------|-----|---------------|
| | | | Seasonal | | | SEE | |
| | | | Credits | CT | TA/PR | | |
| 1. | CCYN - T101 | Introduction to Yoga and Yogic Texts | 2 | 20 | 20 | 60 | 100 |
| 2. | CCYN - T102 | Human Anatomy & Physiology | 3 | 20 | 20 | 60 | 100 |
| 3. | CCYN - T103 | Yoga for Wellness | 2 | 20 | 20 | 60 | 100 |
| 4. | CCYN - T104 | Ayurveda and Panchakarma | 3 | | | | 100 |
| 5. | CCYN - P106 | Yoga Practical | 6 | - | - | | 100 |
| 6. | CCYN - P106 | Naturopathy practical | 4 | | | | 100 |
| Total | | | 20 | | | | |

L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests, TA –Teachers Assessment, SEE - Semester Examination, PR- Practical Record

The syllabus is framed on the basis of (i) UGC model syllabus of CCY - certificate program in yoga (ii)f Yoga Wellness Instructor (Level II) of Yoga Certification Board(YCB) and (iii) Treatment Assistant Training Course (TATC) of CCRYN

VII. Detailed Syllabus

Subject Title: **Introduction to Yoga and Yogic Texts**

Subject Code: **CCYN-T101**

Objectives:

The above programme has been designed with the following objectives

- i. To equip the learners with a brief understanding about yoga and its stream
- ii. To give an overview of Patanjala Yoga.

Unit: 1

- Yoga: Etymology, definitions (Patanjala Yoga Sutra, Bhagwad Gita & Kathopanishad), aim, objectives and misconceptions.
- Yoga: Its origin, history and development.
- Brief Introduction to Samkhya and Yoga Darshana.
- Yoga in Kathopnishad, Prashanopanisha, Tattiriyopnishad with special emphasis on Panchakosha Vivek and Ananda Mimamsa.

Unit: 2

- Introduction to Prasthanatrayee, Purushartha Chatushtaya and goal of human life.
- Concept of Sthitaprajna, Bhakti, Karma and Dhyana in Bhagavad Gita.
- Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam and their relationship with wellness.
- Bahiranga Yoga of Maharishi Patanjali (Yama, Niyama, Asana, Pranayama, Pratyahara).
- Antaranga Yoga of Maharisi Patanjali (Dharana, Dhyana, Samadhi).
- Concept of mental well being according to Patanjala Yoga.

Subject Title: **Human Anatomy & Physiology**

Subject Code: **CCYN -T102**

Objectives:

The programme has the following objectives

i. To give a basic understanding about the structure, functions with respect to various systems of the body for equipping the students to understand the benefits and contraindications of yogic postures in a better way.

Unit-1: Cell and Tissue, Musculo Skeletal and Digestive system:

Organization of Human Body, Body Systems, Homeostasis & Feedback Mechanisms for maintaining Homeostasis'

Structure and function of cell;; Introduction to tissues and types; Anatomy of the Skeleton; Classification of bones; Types of joint and muscles in the body; Digestive system: Mouth, Oral cavity, Pharynx, Oesophagus, Stomach, Large & small intestine, anus; Associated glands - Liver, Pancreas, salivary glands.

Unit-2: Excretory, Respiratory and Cardiovascular system:

Basic understanding about different stages of digestion; absorption; Function of Kidney, Urinary Bladder and Urethra; Respiratory system: Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs; Brief understanding about transport of respiratory gasses; Composition and function of blood - Plasma, RBC, WBC and Platelet; Cardiovascular system: Structure of heart, its chamber, valves, function of arteries, vein and capillaries.

Unit-3: Nero-Endocrine system:

Structure of: human brain and spinal cord; Basic understanding about Sympathetic and Parasympathetic nervous system; Structure and function: eye, ear, nose, tongue and skin; Basic understanding about the functions of various endocrine glands-pituitary, thyroid, parathyroid, adrenal, ovary and testes.

Unit-4: Lymphatic and Immune system:

Lymphoid organ: Bone marrow, Thymus, Spleen, Lymph node, Composition and function of lymph; Immunity in brief, Types of immunity: Innate immunity and acquired immunity.

Unit 5: Muscular & Skeletal System: The Skeletal System: Skeleton, Classification of Bones, Body Cavities, Study of Joints & Vertebral Column. Classification of Muscles and their Characteristics, Concept of Muscle Tone and types of Muscle Contractions, Specific study of Muscles of Eye, Abdomen and Vertebral Column

Subject Title: **Yoga for Wellness**

Subject Code: **CCYN -T103**

Objectives:

The above programme has been designed with following objectives,

- i. To give an introduction to the concept of wellness
- ii. To give an understanding of wellness and illness with reference to the yogic texts
- iii. To give a basic knowledge of Yoga as preventive health care and Yogic lifestyle analysis.

Unit: 1. Concept of Wellness and Illness:

Concept of health (Modern and Ancient View); Concept of Wellness and illness (Modern and Ancient View); Concept of Body (Pancha Kosha according to Taittiriya Upanishad); Potential causes of illness according to Yoga Vasishta - Concept of Adhi and Vyadhi and their consequences on the body

Unit – 2: Yogic Concept of Holistic Health:

Yogic concept of mental hygiene: Maître, Karuna, Mudita & Upeksha). Importance of psychosocial environment for health and wellness. Yogic concept and principles of Ahara (Mitahara, Yuktaahara), Nidra and Brahmacharya in well being. Total Human Development through Yogic practices for Pancha Kosha (Annamaya Kosha, Pranamaya Kosha, Manomaya Kosha, Vijnanamaya Kosha and Ananda maya Kosha) and its integration with Ashtanga Yoga of Patanjali.

Unit – 3: Yoga as Preventive Health Care:

Concept of stress according to modern science and Yoga; Stress as the cause for illness; Role of Yoga in Stress management: Holistic approach of catering to moderation in eating (Yogic Diet), sleeping (rhythm of the nature), working (the sense of duty as per BG), entertainment (moderation), change in lifestyle;

Subject Title: **Yoga Practicum**

Subject Code: **CCYN-P 105**

Objectives:

The above mentioned programme has been designed with following objectives

- i. To introduce Yogic postures and Practices
- ii. To introduce the practices of Shatkarmas, Suryanamaskar, Asanas, Breathing practices and Pranayama

1. Yogic Sukshma Vyama :

Free hand Exercises, Griva Shakti Vikasaka, Bhuja Valli Shakti Vikasaka Purna Bhuja Shakti Vikasaka, Kati Shakti Vikasaka, Jangha Shakti Vikasaka, Pada-mula shakti Vikasaka

2. Yogic Surya Namaskara with Mantra

3. Yogasanas:

Tadasana, Vrikshasana, Ardha Chakrasana, Padahasthasana, Trikonasana, Standing Parvatasana, Vajrasana, Padmasana, Siddhasana, Gomukhasana, Bhadrasana, Ushtrasana, Paschimottanasana, Purvottanasana, Bhujangasana, Salavasana, Dhanurasana, Setubandhasana, Utthanapadasana, Sarvangasana

4. Breathing Exercises:

Sectional Breathing (Abdominal, Thoracic and Clavicular Breathing), Yogic Deep Breathing, Anuloma-Viloma/ Nadi Shodhana

5. Pranayama:

Bhastrika Pranayama, Shitali Pranayama, Sitkaari Pranayama, Bhramaari Pranayama

6. Body Relaxation Process: DRT, QRT, Yoga Nidra

7. Teaching Skills -

1. Making lesson plan. 2. Presentation for specific Practice. 3. Assessment of a Yoga class., Lecture cum demonstration in Yoga

Subject Title: Ayurveda and Panchakarma

Subject Code: CCYN-T 104

Theory Unit-1: BASIC AYURVEDA

Unit-2: INTRODUCTION TO NATUROPATHY

History of Naturopathy. Features of Naturopathy. Aims and object of Naturopathy. Principal of healing of Natural medicine. Comparison of Naturopathy with other system of medicine. Principle of Naturopathy. Physio-Pathological aspect of Naturopathy. Health management through Naturopathy. Common Yogic and Naturopathic prescription of healthy living. Naturopathy technique for healthy livings. 1) Foods and nutrition. Alkaline and acidic foods. 2) Mud- therapy - Types. Process of application of Mud. Clinical uses of different types of Mud therapy. 3) Hydrotherapy - Different types of Hydrotherapy. Physio- Pathological effect of different types of Hydrotherapy. Clinical effects of different types of Hydrotherapy. 4) Sun-shine therapy - Types and methods of sun-therapy. Therapeutic uses of suntherapy and colours therapy. 5) Fasting therapy - Types and Physiological - Pathological effect of Fasting therapy. Methods of Fasting therapy. Benefits of Fasting therapy. 6) Exposure of Air - Different types of Vayu. Action of Air on the human body.

Unit-3: PANCHAKARMA AND APPLIED ASPECTS

Basic Ayurveda, Laws of Nature: Pancha Mahabhootas, Shareera Dharmas – Ahara, Nidra, Bhaya, Concept of natural immunity; Methods of acquiring natural immunity; importance of Physical & Mental Hygiene and prevention of diseases. Introduction to PANCHAKARMA, PURVAKARMA, PRADHANKARMA & PASCHADKARMA and its relation to NATUROPATHY. Specialties and applied therapies of Netrakarma

Unit-4: FASTING

Difference between Fasting and Starvation; Types of Fasting - Short Fasting, Intermittent Fasting, Long Fasting; Physiological effect of Fasting; How to start Fasting, how to Continue and how to Break the fasting; Methods Of Fasting – Complete Fast, Partial Fast, Water Fast, Juice Fast, Fruit Fast, Mono-Diet Fast. Classification of Food; Importance of Acid and Alkali Balance; Acidic and Alkaline Foods

Unit- 5: COMMON DISEASES

Indigestion, Gastritis. Gastric-ulcer, Constipation, Diarrhoea, Ulcerative Colitis, Hemorrhoids, Arthritis, Cervical spondylosis, Lumbar spondylosis, Rheumatoid Arthritis, Gout, Rhinitis. Sinusitis. Acute Bronchitis. Chronic Bronchitis. Bronchial Asthma. COPD. High blood pressure. Insomnia. Hepatitis (Viral A,B). Gall stones. Cirrhosis of Liver. Obesity. Diabetes mellitus. Influenza. Chicken pox. Dengue. Yellow fever. Nephritis.

Subject Title: Naturopathy (Practical)

Subject Code: CCYN-P 106

Unit-1: HYDROTHERAPY

History of Healing power of water, Physical properties of water, Heat temperature classification, Physiological effects of hot and cold water. Action and reactions, Incomplete reaction, conditions that encourage and discourage reaction, Types of reactions, General principles of water cure, use of water cure. Techniques of water cure Plain water, Bath (Hip Bath, Spinal Bath, Foot & Arms Bath), Vapour bath (Steam Bath). Fomentation and Douche, compress and Packs (Abdominal Pack, Leg Pack etc.), Internal use of water and enemas

Unit-2: MUD THERAPY

Types of Mud and chemical composition, Various types of Mud, Natural Mud baths, Mud packs, Dry bath, Sand bath, physiological & pathological effects.

Unit-3: SUNSHINE THERAPY Composition of sun rays, Difference between morning, mid day and evening sun rays, Physiological effects of sun light on : metabolism, blood formation, blood circulation, nervous system, skin, etc., Therapeutic use: of various colours, Techniques of application of sun ray therapy.

Unit-4: EXPOSURE OF AIR

Unit-5: ENEMA THERAPY (Vasti karma) Unit-6: MASSAGE THERAPY (Oliation Therapy)

TEXT BOOKS

1. S. D. Dwivedi : Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
2. Pravesh Handa : Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
3. S.J.Singh. : My Nature Cure or Practical Naturopathy
4. M.K.Gandhi : The story of my experiment with truth

REFERENCE BOOKS

1. R.K.Garde : Ayurvedic for Health and Long life Harry Benjamin. : Everybody's Guide to Nature Cure
2. M.K.Gandhi. : My Nature Cure

CCRYN books (<http://ccryn.gov.in/priced-publication>)

| S.N | Title of Publication |
|-----|--|
| 1 | Yogic and Natural Cure Treatment for Common Ailments |
| 2 | Heath Education for Student |
| 3 | Important Therapeutic Modalities used in Naturopathy |
| 4 | Yoga & Naturopathy for Holistic Health |
| 5 | Yoga Therapy and Naturopathy(CD) |
| 6 | Sadharan Rogon KI Yogic Evam Prakritik Chikitsa |
| 7 | Aadi Urja Prana |
| 8 | Vyavaharik Prakritik Chikitsa |
| 9 | Vidyarthiyon Ke Liye Swasthya Shiksha |
| 10 | Vaidic Vangmaya Mei Prakritic Chikitsa (Vol. — I) |
| 11 | Vaidic Vangmaya Mel Prakritic Ctiikitsa (Vol. — II) |
| 12 | Prakritik chikitsa ki Avashayak Upchar Vidhiyan |
| 13 | Patanjal Yoga Sutra Bhashya Vivaranam |
| 14 | Yoga Therapy and Naturopathy (CD) |
| 15 | Research Activities of Council (CD) |
| 16 | Manushya Mein Prana ke Aayam |
| 17 | Prakritik Chikitsa Darshan Aur Vyavahar |
| 18 | Nadi Tantra evam Pranr Vyavahar |
| 19 | Samagra Swasthya Ke LIye Yog evam Prakritic Chikitsa |