

Department of Yoga and Science of Living
Jain Vishva Bharati Institute, Ladnun

Syllabus for
Certificate Course in Yoga and Naturopathy
(Duration: Six Months; Maximum Marks: 300)

CYN - 01 Introduction and Therapeutic Application of Yoga

M.M.- 100

- Origin, meaning, definition and types of yoga (Gyan, Bhakti, Karma and Mantra Yoga).
- Introduction of subject matter of patanjali yoga sutra (four verses).
- Eight limbs of yoga- introduction and results.
- Introduction of hath yoga.
- Introduction of shat karma (with reference to Hath Yoga Pradipika).
- Introduction of Aasana, Pranayam, Bandh and Mudra (with reference to Hath Yoga Pradipika).
- Introduction of Preksha Meditation; origin and development.
- Components of Preksha Meditation.

CYN – 02 Introduction and Principles of Naturopathy Treatment

M.M. – 100

- Introduction of Naturopathy
 - Definition
 - History of naturopathy
 - Introduction of panchmahabhuta (five elements)
 - Basis Principles of Naturopathy
- Water element and Hydrotherapy
 - Types of water
 - Application of water for treatment in different ways
 - Types of bath – Hip, tub, spine, steam, stiz and hand foot bath.
 - Types of bandages
 - Anima
- Air and Ether element & Their Therapy
 - Elements of air and soil
 - Treatment by air and ether element: walk, air bath, swar vigyan
 - Massage and types of massage
 - Different types of exercise (walking and Breathing)

Treatment by ether element: relaxation and sleep

Fasting: definition, scientific fasting, methods of fasting and crisis management in fasting; Difference between fasting & starvation

- Sun and Earth Element & Their Therapy

Introduction of solar system & Light

Types of Sun Bath; Preparation of Oil, Water and Food

Types of Hot water Baths

Qualities & types of earth

Applications of mud therapy

CYN - 03 Practice of Yoga and Naturopathy

M.M. – 100

- Shuddhi Kriya: Jal Neti, Rubber Neti, Kunjal and Kapalbhati.
- Yogic Kriya : Sampurna Sharir, Pet aur Swas and Merudand.
- Asana: Uttanpadasana, Sarvangasana, Halasana, Matsyasana, Pawanmuktasana, Shalabhasana, Bhujangasana, Dhanurasana, Vajrasana, Pashchimotanasana, Ushtrasana, Ardhamatsendrasana, Padmasana, Swastikasana, Siddhasana, Tadasana, Padhastanasana, Chakrasana, Trikonasana, Mahaveerasana, Garudasana, Natrajasana, Utkatasana, Mayurasana, Shirsasana and Surya Namaskar.
- Pranayama – Anulom Vilom, Surya Bhedi, Chandra Bhedi.
- Preksha Meditation – Main components – Kayotsarga, Antaryatra, Swas Preksha, Sharir Preksha, Chaitanya Kendra Preksha, Leshya Dhyan, Bhavana and Anupreksha.
- Naturopathy: Mud Therapy (Mud Bath, Mitti Patti, etc.), Hydrotherapy (Steam Bath, Hip Bath, Spine Bath, Hand-Foot Bath, Enema Lapet, Patti), Sun Therapy (Colour Therapy).