

**Mahatma Gandhi Kashi Vidyapith**

**महात्मा गांधी काशी विद्यापीठ**



## **SYLLABUS**

**P.G. Diploma in Naturopathy & Yoga  
(P.G.D.N.Y.)**

**2018-19**

**Department of Physical Education & Yoga  
Faculty of Education**

# **P.G. DIPLOMA IN NATUROPATHY & YOGA (P.G.D.N.Y)**

## **AIM & OBJECTIVES:**

The aim of P.G. Diploma in Naturopathy & Yoga is to prepare trained man power fully equipped with knowledge and skills for treatment of diseases and to improve the overall health in all manifestations with the help of naturopathy and yoga.

**DURATION:** One Year (Two Semesters)

**SEATS:** 50 (Fifty)

**ELIGIBILITY:** Minimum Qualification for admission will be graduation with 45% marks. Preference will be given to students with background of Biology or Home Science or Physical Education.

**PROCEDURE OF ADMISSION:** Written test.

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

**CURRICULUM:** There will be 10 written papers to be taught in two Semester; 5 paper in each semesters.

Semester- wise description of papers is as under:

### **FIRST SEMESTER**

1. Nature Cure, Health and Physical Education (Paper-I)
2. Elementary Anatomy, Physiology and Pathology (Paper-II)
3. Therapies Employed in Nature Cure (Paper-III)
4. Philosophy and Principles of Yoga (Paper-IV)
5. Socio-Cultural Dimensions of Health and Diseases (Paper-V)

### **SECOND SEMESTER**

1. Nutrition and Herbal Medicine (Paper-I)
2. Exercise, Massage and Reflexo-Therapy and Teaching Method (Paper-II)
3. Diagnostic Methods and Management of Diseases (Paper-III)
4. Mental Health and Physical Diseases (Paper-IV)
5. Yoga Therapy (Paper-V)

Each written paper in both the semester shall be of 100 marks and Practical / Viva-Voce shall be 50 marks. First semester shall be 5 theory paper each 100 marks 3 practical / Viva-Voce 50 marks each + seasonal 50 marks of total= 700 marks. Second semester shall be 5 theory paper each 100 marks 5 practical / Viva-Voce 50 marks each, Educational Tour 100 marks and seasonal 50 marks of total= 900 marks.

### **EDUCATIONAL TOUR AND ADVANCED SPECIALIZED PRACTICE**

Students admitted to P. G. Diploma in Naturopathy and Yoga will be taken to different Department of Institute of Medical Science, BHU, Varanasi, and

renowned Naturopathic Hospitals and Yoga Centers in India. Out station Educational Tour Shall be Compulsory and 100 marks will be specifically allotted for it.

### **ATTENDANCE**

75 percent attendance separately in Lectures and practical work shall be compulsory. Those students who fall short in attendance will be detained.

### **FEES**

Each student will be required to pay Rs. 22500/- as tuition fees and Rs. 1000/- as fee for Educational Tour and advanced Specialized Practice. The tuition fee may be realized in two equal installments but educational tour and advanced specialized practice fee shall be taken in the very beginning. In addition examination fee, games and sports fee etc. as per University rules shall be realized along with the first installment of fee.

**UNIFORM:** - Yoga kit Rs. 3000/- Submitted Admission time in Department Office. Track suit, one house T-shirt, one class T-shirt, one black short, yoga (shatkarma kriya kit) one small bag shall be arranged by each candidate is compulsory.

### **RESULT**

Each student shall be required to pass in theory and practical work separately (inclusive of educational tour). The minimum pass marks in theory and practical work shall be 40% in each paper and practical work and 45% in aggregate. Students securing 60% and above shall be placed in Ist division and those obtaining 45% and above but less than 60% shall be awarded IInd division.

### **COURSE DIRECTOR/COORDINATOR**

The senior most Faculty in the department of Physical Education shall be the **director** of the course.

## P.G. Diploma in Naturopathy & Yoga

### FIRST SEMESTER

S.N.	SUBJECTS (THEORY PAPER)	NO. OF PAPER	TOTAL THEORY MARKS	PRACTICAL MARKS	TOTAL MARKS
1	NATURE CURE, HEALTH AND PHYSICAL EDUCATION	1	100	-	100
2	ELEMENTARY ANATOMY, PHYSIOLOGY AND PATHOLOGY	1	100	50	150
3	THERAPIES EMPLOYED IN NATURE CURE	1	100	50	150
4	PHILOSOPHY AND PRINCIPLES OF YOGA	1	100	50	150
5	SOCIO-CULTURAL DIMENSIONS OF HEALTH AND DISEASES	1	100	-	100
6	SEASONAL	-	50	-	50
<b>GRAND TOTAL</b>					<b>700</b>
<b>SECOND SEMESTER</b>					
1	NUTRITION AND HERBAL MEDICINE	1	100	50	150
2	EXERCISE, MASSAGE, REFLEXO-THERAPY AND TEACHING METHOD	1	100	50	150
3	DIAGNOSTIC METHODS AND MANAGEMENT OF DISEASES	1	100	50	150
4	MENTAL HEALTH AND PHYSICAL DISEASES	1	100	50	150
5	YOGA THERAPY	1	100	50	150
6	EDUCATIONAL TOUR	-	100	-	100
7	SEASONAL	-	50	-	50
<b>GRAND TOTAL</b>					<b>900</b>
<b>GRAND TOTAL (FIRST SEMESTER+SECOND SEMESTER)</b>					<b>1600</b>

**P.G. Diploma in Naturopathy & Yoga  
(SYLLABUS)**

**FIRST SEMESTER**

**Paper-I**

**Nature Cure, Health and Physical Education**

*To understand the fundamental principles and history of naturopathy to understand the concept of health facilities in India & health policy planning and programme in India to introduce about physical Education.*

**Unit-I**

History of Nature Cure in India and abroad

Naturopathy- Definition, Principles, Philosophy and treatment Approaches.

Naturopathy and other system of medicine.

**Unit-II**

Concept of Health

Health facility in India

Community sanitation and hygiene, control of communicable disease, Personal hygiene

Major Health Problems.

**Unit-III**

National Health policy, Planning and Programmes in India.

Physical Education - Definition, Principles, skills and methods.

**Unit-IV**

Application of Physical Education and Sports in maintenance of Health and Prevention and Treatment of Diseases, ageing, Postural deformity

**Reference**

1. Arogya Ki Punji, Mahatma Gandhi
2. Prakitik Chikitsa Siddarth Evam Vyavhar, Dr. P.D. Mishra & Dr. Beena Mishra, U.P. Hindi Sansthan.

3. Philosophy and practice of Nature Cure, Dr. Henry Lindahar, CCRYN, New Delhi.
4. Naturopathy in Vedic Vangmay : Part-I and II, Pramhansh Swami Anant Bharti, CCRYN.
5. Praktik Ayurvigyan, Dr. Ganga Prasad Gaud Nahar.
6. Essentials of Physical Education, Ajmer Singh and Gill, Kalyani Publication.

## **Paper-II**

### **Elementary Anatomy, Physiology and Pathology**

*To understand the Body system and their functions, Digestive System, Respiratory System, Hematology, Excretory System, Nervous System, Reproductive System & Skin System, Pathology Nutritional causes of Disease.*

#### **Unit-I**

Anatomy regional sub division of human body, parts, bones and Joints of Upper limb; parts, bones and Joints of Lower limb; Parts of Head and Neck.

#### **Unit-II**

Body Systems Introduction to the Respiratory System, Introduction to the Gastro-Intestinal System, Introduction to the Circulatory System, Introduction to the Urinary System, Introduction to the Genital System.

#### **Unit-III**

Physiology Cell structure and functions, Tissue- Epithelial, Connective, Muscular and Nerves etc.

Muscles- Physiology of Muscles, types of Muscles, Muscles contraction and relaxation.

Body system and their functions

Digestive System, Respiratory System, Hematology, Excretory System, Nervous System, Reproductive System & Skin System.

## **Unit-IV**

Pathology Nutritional causes of Disease, Metabolic Disorders, Hemolytic Disorders, Diseases of male Reproductive System, Blood Sugar, Blood Urea, serum Cholesterol, Diseases of Female Reproductive System, Body Defence mechanism and Aging Process and Parasites.

### **Reference**

1. Bijlani R. L. and Manchanda, S.K. : The Human Machine : National book Trust, New Delhi.
2. Guyton, A.C. - Basic human physiology normal function and mechanism of disease, W.B. Saunders Comp. London.
3. Zaveri J.S. - Human body - design, function and development, today and tomorrow's printer & pub. Jaipur
4. Verma P. & Pandey K : Sarir Kriya Vigyan, Bihar Hindi Granth Academy.
5. Vandana Jain - Manav Sarir Kriya Vigyan, Nakada Pub. Hare Jaipur.

## **Paper-III**

### **Therapies Employed in Nature Cure**

*Naturopathy is an art and science of healthy living and a drugless system of healing. It seeks to improve health and treat disease chiefly by assisting the body's innate capacity to recover from illness and injury.*

#### **Unit-I**

Hydrotherapy- History of Hydrotherapy, Physical Properties of water, Physiological base of hydrotherapy, Heat production and heat distribution in the body, regulation of body temperature, condition that increase and decrease heat production at the body, Classification of Heat Temperature.

#### **Unit-II**

Physiological effect of hot and cold water, Application of water on different temperature, Reflex effects of cold and hot applications.

Action and reactions, Incomplete reaction, Condition that encourage and discourage reaction, Types of reactions, General principles of hydrotherapy, Therapeutic use of hydrotherapy, Classification of hydriatic effects, Prophylactic use of water.

The techniques of hydrotherapy- Plain water, bath, vapour bath and air bath.

Fomentation and Douche, compress and packs, internal use of water, irrigation and enemas, Hydriatic prescriptions.

### **Unit-III**

Mud therapy- Types of Mud and chemical composition, various types of Mud, Natural Mud baths, Mud packs, Dry bath and Sand bath.

### **Unit-IV**

Chromotherapy and Heliotherapy-

Composition of sun rays, Difference between morning, mid day and evening sun rays Physiological effects of sun light on : metabolism, blood formation, blood circulation fermentation, nervous system, skin, etc. a, Effects of sun rays on microorganism, Therapeutic uses of various colours, Techniques of application of sun rays.

Diet-therapy Concept and general principles, various components of food.

### **Reference**

1. My water cure : Sebastian Kneipp
2. National hydrotherapy : Dr. J.J. Keilogg
3. Mitti Chikitsa : Dr. Neeraj
4. Upwas Chikitsa : Burner Mac fedden
5. The Principles of light & colour : Dr. E.D. Babbit
6. Colour Therapy : R.B. Amber
7. Vya vaharik prakritik chikitsa : CCRYN
8. Speaking of nature cure : Laxman Sharma



## **Paper-IV**

### **Philosophy and Principles of Yoga**

*The objective of the study was to help in self-discipline and self-control. To enable the student to good health different ways to attain perfection, Asanas: Types, Types of Yoga, Preventive, Promotive and curative aspect of yoga techniques.*

#### **Unit-I**

Meaning and Importance of Yoga

Concept of aims and objectives

Historical development of Yoga

Philosophy of Yoga

#### **Unit-II**

Types of Yoga: Raj yoga, Karma yoga, Bhakti yoga, Gyan yoga, Hat yoga, etc.

Chitta and its five states, five modifications (vrittiss) of Mind, Concept of Chitta,

Vritta, Nirodh, Elements of Yoga

#### **Unit-III**

Purification System, Pranayama, Mudras, Bandhas, Chakras

Present Status of Yoga in the Country - In Schools, Colleges and Universities-

Important Ashrams of Modern India

Important institutions doing in Yoga Research in India

#### **Unit-IV**

Different ways to attain perfection, Asanas: Types, Preventive, Promotive and curative aspect of yoga techniques.

#### **Reference**

1. Arya, Pandit Usharbudh (aka Swami Veda Bharati) (1977/1985), *Philosophy of Hatha Yoga*. Himalayan Institute Press, Pennsylvania.
2. Bhattacharya, P.B. (2007), *Surya Namaskar*, Sri Aurobindo Ashram Trust: Pondicherry: 9.
3. Calcutta)

4. Chandrasekaran K. (1999), Sound Health Through Yoga, Prem Kalyan Publications, Sedapatti, Tamilnadu.
5. Chatterjee, C.C.( 1992), Human Physiology (Vol. I & II) (Medical Allied Agency,
6. Desikachar, T. K. V. (1999). *The Heart of Yoga: Developing a Personal Practice*. Rochester, VT: Inner Traditions International, ISBN 0-89281-764-X.
7. Evelyn, C. Pearce (1968), Anatomy and Physiology for Nurses (Faber and Faber Ltd. London)
8. Feuerstein, Georg (1996), the *Shambhala Guide to Yoga*, Shambhala Publications, Boston. pp. 26
9. Feuerstein, Georg (2003), *the Deeper Dimensions of Yoga*, Theory and Practice. Shambhala Publications, Massachusetts.
10. Ganguly, S.K and Gharote, M.L., “Cardio-Vascular Efficiency before and after Yogic Traininig”, *Yogic Mimamsa XVII*(1974), p.89.
11. Gore, M.M. (2003), Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala)
12. Sri Krishna, (1988), Notes on Structure and Functions of Human Body and Effects of Yogic practices on it.(Kaivalyadhama S.M.Y.M Samiti,Lonavala) Standard Publication,Varanasi)
13. Swami kuvalayananda: *Pranayama*, Kaivalyadhama, Lonavala, Pune.
14. Yadav Sunil Kumar., Kumar, Anil, Kapri, B. C. (2015). “Effect of Pranayama and Bandha Practices on selected Physiological Variables among School Boys”, *Journal of Physical Education Sports and Yoga Sciences (AKASH)*, Vol-IV April 2015, No-1, pp52-59, ISSN.2250-1398.

## **Paper – V**

### **Socio- Cultural Dimensions of Health and Diseases**

*The object is to study the society and culture in olden days and its effect on health and disease. The transformation of society and culture in the modern time and its effect on health and disease and find solution towards good health.*

#### **Unit – I**

Socio and Cultural life of Human Beings - Meaning of social and culture. Traditional and modern division of social life. Basis of division in Indian society in modern age.

Social perspective of health and health care - Concept, definition and dimension of health. Concept of health care. Social perspective of health.

#### **Unit – II**

Socio – cultural approach to health and disease – health and disease, impact of social and cultural environment on health.

Poverty and health- Cause, effect of poverty on health and its prevention.

#### **Unit – III**

Population and health – effect of population on health, population explosion (cause and effect)

Nutrition and health – meaning of nutrition, good nutrition and mal-nutrition, components of nutrition, relation between nutrition and health

#### **Unit – IV**

Social consequences of disease and illness – Effect of disease and illness on economic condition, education, medical facilities.

#### **Reference**

1. Chaito : Relaxation & Meditation Technique 1983
2. Mulligan I : The personal Management (Hand Book)

3. Pastonjee D.M.: Stress & Coping, The Indian Experience Sage Publication,  
New Delhi
4. Career Control : Temple Smith, Biling & sons, London
5. Del Carne - Lok. Vyawahar
6. Arun Zaveri & Mayuri Zaveri - Therapeutic Thinking
7. Origin and Growth of Caste in India, N.K. Dutta
8. Bhartiya Samaj Evam Sanskriti, Ravindra Nath Mukherjee
9. Samudaik Swasthya Vigyan, K. Park
10. Chikitsa Samaj Shastra, Dr. N.N. Lawaniya

# **P.G. Diploma in Naturopathy & Yoga**

## **SECOND SEMESTER**

### **Paper-I**

#### **Nutrition and Herbal Medicine**

*Naturopathy practice may include a broad array of non-pharmacological treatment modalities which includes hydrotherapy, helio therapy mud therapy, chromo therapy, diet therapy fasting therapy, nutritional and life style counseling etc.*

#### **Unit-I**

Nutrition Diet, Meaning, Importance and Nutrition, Nutritive Value of Food stuff, Nutritional Diagnosis, Nutritional Diseases, Therapeutic Nutrition, Precautions in Nutritional Prescription, Therapeutic Adaptations of Normal Diet, Diet in Common Diseases, Importance of Green Vegetables, fruits and raw ingredients and sprouted grains

#### **Unit-II**

Fasting Concept, Significance and Philosophy, Difference between Fasting and Starvation, Types of Fasting, Indications and contraindications of Fasting, Effects of Fasting, Fasting in Acute and Chronic Diseases.

#### **Unit-I**

Kalpa Concept, significance, types, precautions, Role of Kalpas in the Management of Major Disorders

#### **Unit-IV**

Herbal Therapeutic use of Amla, Ashwagandha, Ajwain, Medicine Bilva, Guduchi, Haridra, Hingu, Kalimirch, Punarnava, Tulsi, Karela, Onion, Pudina, Neem

#### **Reference**

1. Essential of food and nutrition : M. Swaminathan

2. Classical uses of medicinal plants : P.V. Sharma
3. Fasting for health & long life : Here Ward Carrington
4. Principles of Nutrition & Dietetics : M. Swaminathan
5. Ahaar evam poshan : M. Swaminathan
6. Dravyagun Vigyan : P.V. Sharma
7. All Publication on nutrition : NIN
8. The Philosophy of fasting : E.E. Purinton
9. Nutritive value of foods : ICMR

## **Paper-II**

### **Exercise, Massage, Reflexo-Therapy and Teaching Method**

*The objective of the study was to find out solution of application Sympathetic Stimulation, Peripheral circulatory changes, changes in regional Circulation, Respiratory changes, Metabolic changes therapeutic effects.*

#### **Unit-I**

Exercise Meaning, Classification

Techniques of various exercises

Exercises applied to various Joints and Muscles Different, changes with exercise:  
Heart rate, stroke volume.

#### **Unit-II**

Sympathetic Stimulation, Peripheral circulatory changes, changes in regional Circulation, Respiratory changes, Metabolic changes.

#### **Unit-III**

Massage, Types, Principles and Effect of Massage, Reflexo therapy Meaning, Methods and therapeutic effects

## **Unit-IV**

Meaning and types of methods, Factors affecting teaching, Principles of teaching, Need and importance of teaching practice, Presentation technique, Technical preparation, Personal preparation.

Meaning of lesson plan and its importance, Principles of lesson plan, Demonstration in Yoga and its types.

**Practical** : Practice of teaching five lessons Plan on any skill (three asanas one pranayama & one kirya) on lesson format with chart & viva-voce

### **Reference**

1. Dr. P.D. Mishra & Dr. Veena Mishra : Prakritik Chikitsa Siddant Evam Vyavahar Pub. U.P. Hindi Sansthan.
2. Magnet Therapy : B. Jain Publication, New Delhi.
3. Acupressure Therapy & Practical : Dr. Amrit Lal Gurvendra & Dr. Gayatri Gurvendra.

## **Paper-III**

### **Diagnostic Methods and Management of Diseases**

*To study the various kinds of diagnostic methods & management of diseases, to acquire the training of diagnostic methods, to develop the natural management.*

#### **Unit-I**

Diagnosis Concept, types and methods

#### **Unit-II**

Facial Expression Concept of foreign Matter, Encumbrance, Back encumbrance, the whole body encumbrance, Mixed back nad partial accumulation, causes of accumulation of Foreign Matters, various places of Accumulation.

### **Unit-III**

Iris Diagnosis Concept, Methods and Application of Iris Diagnosis, Nabhi Chakra and Swara Vigyan Case History and Various Examinations and tests for Proper Diagnosis.

### **Unit-IV**

Management Natural Management of Diseases of the Digestive System- Indigestion, Constipation, Diarrhea, Gastritis, Colic pain, Appendicitis, peptic ulcer, colitis; diseases of the liver and gall bladder, Jaundice, Hepatitis, Cirrhosis of liver;

Diseases of urinary system: Enuresis, Nephritis, Infection of urinary tract

Disease of Heart and circulatory disorders: Angina pectoris, High and low blood pressure

Diseases of Respiratory system-cough, Pneumonia, Pleurisy, Bronchitis, Asthma, Pulmonary Tuberculosis

Diseases of the Nervous System-Epilepsy, Migraine, Paralysis Sciatica,

Diseases of connective tissues, joints and bones-

Rheumatoid arthritis, Osteoarthritis, spondylitis, Gout

Diseases of Endocrine System-Diabetes, Hypothyroidism

Diseases of the Genital Disorder-

Syphilis, Gonorrhea, AIDS, First Aid and Emergency

### **Reference**

1. Prakritik Chikitsa Sidhant Evam Vyawahar : Dr. P.D. Mishra & Veena Mishra : UP Hindi Sansthan, Lucknow.
2. Facial Daignosis : Louis Kuhne
3. Iri Daignosis by : Henry Linlahar
4. First aid : Sant John Ambulance Association



**Paper-IV**  
**Mental Health and Physical Diseases**

*The object is to study various dimensions of health and mental health as root cause of various physical diseases. To find solution of different modern diseases (like stress, insomnia, depression etc.) this is due to the mental condition of a person.*

**Unit-I**

Role of Mental Health in total health, Normal and Abnormal behavior  
Psycho-social factors in abnormal behavior

**Unit-II**

Types of mental disorders  
Fundamental principles of Psycho-somatic approach  
Emotional factors in different physical diseases, Gastro intestinal disturbances.

**Unit-III**

Cardio vascular disturbances, skin diseases, Respiratory disturbances  
Metabolic and Endocrine disturbances

**Unit-IV**

Role of Naturopathy and yoga in the management of Psycho-somatic disorders

**Reference**

1. Moderns abnormal psychology Dr. A.K. Singh
2. Adhunik Asamanya Manovigyan Dr. A.K. Singh
3. Patanjali Yogsutra Geeta Press, Gorakhpur
4. Hathyog Pradeepika : Swami Satyanand
5. Yog Evam Vaikalpik Chikitsa Dwara Rog Niwaran, Dr. Harinam Singh  
Yadav

**Paper-V**  
**Yoga Therapy**

*The objective of the study was influence with practical knowledge of Therapeutic use and physiological effect of various types of Yogasana, Shat-Karma, Bandhas, Mudras, Yogic Therapy and Pranayama. To find out solution of application and prescription in different disorders*

**Unit-I**

Therapeutic use and physiological effects of various types of Asanas:

1. Sidhasana
2. Padmasana
3. Vajrasana
4. Shashankasana
5. Sinhasana
6. Gomukhasana
7. Virasana
8. Dhanurasana
9. Matsyendrasana
10. Gorakshasana
11. Paschimimottasana
12. Mayurasana
13. Kukuttasana
14. Kurmasana
15. Uttan Kurmasana
16. Mandusasana
17. Garunasana
18. Chakrasana
19. Salbhasana
20. Makarasana
21. Bhujangasana
22. Uttanpadasana

23. Pawanmuktasana

24. Naukasana

25. Halsana

26. Sarvangasana

27. Shavasana

### **Unit-II**

Therapeutic use and physiological effect of various types of Yogic Breathing and Pranayama

Yogic Sukshma Vyayamma, Surya Namaskar.

Shat-Karma (Cleansing process)

- Jal-Neti
- Sutra Neti (Rabar Neti)
- Kunjal Kriya
- Trataka
- Kapalbhati

### **Unit-III**

Therapeutic use and physiological effect of Mudras, Bandhas, Chakras

Therapeutic use and physiological effect of Dharna and Dhyana

### **Unit-IV**

Yogic prescription in different diseases, like

- Low back problems
- Arthritis
- Heart diseases
- Diabetes mellitus
- Migraine
- Cervical Spondylosis

### **Reference**

1. Swami, S. S. (1996), *Asana Pranayama Mudra Bandha*, Munger, Bihar: U.B.S. Publishers and Distributors.

2. Tiwari O.P. *Asanas why? And How?* Kaivalyadhama, Lonavla.
3. Verse Swami Prabhavananda 46, chapter II; for translation referred: "*Patanjali Yoga Sutras*" by, published by the Sri Ramakrishna Math ISBN 81-7120-221-7 p. 111
4. Yadav, SK., Kumar, Anil, Kapri, BC. (2014), "Effect of dynamic suryanamaskar on cardio Respiratory endurance, explosive strength and flexibility of university sportsmen", *NCPESS-Proceeding*, p. 96-101, ISBN.978-817-524-743-7.
5. Yadav, SK., Kumar, Anil. (2014), Effect of dynamic suryanamaskar on cardio respiratory endurance of male soccer players, *India, Journal of Movement Education Exercise Sciences Vol-IV, No-1* 86-88, ISSN.2249-6246.
6. Yadav, SK., Kumar, Anil. (2013), "Effect of dynamic suryanamaskar on flexibility of male student", *Journal of Physical Education Sports and Yoga Sciences (AKASH), Vol-III, No-1*, 50-55, ISSN.2250-1398.
7. Yadav Sunil Kumar., Kumar, Anil, Kapri, B. C. (2015). "Effect of Pranayama and Bandha Practices on selected Physiological Variables among School Boys", *Journal of Physical Education Sports and Yoga Sciences (AKASH), Vol-IV April 2015, No-1*, pp52-59, ISSN.2250-1398.
8. Weblink:[http://lkouniv.ac.in/oldsite/departments/social\\_work/syllabus/syl\\_pg\\_d\\_nsyoga.pdf](http://lkouniv.ac.in/oldsite/departments/social_work/syllabus/syl_pg_d_nsyoga.pdf)

**Books Recommended**

<b>Author</b>	<b>Books</b>
Swami Kuvalayananda	Pranayam
Swami Saraswati Sataya Nand	Asan Pranayam and Mudra Bandh
Swamy Kualayananda	Gherand Samhita
Bharamchari, Swami Dhirender	Yogic Suksham vlgyan
Dr.Nagendra H.R.	Pranayama the Arts & Science
Swami Kuvalayananda	Yogic Chikitisa
Ananda Swamy Shankaradev	Hathyog Preedipika
Gupta S.N.Dass	Yoga Philosophy
Dr. Bhardwaj Ishwar	Upnishdhik & Adhyatmik Yigyan
Swami Kuvalayananda	Hathyog Preedipika
Mukherjee, Wishvananth	Bharat Ke Mahaan Yogies
Swami Tirth,Omanand	Patanjali Yog Pradeep
Bhartiya Samaj	Mahajan and Mahajan
HathayogPradipika(English)	SwamiMuktibodhananda
GherandaSamhita(English)	DigambarjiSwami&Gharote (Kaivalyadhama,Lonavla)
YogNidra..(English)	SwamiSatyanandaSarswati
AsanPranayam Mudra Bandh	SwamiSatyanandaSarswati
Saral Yogasan (Hindi)	Dr.IshwarBhardwaj