

**PROPOSED**



**SANT HIRDARAM  
MEDICAL COLLEGE OF  
NATUROPATHY & YOGIC SCIENCES**

**BAIRAGARH, BHOPAL (M.P.)**

**B.N.Y.S.**

Degree Course

**BACHELOR OF NATUROPATHY  
& YOGIC SCIENCES**

**(4 1/2 +1 Year Internship = 5 1/2 Years)**

**ORDINANCE  
SYLLABUS & CURRICULUM**

# **B.N.Y.S. DEGREE COURSE**

## **"Priceless Pearls"**

“Manav Sewa is Madhav Sewa”

&

“The old, the infirm and the children,  
Are the real forms of God.  
Serve them with heart and soul,  
And win laurels of the Lord”

**- Paramhans Sant Hirdaram Sahib**

“Man is the supreme product of earthy nature. But if he wants to enjoy the benefits of nature he must be healthy, strong and wise”.

**- Ivan Pavlov**

“There is no machine yet designed, or ever to be designed, that has more excitement or more majesty than the human body”.

**- A.C. Guyton**

“The sun shines by day, the moon lights up the night, the warrior shines in his Armour, the priestly one shines in his meditation, but the enlightened shines all day and night”.

**- Dhammapada**

“The life of all living things is food and the entire world seeks Good complexion, Clarity, Melodious voice, Long life, Understanding, Happiness, Satisfaction, Growth, and Intelligence etc. which all are the result of food”.

**- Charaka Samhita**

“Human Body, the living Temple of God, and a living miraculous machine, is self-reliant in maintaining Health as well as curing ill health (diseases) through the Natural medicines produced in its own factory”.

**- Mahatma Gandhi**

## B.N.Y.S. DEGREE COLLEGES OF INDIA

(Bachelor of Naturopathy & Yogic Sciences)

5 or 5<sup>1/2</sup> years Course ( 4 or 4<sup>1/2</sup> years + 1 yr Internship).

Eligibility: 12<sup>th</sup> Pass with 45% or 50% in Physics, Chemistry & Biology

S. N.	Name of the College	University Affiliation Govt. Recognition	Admn. Capacity	Estd.
1.	Govt. Naturopathic Medical College Ameerpet, HYDERABAD - 500016 (A.P.) Phone : 040-23730462(C), 23731786 (H)	N.T.R. University of Health Sciences, Vijayawada Govt. of Andhra Pradesh	30	1970
2.	S.D.M. College of Naturopathy & Yogic Sciences UJIRE - 574 240 (D.K.) Karnataka Phone : 08256 - 236188 Fax - 236844 E-mail: sdmbnys@rediffmail.com	Rajiv Gandhi University of Health Sciences, Bangalore Govt. of Karnataka	60	1989
3.	JSS Institute of Naturopathy & Yogic Sciences Mysore Road, OOTACAMUND - 643001 (T.N.) Phone: 0423 - 2440448 © 2444128 (H) E-mail: jsspharm_ooty@vsnl.com	The TN Dr. M.G.R. Medical University, Chennai Govt. of Tamil Nadu	60	1997
4.	Sivaraj Naturopathy and Yoga Medical College Siddhar Kovil Road, Thumbathulipatty, SALEM - 636 307, Ph. 0427-2481006, 2481007, 2481206 (F) Website: <a href="http://www.sivarajcolleges.org">www.sivarajcolleges.org</a>	The TN Dr. M.G.R. Medical University, Chennai Govt. of Tamil Nadu	40	1997
5.	Govt. Naturopathy & Yoga Medical College Anna Nagar, CHENNAI - 600 106 Ph: 044 - 26281563, 26216244,	The TN Dr. M.G.R. Medical University, Chennai Govt. of Tamil Nadu	20	2001
6.	S. R. K. Medical College of Naturopathy & Yoga Padanilam, KULASEKHARAM - 629161 Kanyakumari District, (T.N.) Ph. 04651 - 2578425, Fax : 2577164	The TN Dr. M.G.R. Medical University, Chennai Govt. of Tamil Nadu	40	2002
7.	Mahavir College of Naturopathy & Yoga Nagpura, Dist. DURG - 491 001, (C.G.) Ph: 0788 - 2647297, Fax - 2221695	Pt. Ravi Shankar University, Raipur Govt. of Chattisgarh	40	2002
8.	Alvas College of Naturopathy & Yoga MOODBIDRI - 574 227 (D.K.), Karnataka Ph.: 08258 - 238111, 238104	Rajiv Gandhi University of Health Sciences, Bangalore Govt. of Karnataka	25	2003
9.	Morarji Desai Institute of Naturopathy & Yogic Sciences Karelibaug, VADODARA - 390 008 Gujarat Phone - 0265-2463685 (College), 2481623(Hospital),	Gujarat Ayurveda University, Jamnagar Govt. of Gujarat	25	2005
10	Govt. Nature Cure & Yoga College PKTR Hospital, KRS Road, MYSORE - 570002.	R G University of Health Sciences, Bangalore Govt. of Karnataka	25	2006
11	Narayan Yoga & Naturopathy Medical Collage, Chintareddypalem, NELLORE - 524 002 A.P. Cell 9490166164, Ph. 0861-2337433	N.T.R. University of Health Sciences, Vijayawada Govt. of Andhra Pradesh	100	2008
<b>Total Seats</b>			<b>465</b>	

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11-	v/;kiu dk fo"K; ,oa isilZ	layXu la'kksf/kr ikB~;dze izfr

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18-	fo"k; fo'ks"k lfevr dh fujh{k.k fjiksVZ¼;fn LFkk;h lfevr }kjk vuq'kaflr gS ½ dh izfr layXu gSSA	LFkk;h lfevr }kjk vuq'kaflr gSa ¼visf{kr gS½
19-	ifjfu;e esas ifj.kkeh la'kks/kd ¼vkfn dksbZ gks½	fujad
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## **BARKATULLAH UNIVERSITY, BHOPAL**

**Ordinance No. : 242**

**Name of the ordinance:** Bachelor of Naturopathy and Yogic Sciences (BNYS)

**Faculty :** Faculty of Ayurveda

### **Recognition:**

The nomenclature and the course is duly recognized by University Grants Commission and the course is being run at eleven colleges in the different parts of the country. The present proposal has adopted the course contents from Pandit Ravi Shankar Shukla University, Raipur (C.G.).

### **Objectives of the Courses:**

The programme leading to BNYS Degree consists duration of four and a half years and one year of Internship i.e.  $4^{1/2} + 1 = 5^{1/2}$  Years.

Through planned guided experience, students are provided with opportunities to develop

1. A broad concept of fundamental principles of quality Naturopathy and Yogic Science Care;
2. Develop satisfactory level of skill in students in providing care to people of all ages in a community or institutional setting;
3. Understanding of the application of principles from the physical, biological, social and behavioural sciences for assessing health status;
4. Ability to work collaboratively with members of allied disciplines towards attaining optimum health for all members of society;
5. Understanding of fundamental principles of administration and organization of Naturopathy and Yogic Sciences;
6. Appreciation of the various forces affecting the community based social health and welfare programme;
7. Understanding of the responsibility for continuing education and developing competence in Naturopathy and Yogic Sciences;
8. Appreciation of social and ethical obligations to society.

### **Eligibility:**

Candidate who has passed 10 + 2 examination from any recognized Board of Secondary Education with Biology stream shall be eligible to take admission provided he/she has completed 17 years of age at the time of admission.

### **Admission Process:**

On merit basis as per the marks obtained in the Eligibility Examination. Minimum pass of 45% in PCB is mandatory. 5% relaxation to candidates of reserved category shall be admissible.

**Duration of the course:**

Four and a half years plus internship of one year, total duration of five and a half years.

**Special requirements at the time of Inspection:**

- Functioning Naturopathy and Yoga Center with facility of 50 out patients.
- Functioning 50 bedded indoor hospital
- Separate treatment sections for Ladies & Gents with adequate equipments, water, electricity etc. to treat maximum 100 patients daily.

**Examination:**

- There will be annual examination pattern.
- Examination will be conducted both in theory and practical as per the layout of the syllabus.
- 80% attendance both in theory and practical classes is mandatory.
- 50% marks for passing the examination , 60% marks for I division and 75% and above for distinction.
- 20% marks for Internal Assessment comprising two assignments and two periodical tests in every subject.
- The student has to pass both in theory and practical examinations separately.

**Course Contents:**

Course contents for I, II, III and IV Year of BNYS is enclosed. It is adopted from Pandit Ravi Shankar Shukla University, Raipur (C.G.) & Guidelines from Govt. of India, Department of Ayush & CCRYN , New Delhi.

**Age of Faculty Teachers:**

As per Govt. Regulations - Maximum Age Limit 65 Years

**Qualification & Experience of Teaching Staff:**

As per guidelines of Dept. of AYUSH , Govt. of India, Ministry of Health & Family Welfare No. R. 15016/5/2004 - Y&N , Dated 4<sup>th</sup> September 2006.

- **Principal** - N.D.(Hyderabad/Osmania)/BNYS with a minimum of 15 years of experience from a recognized University of which teaching experience should be for a minimum of 10 years.
- **Professor** - N.D.(Osmania)/BNYS with 5 years experience as Associate Professor.



- **Associate Professor** – N.D.(Osmania)/BNYS with 5 years experience as Assistant Professor or Post Graduate in Naturopathic Medicine + Post Graduate/Ph.D. in Naturopathy & Yoga with 3 years experience.
- **Assistant Professor** – N.D.(Osmania)/BNYS with 5 years experience as a Lecturer.
- **Lecturer** – N.D.(Osmania)/BNYS
- There should be separate teachers for each subject.
- Minimum No. of Teachers should be 5 in 1<sup>st</sup> Year and 24 by the end of 4<sup>th</sup> Year.

**Qualification of Teachers:**

N.D.(Osmania)/BNYS (Bachelor of Naturopathy & Yogic Sciences) is the Highest qualification in Naturopathy Medicine till today.

Due to absence of any Post Graduate Course in Naturopathy Medicine, N.D.(Osmania)/BNYS Teaching Staff is Permissible for next 10 years (up to 2019 only). From 2020 Onwards, Teaching Staff Must be Post Graduate in Naturopathy Medicine Otherwise Ordinance will be reviewed by Board of Studies.

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INSPIRING AND GUIDING SOUL : HIS HOLINESS SANT HIRDARAM SAHIB

# SHAHEED HEMU KALANI EDUCATIONAL SOCIETY

Sant Hirdaram Nagar, Bhopal - 462030

Ph.- 2644131, 2644131, 2645151, Fax-2640632, 2645152

## **Proposed List of Faculty for BNYS First year** *of Sant Hirdaram Medical College of Naturopathy and Yogic Sciences*

### A. Faculty appointed on Adhoc basis:-

S.No.	Name	Qualification	Experience
1.	Dr. Jyoti Keswani	B.N.Y.S., M.A. (Yoga), CPT	08 yrs
2.	Dr. Renuka Tewani	B.N.Y.S.	02 yrs
3.	Dr. Kamlesh Arya	B.N.Y.S.	01 yr
4.	Dr. Speena Bhilepariya	B.N.Y.S.	02 yrs
5.	Dr. Gulab Tewani	B.N.Y.S.	----
6.	Dr.Kushal Bachani	B.N.Y.S.	----

### B. Guest faculty:-

S.No.	Name	Qualification	Experience
1.	Prof. Dr. R. K. Jain	B.S.C, M.B.B.S., M. S. (Anatomy)	48 yrs
2.	Prof. Dr. S.V.Rao	M.B.B.S., M.D. (Physiology)	48 yrs
3.	Dr. K. Subhash Chandra Bose	M.Sc. Ph.D (Medical Biochemistry)	08 yrs
4.	Dr. Ramesh Tewani	B.N.Y.S.	06 yrs
5.	Ms. Jolly Uppal	M.Sc.(Chemistry)	01 yrs
6.	Dr. Sadhana Dauneria	Diploma in Yoga Education, M.A.(Sanskrit), Ph.D (Yoga Darshan)	16 yrs

## Income- Expenditure Statement of B.N.Y.S. Course for First Year (2009-10)

INCOME	EXPENDITURE	
From Fees : @ Rs. 60,000/- per annum For 50 Student :- Rs. 30,00,000/- (Self-Financing Components )	<b><u>Salary – Teaching Staff</u></b>	5,00,000
	<b>Non-teaching Staff</b>	1,00,000
	<b>Honorary guest faculty</b>	3,00,000
	<b>Equipments</b>	10,00,000
	<b>Books &amp; Journals</b>	5,00,000
	<b>Miscellaneous (Postage, Electricity, Water, Repair, Conveyance etc.)</b>	6,00,000
<b><u>Total Income : 30,00,000/-</u></b>	<b><u>Total Expenditure</u></b>	<b>30,00,000/-</b>

**Note: Institution already has basic infrastructure.**

## **BNYS Curriculum**

The following subjects should be taught in a BNYS degree course offered by a Naturopathy Medical College:

### **1<sup>st</sup> Year    Duration – One year**

1. Anatomy
2. Physiology
3. Bio-chemistry
4. Philosophy of Nature Cure
5. Yoga Practices

### **2<sup>nd</sup> Year    Duration – One year**

1. Pathology
2. Microbiology
3. Community Medicine (Health)
4. Yoga Philosophy
5. Magneto Therapy and Chromo Therapy

### **3<sup>rd</sup> Year    Duration – One year**

1. Manipulative Therapeutics
2. Acupuncture
3. Yoga Applications
4. Fasting Therapy
5. Naturopathy Diagnosis – Facial Diagnosis and Iris Diagnosis
6. Modern Diagnosis and First Aid

### **4<sup>th</sup> Year    Duration - 1½ year**

1. Nutrition, Dietetics and Herbs
2. Obstetrics and Gynaecology
3. Yoga Therapy
4. Hydrotherapy
5. Physiotherapy
6. Holistic Practice of Naturopathy & Yoga (including Surgical diseases)
7. Hospital Management & Research Methodology:-
  - i) Medical Jurisprudence, Forensic Medicine and Toxicology.
  - ii) Psychological aspects of patient management.
  - iii) Hospital Administration (Naturopathy & Yoga).
  - iv) Research Methodology.
8. Psychology & Basic Psychiatry.

## BNYS DEGREE COURSE

(Duration : 4½ Years + 1 Year Internship)

### SUBJECTS & TEACHING HOURS

**I YEAR B.N.Y.S. (Duration – One Year)**

SL NO.	SUBJECTS	THEORY	PRACTICALS & SEMINAR CLASSES	TOTAL HOURS
01	Anatomy	175	150	325
02	Physiology	175	125	300
03	Biochemistry	100	50	150
04	Philosophy of Nature Cure	200	75	275
05	Yoga Practices	25	150	175
	<b>TOTAL HOURS</b>	<b>675</b>	<b>550</b>	<b>1225</b>

**II YEAR B.N.Y.S. (Duration – One Year)**

01	Pathology	200	100	300
02	Microbiology	100	50	150
03	Community Medicine(Health)	100	50	150
04	Yoga Philosophy	200	175	375
05	Magneto Therapy & Chromo Therapy	125	75	200
	<b>Total Hours</b>	<b>725</b>	<b>450</b>	<b>1175</b>

**III YEAR B.N.Y.S. (Duration – One Year)**

<b>SL NO.</b>	<b>SUBJECTS</b>	<b>THEORY</b>	<b>PRACTICALS &amp; SEMINAR CLASSES</b>	<b>TOTAL HOURS</b>
<b>01</b>	<b>Manipulative Therapies (Massage, Reflexology, Chiropractic, Osteopathy)</b>	100	100	200
<b>02</b>	<b>Acupuncture</b>	100	75	175
<b>03</b>	<b>Yoga Applications</b>	150	175	325
<b>04</b>	<b>Fasting Therapy</b>	100	25	125
<b>05</b>	<b>Naturopathy Diagnosis (Facial Diagnosis &amp; Iris Diagnosis)</b>	100	100	200
<b>06</b>	<b>Modern Diagnosis &amp; First Aid</b>	100	100	200
	<b>Total Hours</b>	<b>650</b>	<b>575</b>	<b>1225</b>

**IV YEAR B.N.Y.S. (Duration – 1½ Year)**

<b>01</b>	<b>Nutrition, Dietetics &amp; Herbs</b>	250	100	350
<b>02</b>	<b>Obstetrics &amp; Gynaecology</b>	100	50	150
<b>03</b>	<b>Yoga Therapy</b>	150	150	300
<b>04</b>	<b>Hydrotherapy</b>	200	100	300
<b>05</b>	<b>Physiotherapy</b>	200	100	300
<b>06</b>	<b>Holistic Practices of Naturopathy &amp; Yoga (Including surgical diseases)</b>	100	100	200
<b>07</b>	<b>Hospital Management &amp; Research Methodology</b>	150	50	200
<b>08</b>	<b>Psychology &amp; Basic Psychiatry</b>	75	25	100
	<b>Total Hours</b>	<b>1225</b>	<b>675</b>	<b>1900</b>

## SCHEME OF BNYS EXAMINATION

**I<sup>st</sup> YEAR B.N.Y.S.**

(Duration - One year)

S.No.	Subject	Theory	Internal Assessment	Orals	Total	Practicals	Internal Assessment	Total Marks	Grand Total Marks
1.	Anatomy – I	80	20	30	230	60	10	70	300
	Anatomy – II	80	20						
2.	Physiology - I	80	20	30	230	60	10	70	300
	Physiology - II	80	20						
3.	Biochemistry	80	20	30	130	60	10	70	200
4.	Philosophy of Nature Cure – I	80	20	30	230	60	10	70	300
	Philosophy of Nature Cure – II	80	20						
5.	Yoga Practices	50	15	05	70	20	10	30	100
	<b>Total</b>	<b>610</b>	<b>155</b>	<b>125</b>	<b>890</b>	<b>260</b>	<b>50</b>	<b>310</b>	<b>1200</b>

**II<sup>nd</sup> YEAR B.N.Y.S.**

(Duration - One year)

S.No.	Subject	Theory	Internal Assessment	Orals	Total	Practicals	Internal Assessment	Total Marks	Grand Total Marks
1.	Pathology	80	20	30	130	60	10	70	200
2.	Microbiology	80	20	30	130	60	10	70	200
3.	Community Medicine (Health)	80	20	30	130	60	10	70	200
4.	Yoga Philosophy	80	20	30	130	60	10	70	200
5.	Magnetotherapy & Chromotherapy	80	20	30	130	60	10	70	200
	<b>Total</b>	<b>400</b>	<b>100</b>	<b>150</b>	<b>650</b>	<b>300</b>	<b>50</b>	<b>350</b>	<b>1000</b>

**III<sup>rd</sup> YEAR B.Y.N.S.****(Duration - One year)**

S. N.	Subject	Theory	Internal Assessment	Orals	Total	Practicals	Internal Assessment	Total Marks	Grand Total Marks
1.	Manipulative Therapies (Massage, Reflexology Osteopathy & Chiropractic)	80	20	30	130	60	10	70	200
2.	Acupuncture	80	20	30	130	60	10	70	200
3.	Yoga Applications	80	20	30	130	60	10	70	200
4.	Fasting Therapy	80	20	50	150	40	10	50	200
5.	Naturopathy Diagnosis (Facial Diagnosis & Iris Diagnosis)	80	20	30	130	60	10	70	200
6.	Modern Diagnosis & First Aid	80	20	30	130	60	10	70	200
	<b>Total</b>	<b>480</b>	<b>120</b>	<b>200</b>	<b>800</b>	<b>340</b>	<b>60</b>	<b>400</b>	<b>1200</b>

**IV<sup>th</sup> YEAR B.N.Y.S.****(Duration - 1 ½ Year)**

S. N.	Subject	Theory	Internal Assessment	Orals	Total	Practicals	Internal Assessment	Total Marks	Grand Total Marks
1.	Nutrition, Dietetics & Herbs	80	20	30	130	60	10	70	200
2.	Obstetrics & Gynaecology	80	20	30	130	60	10	70	200
3.	Yoga Therapy	80	20	30	130	60	10	70	200
4.	Hydrotherapy-I Hydrotherapy-II	80 80	20 20	30	230	60	10	70	300
5.	Physiotherapy	80	20	30	130	60	10	70	200
6.	Holistic Practice of Naturopathy & Yoga (including surgical diseases)	80	20	30	130	60	10	70	200
7.	Holistic Management & Research Methodology	80	20	30	130	60	10	70	200
8.	Psychology & Basic Psychiatry	50	15	05	70	20	10	30	100
	<b>Total</b>	<b>690</b>	<b>175</b>	<b>215</b>	<b>1080</b>	<b>440</b>	<b>80</b>	<b>520</b>	<b>1600</b>

Note: 1. There should be one internal (Internal assessment) and one external examiner for all practical and viva exam for each subject.

2. All Theory papers are for three hours duration.