



SGT UNIVERSITY

VALUE ADDED COURSES



**Faculty of Naturopathy &
Yogic Sciences 2023-24**

About the University

SGT University, established in 2013 and recognized by the University Grants Commission (UGC), has set its sights on fostering a culture of research, innovation, and interdisciplinary education. Nestled on a sprawling 70-acre campus on the outskirts of Gurgaon, the university boasts state-of-the-art resources and infrastructure designed to facilitate cutting-edge academic and research achievements.

Driven by a relentless pursuit of excellence, SGT University has earned the prestigious NAAC A+ accreditation, becoming one of the youngest institutions in the country to receive this honour. This recognition highlights the university's commitment to maintaining high standards in education and research.

Among its broad array of academic programs, the university offers premier medical courses through the SGT Medical College, Hospital & Research Institute, which are considered among the best in the nation. These programs are seamlessly integrated with practical training and research opportunities, ensuring that students receive a comprehensive, world-class education in the medical field.

Our Vision

To nurture individual's excellence through value based, cross-cultural, integrated and holistic education adopting the contemporary and advanced means blended with ethical values to contribute in building a peaceful and sustainable global civilization.

Our Mission

- To impart higher education at par with global standards that meets the changing needs of the society
- To provide access to quality education and to improve quality of life, both at individual and community levels with advancing knowledge in all fields through innovations and ethical research.
- To actively engage with and promote growth and welfare of the surrounding community through suitable extension and outreach activities
- To develop socially responsible citizens, fostering ethical values and compassion through participation in community engagement, extension and promotion activities.
- To create competitive and coordinated environment wherein the individual develops skills and a lifelong learning attitude to excel in their endeavours.

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INTRODUCTION

In the dynamic and ever-changing global landscape, the need for lateral thinking, innovation, and entrepreneurial spirit has never been greater. Traditional educational approaches that focus solely on specific skill sets often become outdated due to the rapid pace of technological advancements. As such, no university curriculum can comprehensively address all areas of importance or relevance. To ensure that students are better equipped to meet industry demands, it is crucial for higher education institutions to supplement the core curriculum, helping students develop both their aptitudes and interests.

Objectives:

The primary objectives of the Value-Added Course (VAC) are:

1. To enhance industry understanding: Equip students with knowledge of industry expectations and requirements.
2. To improve employability: Enhance students' employability skills, making them more competitive in the job market.
3. To bridge skill gaps: Address existing gaps in skills and ensure students are industry ready.
4. To foster inter-disciplinary skills: Provide students with opportunities to develop diverse skills across various disciplines.
5. To encourage entrepreneurship: Inspire students to become job creators rather than just job seekers.

Course Design

Departments designing Value-Added Courses should begin by conducting a **Training Need Analysis** and engaging with industry experts, alumni, and employers to identify skill gaps and emerging trends. This will guide the creation of a syllabus tailored to current demands.

Conduction of Value-Added Courses

- **Voluntary Participation:** VAC is not a mandatory requirement for completing any academic program, and the credits earned through these courses are additional to the degree's total credit requirement.
- **Learning Format:** VAC is an instructor-supported learning course, available to all students without any additional fee. Classes are typically scheduled during reserved time slots, beyond regular class hours, and may also be conducted on weekends or during vacations.
- **Course Registration:** Students may register for only one Value-Added Course per semester, preferably offered by their own department. However, with prior permission from the Dean, they can take courses from other departments.

- **Minimum Participants:** A minimum of 5 students must opt for a course for it to be offered.
- **Industry and Expert Involvement:** Eminent industry professionals or academicians may conduct VACs. This broadens students' exposure and enhances the learning experience.

Course Duration and Structure

- **Duration:** Each Value-Added Course should last at least 30 hours, with a balanced structure of 18 hours (60%) theory and 12 hours (40%) practical. The exact division of theory and practical hours will be determined by the course instructor with the approval of the Dean.
- **Location:** The courses will be conducted within the respective schools, with classrooms assigned by the Dean based on student numbers.

REGISTRATION PROCEDURE

1. **Course Listings:** A list of available Value-Added Courses, along with syllabi, will be posted on the university website.
2. **Registration Process:** Students must complete and submit a registration form to enroll in a course. The Department Head will group students based on their choices and send them to the Dean for final approval.
3. **Attendance and Assessment Records:** The course instructor is responsible for maintaining attendance and assessment records, including details on assignments, seminars, and other activities. These records must be signed by both the course instructor and the Department Head and kept for future reference.
4. **Attendance Requirements:** Students must maintain at least 75% attendance in the Value-Added Course to be eligible for a certificate. Up to a 10% relaxation in attendance may be granted for valid reasons, such as illness or extracurricular participation.

Certification

Upon successfully completing a Value-Added Course, students will be awarded a **certificate** signed by the authorized university signatories, recognizing their accomplishment in the course.

Introduction to Yog Asana



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Course Code: VAC/FNYS/001

COURSE OBJECTIVES:

- To develop an understanding about the concepts of Yoga, Health & wellness.
- This course will empower and motivate the students to achieve wellness.
- It will also give them requisite skills in various Yoga techniques that can be practiced by their own benefits or shared with others.
- Promoting positive health, prevention of stress related health problems & rehabilitation through Yoga.

COURSE OUTCOMES:

- Develop a deeper understanding and knowledge of various Yoga asana and other practices.
- Develop the ability to perform various yogic practices.
- Develop effective communication skills.
- Develop work life balance and stress management skills.

COURSE CONTENT:

The course consists of theory & practical teaching on yogic lifestyle.

Module I:

- What is Yoga?
- Brief history and origin of yoga.
- The Fundamental of Yoga.

Module II:

- Basic introduction of traditional schools of yoga.
- Basic introduction of Ashtanga yoga.
- Rules and regulations for the practice of yoga.

Module III:

- Introduction about Yoga Asana.
- Significant of Yoga Asana, its principles and Science of Yoga Asana.
- Benefits of Yoga Asana

Module IV:

- Introduction to Yoga Asana techniques related to breathing, gazing, and awareness of the senses.
- Introduction to traditional and modern Yoga techniques.
- Brief Introduction of Health Management through Yoga Asana Practices.



Module V:

Introduction about various Yoga Asana:

- Sitting asanas: Sukhasana, Padmasana, Swastikasana, Siddhasana, Vajrasana.
- Standing asanas: Tadasana, Tiryaktadasana, Katichakrasana, ArdhaChakrasana, Vrikshasana, Garudasana, Hastottanasna
- Prone asanas: Bhujangasana, Dhanurasana, Makrasana,
- Supine Asanas: Uttanpadasana, ArdhaHalasana, Halasana, Pawanmuktasana, Naukasana, Savasan.

REFERENCES:

- Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006.
- Gherand Samhita: Yoga publication, Bihar School of Yoga, Munger.
- Hathyogapradipika.



Holistic Healing through Naturopathy



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Course Code: VAC/FNYS/002

COURSE OBJECTIVES:

- To develop an understanding about the concepts of Naturopathy & its principles.
- To develop an understanding about the concepts of Holistic Health.
- To develop the concept about different therapies involved in Naturopathy.
- Promoting positive health, prevention of stress related health problems & rehabilitation through Naturopathy.

COURSE OUTCOMES:

- Learn the concepts of auto healing and principles of naturopathy.
- Learn the ancient knowledge of naturopathy based on the concept of panchamahabhuta.
- Importance of naturopathy in eradication of disease.

COURSE CONTENT:

The course consists of theory & practical teaching on yogic lifestyle.

Module I:

- Introduction about Naturopathy and its Elements.
- Fundamental Principles of Naturopathy.

Module II:

- Introduction about Hydrotherapy, Its Significance and Properties of Water.
- Introduction about Chromotherapy, Its Significance and Properties of Sun Light.
- Introduction about Mud Therapy, Its Significance and Properties of Mud.

Module III:

- Introduction about Fasting Therapy.
- Rules & regulations of Fasting therapy.
- Types of Fasting- Long and Short Fast, Complete Fasting, Half Fasting, Water Fasting, Juice Fasting, Fruit Fasting, One Meal Fasting.

REFERENCES:

- M.K.Gandhi., My Nature Cure
- S.J.Singh., History and Philosophy of Nature Cure
- Henry Lindlahr. Philosophy of Nature Cure

Yoga for Well-being and Stress Management



SGT UNIVERSITY

Course Code: VAC/FNYS/003

COURSE OBJECTIVES:

- Understand the foundational principles of yoga philosophy and its holistic approach to well-being.
- Learn and practice a variety of yoga asanas (postures) to enhance flexibility, strength, and balance.
- Explore different pranayama (breathing) techniques to improve respiratory health and promote relaxation.
- Develop mindfulness and meditation skills for stress reduction and improved mental focus.
- Integrate yoga practices into daily routines for sustained well-being.

COURSE OUTCOMES:

- To develop proficiency in various yoga poses, ensuring correct alignment and posture.
- Develop the ability to perform various pranayama techniques to enhance respiratory function and manage stress.
- Utilize mindfulness and meditation practices for improved mental clarity and emotional resilience.
- Incorporate yoga principles into daily life to promote overall well-being and stress management.

COURSE CONTENT:

Module I:

- Foundations of Yoga Philosophy and Lifestyle.
- Introduction to the philosophical principles of yoga.
- Understanding the holistic approach to well-being.
- Integrating yogic lifestyle practices into daily routines.

Module II:

- Introduction of different Yoga Asana for health & wellbeing.
- Sitting asanas: Sukhasana, Padmasana, Swastikasana, Siddhasana, Vajrasana.
- Standing asanas: Tadasana, Tiryaktadasana, Katichakrasana, ArdhaChakrasana, Vrikshasana, Garudasana, Hastottanasana
- Prone asanas: Bhujangasana, Dhanurasana, Makarasana,
- Supine Asanas: Uttanpadasana, Ardhalasana, Halasana, Pawanmuktasana, Naukasana, Savasana.
- Enhancing flexibility, strength, and balance through asana practice

Module III:

- Concept of Pranayama.
- Need & Importance of Pranayama for Respiratory Health.
- Introduction of various pranayama (breathing) techniques with benefits & precautions:
- Anulom Vilom pranayama, Nadishodhan Pranayama, Bhramri pranayama, Ujjai pranayama, Bhastrika pranayama, Kapalabhati.
- Practicing pranayama for stress reduction and relaxation



Module IV:

- Mindfulness and Meditation Practices
- Understanding the significance of mindfulness in yoga
- Exploring different meditation techniques
- Developing skills for improved mental clarity and emotional resilience

Module V:

- Integration into Daily Life for Well-being
- Applying yoga principles to enhance overall well-being
- Creating a personalized daily routine that includes yoga practices
- Developing strategies for managing stress in daily life

REFERENCES:

- Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006.
- Gherand Samhita: Yoga publication, Bihar School of Yoga, Munger.
- Hathyogapradipika.
- Iyengar, B. K. S. (2001). "Light on Yoga." HarperCollins.
- Satchidananda, S. (2012). "The Yoga Sutras of Patanjali." Integral Yoga Publications.
- Kaminoff, L., & Matthews, A. (2012). "Yoga Anatomy." Human Kinetics.
- Kabat-Zinn, J. (1994). "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life." Hyperion.