

**S-VYASA YOGA UNIVERSITY,  
DIVISION OF YOGA AND LIFE SCIENCES**

Skill Oriented Courses January 2016-May 2017

**The following skill oriented courses are offered from the Division of Yoga and Life Science:**

- 1) Naturopathic Massage
- 2) Hypnosis
- 3) Natural way of living
- 4) Yogic counselling
- 5) Yoga way of total body purification

**Eligible Programmes:**

Students of BSc, BNYS, MSc, and MD. For specific details of individual course eligibility please contact as given below.

Interested students may contact: **Dr. Apar**

**Phone:** 8970345905

**Mail:** aparsaoji@gmail.com

**Timings will be:** 4.15-5.15 pm (weekly twice)

Based on the number of students enrolled, batches will be formed and venues will be intimated.

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**NATUROPATHIC MASSAGE**

<b>CODE</b>	<b>SEM-I</b>	<b>TimeinHrs</b>	<b>LTPF</b>	<b>CREDITS</b>
SO-NM-001	Naturopathic massage	30	30+0+0+0	2

**CONTENT:**

- Unit 1:** Introduction and historical highlights of massage & manipulative Techniques **(5 hours)**
- Unit 2:** Pediatric massage **(3 hours)**
- Unit 3:** Geriatric massage **(3 hours)**
- Unit 4:** Massage for antenatal care **(3 hours)**
- Unit 5:** **(10 hours)**
- i. Thai yogic massage
  - ii. Balanese
  - iii. Hot-stone massage
  - iv. Dry brush massage
  - v. Deep tissue massage
  - vi. Powder massage
  - vii. Vibratory massage
- Unit 6: Practical** **(6 hours)**
- i. Full body & partial massages

**TEXTBOOKS**

1. Massage – George Downing
2. Massage therapy – Dr. JH Kellogg
3. Massage – Constant Young
4. The complete Book of Massage – Claire Maxwell-Hudson

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**YOGIC COUNSELLING**

CODE	SEM-I	TimeinHrs	LTPF	CREDITS
SO-YC-001	YOGIC COUNSELLING	30	30+0+0+0	2

**Unit 1: Yoga for personality development (10 hours)**

Theories of personality - Behavioral Theories; Biological Theories; Psychodynamic Theories; Superego; Psychoticism; Neuroticism/Emotional Stability;;

The Five-Factor Theory of Personality; Humanist Theories; Eysenck's Three Dimensions of Personality; Introversion/Extroversion: yoga for total personality development as research data presentations

**Unit 2: Yogic Counseling (10 hours)**

Role of Shuddhi Prakriyas in treatment of illnesses , prevention and promotion of positive Health; concepts of Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Chitta Shuddhi (Dharana, Dhyana and Samadhi)

**Unit 3: Principles and techniques of counseling (10 Hours)**

Qualities of a counselor; Principles of what to speak, how to listen, speak, how to behave, expressions during counseling; what not do while counseling

Role of catharsis as understood by modern psychology and counseling; Yogic understanding of recognizable and unrecognizable stresses as karma, samskaras ; methods recommended for cleansing (chitta shuddhi ) in healing,

Yoga techniques to be used during counseling to cope with hyper sensitive mind, excessive speed of mind, problems of perfectionist personality, hereditary and congenital problems, psychological conflicts, calamities/ life events (present, past , concerns about future distressing events), ageing etc.

## HYPNOSIS

CODE	SEM-I	TimeinHrs	LTPF	CREDITS
SO-H-001	HYPNOSIS	30	30+0+0+0	2

### Unit: 1 (10 HOURS)

- Course introduction and a history of hypnosis
- Introduction to the subconscious mind
- Understanding Freud's theory of character formation
- Recognizing some of the subtle signs of hypnosis
- Step-by-step through a first session of hypnosis
- How the subconscious mind accepts suggestions
- Bypassing conscious awareness when communicating in hypnosis

### Unit: 2 (10 HOURS)

- Rules of analysis
- Dealing with common effects such as abreaction, resistance, transference and neurosis
- Methods of dream interpretation
- How to formulate hypnotic suggestions
- Methods of induction
- Explanation of the causes of phobias
- Functions of the subconscious mind

### UNIT: 3 (10 HOURS)

- Several methods of inducing hypnosis in both adults and children
- How to create amnesia with your subjects
- Methods of transferring pain, fractionalization and catalepsy
- Problems likely to arise with children such as hair pulling, nail biting and thumb sucking
- The silent (pantomime) technique
- The Esdaile State

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**NATURAL WAY OF LIVING**

CODE	SEM-I	TimeinHrs	LTPF	CREDITS
SO-NWL-001	NATURAL WAY OF LIVING	30	30+0+0+0	2

**UNIT: 1** Fundamental Principles, Concepts and theories of Natural way of living (30Hrs)

- Laws of Nature according to Henry Lindlahr
- Concepts of Health & Disease according to Natural way of living
- The 10 basic principles of Natural way of living
- 6 fundamental Principles of Natural Medicine in the West
- Concept of Panchamahabhoota & Shareera Dharma – Ahara, Nidra, Bhaya, Maithuna
- Foreign Matter and toxin accumulation in the body and its importance in elimination through different ways and channels
- Unity of Disease, Unity of Cure and way of treatment
- Theory of toxemia – toxins and anti-toxins, their generation and mitigation in Nature Cure way
- Concept of Vitality and Vital Economy
- How Nature Cures – the natural healing mechanisms
- Arogya Rakshak Panchatantra and their importance in maintenance of health, prevention and treatment of disease through lifestyle modifications
- Natural Immunity and how to acquire Natural Immunity in diseases Family planning through Natural therapeutics

## YOGA WAY OF TOTAL BODY PURIFICATION

CODE	SEM-I	TimeinHrs	LTPF	CREDITS
SO-YTBP-001	YOGA WAY OF TOTAL BODY PURIFICATION	30	30+0+0+0	2

**Unit-1:** Concept of mind, Obstacles and Kleshas in the context of Patanjali Yoga Sutras (15Hrs)

- Concept of Chitta, Chittabhāmis, Chitta-vrttinirodhāpaya (Abhyasa and Vairāgya), Chittavikshepas (Antarayas) and Chitta-prasādanam
- Obstacles and hindrances of Sadhana (Vyadhi, Styāna, Samsāya, Pramāda, Alāsyā, Avirāti, Bhrānti, Alabdha, Bhūmikātva, Anavāsthi)
- Cultivating positive attitudes
- Kriya Yoga (Tapas, Svādhyāya, IsvaraPranidhāna)
- Pancaklesah (Avidyā, Asmitā, Rāga, Dvesā, Abhinivesah)
- Methods of destroying Klesas (Pratiprasava and Dhyāna)

**Unit-2:** Shodhana Kriyas and Asanas (15Hrs)

- Shodhanakriyas in Hatha yoga pradipika and GheranadSamhita, their benefits and precautions
- Role of Shodhana-kriyas in Yoga sadhana and their importance
- Yogasana, its definition, salient features and its importance in hatha Yoga sadhana
- Asanas in Hatha Yoga pradipika and Gherandasamhita, their techniques, benefits, precautions and importance

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**Recommended texts:**

1. Asanas, Pranayama, Bandhas, Mudras – Swami SatyanandaSaraswathi
2. Hatha Yoga Pradipika – Swami Svatmarama
3. Raja, Hatha, Jnana, Bhakti Yoga – Swami Vivekananda