

YOGA & NATUROPATHY EDUCATION CENTRE

Faculty of Education

**Mahatma Gandhi Kashi Vidyapith
Varanasi**



SYLLABUS

(REVISED)

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

2022-23

FIRST SEMESTER
P.G. Diploma in Naturopathy & Yoga

S.N.	SUBJECTS (THEORY PAPER)	NO. OF PAPER	TOTAL THEORY MARKS	PRACTICAL MARKS	TOTAL MARKS
1	PHILOSOPHY OF NATURE CURE AND HEALTH	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
GRAND TOTAL					700
SECOND SEMESTER					
1	NUTRITION AND HERBAL MEDICINE	1	100	50	150
2	EXERCISE, MASSAGE ACUPRESSURE 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	INTERNSHIP	-	100	-	100
7	SEASONAL	-	50	-	50
GRAND TOTAL					900
GRAND TOTAL (FIRST SEMESTER+SECOND SEMESTER)					1600

(SYLLABUS)
P.G. Diploma in Naturopathy & Yoga
FIRST SEMESTER

Paper-I

Philosophy of Nature Cure and Health

To understand the facilities in India & health policy planning and programme in India. To understand the knowledge of refreshing body by natural way, concept of health and disease according to Naturopathy. Classify and correlate basic principles of Naturopathy. Advance knowledge of generally accepted ethical principles of health cure and Naturopathy. Students shall be able to illustrate the history of naturopathy including major contributors to the field and work correlates the evolution and composition of human body according to different schools of medicine such as Naturopathy and Ayurveda.

Unit-I

History of Nature cure in India and Abroad,
Naturopathy – Definition, Principles, Philosophy and Naturopathy remedies
(Jal chikitsa, mrida chikitsa, vayu chikitsa, surya chikitsa, upvas chikitsa),
Naturopathy and other system of medicine

Unit-II

Meaning, Concept, Definition and Scope of Health
Characteristic of healthy Person in Naturopathy State of Health
Affecting Health Factors
Basic Rules of Healthy Life
Health facilities in India
Hygiene, Personal Hygiene, Community sanitation

Major health problems- Cancer, infertility, Cataract, Hearing loss, Diabetes, Heart disease and Obesity

Unit-III

National health policy, planning and Programme in India,
Composition of human body according to Ayurveda and Naturopathy
Swasthya Vrit – Dincharya, Ratricharya Ritucharya

Unit-IV

Law of Nature – Panch mahabhuta (Akash mahabhuta, Vayu mahabhuta, Agni mahabhuta, Aap mahabhuta, Prithvi mahabhuta)
Swasthya ke Tristambha – Ahar, Nidra, Brahmacharya (according to age, Situation and disease)
Dictum of Cure – Remove the root cause, eliminate the toxin

Reference

1. Arogya ki Punji, Mahatma Gandhi
2. Prakritik Chikitsa Siddant evam Vyavhar, Dr. P.D. Mishra & Dr. Beena Mishra, U.P. Hindi Sansthan
3. History and Philosophy of Naturopathy – Dr. S. J. Singh
4. Nature Cure – Dr. H.K. Bakhru
5. Philosophy and Practice of Nature Cure – Dr. Henry Lindlahr
6. Prakritik Ayurvigyan – Dr. Ganga Prasad Gond Nahar

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 sud 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 system Introduction to the Respiratory system, Introduction to the Circulatory system.

Unit-III

Physiology Cell structure and function, Tissue-Epithelial, Connective, Muscular and Nerve etc.

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

Body system and their function

Digestive system, Sense Organs, Hematology, Excretory system, Nervous system, Endocrine Glands System

Unit-IV

Pathology Nutritional cause of disease, Metabolic Disorders Blood sugar, Blood Urea, serum cholesterol.

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

Human body is comprised of five great elements (Panchamahabhootas). Imbalance in these in body leads to disease. Treatment of the diseases by these five great elements i.e. Earth, Water, Fire, Air and Akash is known as Nature Cure. The body has the inherent ability to establish, maintain, and restore health. The healing process is ordered and intelligent; nature heals through the response of the vital force.

Unit-I

Hydrotherapy-

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

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Unit-II

Physiological effects of hot and cold water, Application of water on different temperatures, Reflex effects of cold and hot applications. Action and reactions, Incomplete reaction, Conditions that encourage and discourage reaction, Types of reactions, General principles of hydrotherapy, Therapeutic use of hydrotherapy, Prophylactic use of water.

The techniques of hydrotherapy - Plain water bath, Cold hip bath, Kuhne's sitz bath, Immersion bath, Hand and arm bath, Foot bath, Alternate hip bath, Spinal bath, Steam bath, Fomentation and Douche Compresses and Packs - Wet sheet pack, Abdominal pack, Chest pack Enema.

Unit-III

Mud Therapy-

Various types of mud, Natural mud baths, Mud packs

Diet Therapy-

Concept and general principles, Category of Aahar - Sattvic, Rajsic, Tamsic

Acidic and basic food, Mitahar

Unit-IV

Heliotherapy-

The Sun - Source of Light, Healing power of Sun, Influence of sunlight on skin, muscles, digestive organs and bones.

Sun Stroke-

Effects of Sun rays on microorganisms.

Chromotherapy-

Reflection, Refraction and Absorption

The spectrum - Introduction

Healing power of colours - healing power of red, yellow, orange, green , blue and violet

Solar Thermoleum, Chromotherapy prescriptions for different diseases.

Reference

1. Padarth Vigyan - Prof. Ravi Dutt Tripathi
2. Massage as Therapy - Dr. Satyendra Kumar Misra
3. My Water Cure - Sebastian Kneipp
4. Rational Hydrotherapy - Dr. J H. Kellogg
5. Mucusless Diet Healing System - Ernold Ehrit
6. Principles of Nutrition and Dietetics - M.Swaminathan
7. The Principle of Light and Colour - Dr. E.D. Babbitt
8. Colour Therapy - R. B. Amber
9. Healing Through Colour - Theo Gimbel

Paper-IV

Philosophy and Principles of Yoga

The objective of the study was influence with Yoga is a science of right living, and as such, it is intended to be incorporated in daily life. It works on all aspects of the person. The physical, mental, emotional, social and spiritual levels. Yoga is a fantastic remedy for overcoming problems that modern man is facing in his daily life. Yoga helps to enhance the auto immune system, to increase the vital energy in the body system.

Unit-I

Concept of Yogic Practices

Meaning and Importance of Yoga

Concept of aims and objectives

Basic Texts of Yoga

General Benefits of Yoga Practices

Historical development of Yoga

Philosophy of Yoga

Unit-II

Types of Yoga: Raj Yoga, Karma Yoga, Bhakti Yoga, Gyan Yoga, Hath Yoga, etc
Ashtanga Yoga. Chitta and its five states, five modifications (vrittiss) of Mind,
Concept of Chitta, Vritta, Nirodh

Unit-III

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

Yogic prescription in different diseases Theoretical Approach like-

Stress, Hypertension, High Blood Pressure, Low back problems, Arthritis,
Heart diseases, Diabetes mellitus, Migraine, Cervical Spondylosis

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.Calcutta
3. Chandrasekaran K. (1999), *Sound Health Through Yoga*, Prem Kalyan Publications, Sedapatti, Tamilnadu.
4. Chatterjee, C.C.(1992), *Human Physiology (Vol. I & II)* (Medical Allied Agency,
5. Desikachar, T. K. V. (1999). *The Heart of Yoga: Developing a Personal Practice*. Rochester, VT: Inner Traditions International, ISBN 0-89281-764-X.
6. Evelyn, C. Pearce (1968), *Anatomy and Physiology for Nurses* (Faber and Faber Ltd. London)
7. Feuerstein, Georg (1996), the *Shambhala Guide to Yoga*, Shambhala Publications, Boston. pp. 26
8. Feuerstein, Georg (2003), *the Deeper Dimensions of Yoga*, Theory and Practice. Shambhala Publications, Massachusetts.
9. Ganguly, S.K and Gharote, M.L., “Cardio-Vascular Efficiency before and after Yogic Traininig”, *Yogic Mimamsa* XVII(1974), p.89.
10. Gore, M.M. (2003), *Anatomy and Physiology of Yogic practices* (Kanchan Prakshan, Lonavala)
11. 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)
12. Swami kuvalayananda: *Pranayama*, Kaivalyadhama, Lonavala, Pune.
13. 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. With time, gradual changes were seen in the society and culture. These changes in society and culture in the modern time has its effect on health and disease. The topics in the syllabus give an understanding of these transformations 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. Contemporary changes in Indian society and culture.

Community development – meaning, definition and objective of community development.

Unit – II

Socio – cultural approach to health and disease – health and disease, concept of disease, types of disease. Concept, definition and dimension of health. Impact of social and cultural environment on health. Concept of prevention and protection from disease.

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

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) 11
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 Acupressure 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

Peripheral circulatory changes, changes, changes in regional circulation
Respiratory changes, Metabolic changes, Musclur changes

Unit-III

Massage, Types, Principles and Effect of Massage, Acupressure, purpose, History of Acupressure, Acupressure and Indian Culture, Acupressure Introduction, Classification of Acupressure, The Benefits. and uses of Acupressure

Unit-IV

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

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

Reference

1. Acupressure Therapy & Practical : Dr. Amrit Lal Gurvendra & Dr. Gayatri Gurvendra.
2. Abc of Remedial Exercises - Dr. Satyendra Kumar Misra
3. Massage as Therapy- Dr. Satyendra Kumar Misra
4. Introduction to Reflexology - Dr. Satyendra Kumar Misra

Paper-III

Diagnostic Methods and Management of Diseases

To acquire the knowledge and training of diagnostic methods, understanding about the science of facial expressions ,foreign matter and Iridiagnosis.

To provide skill for natural management of common diseases.

Unit-I

Diagnosis - Introduction, Concepts, Types and Methods

Case History - Personal details of the patient, Complaints, History of present illness, History of past illness, Family history, Personal history, Gynecological and obstetric history

Various examinations and tests for proper diagnosis-

Vital Data (Pulse, BP, Temperature, Respiratory Rate), Weight, Height

General examination, Systemic examination

Investigations -

(a) Routine investigations- Blood tests, Urine and Stool examination

(b) Special investigations- X-ray, ECG, CT-Scan, MRI, Ultrasonography

Unit-II

Introduction to the science of facial expressions

Characters of the healthy body

Concept of foreign matter - The process of accumulation, encumbrance, causes of accumulation, changes caused in the body due to the accumulation of foreign matter.

Types of encumbrance - Front encumbrance, Right Side encumbrance, Front and Right Side encumbrance, Left side encumbrance, Back encumbrance, mixed or Whole body encumbrance.

Iridiagnosis - History, Anatomy of the Iris, Methods

Unit-III

Natural Management of Diseases - I

Diseases of the Digestive system- Indigestion, Constipation, Diarrhoea, Gastritis, Colic pain, Appendicitis, Gastric Ulcer, Colitis

Diseases of the liver and gallbladder- Jaundice, Hepatitis, Cholecystitis, Cholelithiasis

Diseases of the Urinary System- Nocturnal enuresis, Nephritis, Infection of Urinary tract

Diseases of the Heart and Circulatory Systems - CHD, Angina pectoris, Myocardial Infarction, High blood pressure, Low blood pressure

Diseases of the Respiratory System- Cold, Cough, Pneumonia, Bronchitis, Asthma, Pulmonary Tuberculosis

Unit-IV

Natural Management of Diseases - II

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

Diseases of the connective tissues, joints and bones- Rheumatoid Arthritis, Osteoarthritis, Spondylitis, Gout

Diseases of Endocrine System- Diabetes Mellitus, Hypothyroidism, Hyperthyroidism, PCOS

Diseases of the Reproductive System- Leucorrhea, Menorrhagia, Genital infections

First Aid and Emergency

Reference

1. Clinical Methods - Hutchison
2. Abc Of Remedial Exercises - Dr. Satyendra Kumar Misra
3. The New Science Of Healing- Louis Kuhne
4. Science Of Facial Expression - Louis Kuhne
5. Iridiagnosis And Other Diagnostic Methods - Henry Lindlahr
6. First Aid - St. 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 which are due to the mental condition of a person. After the completion of the syllabus the student will have better understanding of mental health and its relation with physical health.

Unit-I

Mental health – meaning, definition and role of Mental Health in total health.

Normal and Abnormal behaviour – concept, characteristics and difference between normal and abnormal behaviour. Psycho-social factors in abnormal Behavior

Unit-II

Types of mental disorders – Neurosis and Psycho neurosis. Concept, types, symptoms and difference between Neurosis and Psycho neurosis.

Fundamental principles of Psycho-somatic approach. Emotional factors in different physical diseases.

Unit-III

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

Unit-IV

Role of Naturopathy (diet chart, naturopathy remedies) and yogic therapies (ashtang yog) 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 Practice.

Unit-I

Concept of Yoga Therapy

Yogic Sukshma Vyayamma

Classification of Asanas

Meditative Asanas

Cultural Asanas

Relaxative Asanas

Surya Namaskar

Therapeutic use and physiological effects of various types of Asanas:

- | | |
|----------------------|---------------------|
| 1. Sidhasana | 15. Uttan Kurmasana |
| 2. Padmasana | 16. Mandusasana |
| 3. Vajrasana | 17. Garunasana |
| 4. Shashankasana | 18. Chakrasana |
| 5. Sinhasana | 19. Salbhasana |
| 6. Gomukhasana | 20. Makarasana |
| 7. Virasana | 21. Bhujangasana |
| 8. Dhanurasana | 22. Uttanpadasana |
| 9. Matsyendrasana | 23. Pawaanmuktasna |
| 10. Gorakshasana | 24. Naukasana |
| 11. Paschimotanasana | 25. Halsana |
| 12. Mayurasana | 26. Sarvangasana |
| 13. Kukuttasana | 27. Ustrasana |
| 14. Kurmasana | 28. Shavasana |

Unit-II

Yogic Breathing

Meaning, Concept and Definitions of Pranayama

Types of Pranayama

Types of Bandhas

Jalandhara Bandha (Chin Lock)

Uddiyana Bandha (Abdominal Lock)

Mula Bandha (Anus Lock)

Unit-III

Classification of Mudra

Therapeutic use and physiological effect of Hasth Mudra

Concept and Types of Chakras

Unit-IV

Yogic prescription in different diseases Practices like

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

Shatkarma (Shudhikriya/Cleansing process)

Dhouti - cleanses the upper Gastro Intestinal Tract upto the stomach

Basti - cleanses the lower gastro Gastro Intestinal Tract especially the rectum.

Neti (Sutra/Rabar) & Jal Neti - cleans the upper nasal tract from the throat to the Nostrils

Trataka - cleanses the eyes and improves the eyesight.

Nauli - tones up the abdominal muscles and viscera.

Kapalabhati - cleans the lower respiratory tract and activates the brain cells.

Reference

1. Swami, S. S. (1996), *Asana Pranayama Mudra Bandha*, Munger, Bihar: U.B.S. Publishers and Distributers.
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/departement/social_work/syllabus/syl_pgdn_syoga.pdf

Books Recommended

Author	Books
Swami Kuvalayananda	Pranayam
Swami Saraswati Sataya Nand	Asan Pranayam and Mudra Bandh
Swamy Kualayananda	Gherand Samhita
Bharamchari, Swami Dhirender	Yogic Suksham vigyan
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
Mahajan and Mahajan	Bhartiya Samaj
SwamiMuktibodhananda	HathayogPradipika(English)
DigambarjiSwami&Gharote (Kaivalyadhama,Lonavla)	GherandaSamhita (English)
SwamiSatyanandaSarswati	Yog Nidra.(English)
SwamiSatyanandaSarswati	AsanPranayam Mudra Bandh
Dr.IshwarBhardwaj	Saral Yogasan (Hindi)