

SGRR UNIVERSITY

**Brochure of Value-Added Courses
School of Yogic Science & Naturopathy
2023-2024**

ABOUT THE UNIVERSITY

Shri Guru Ram Rai University was established by a religious and philanthropic leader, Shri Mahant Devendra Dass Ji Maharaj in the year 2017. It is situated in the heart of city, Uttarakhand. We are extremely privileged to extend the values and ethos of the Shri Guru Ram Rai Education mission through SGRR University to impart quality education and in successfully placing more than 80% students in various companies across the globe. SGRR University has humongous campus spread over 80 acres of land. Its state-of-art facilities give opportunities to develop leadership skills and to achieve professional excellence. It has 8500+ students from different countries, 29 states and Union Territories and providing cultural melange and global exposure to our students. One of the biggest boosts from University is its unmatched experience of 67 years of in delivering quality education that helps to develop confidence and will give you more knowledge, industry exposure, building good networking and high self-esteem. This will change your overall personality and develop you into a complete professional to face any challenge.

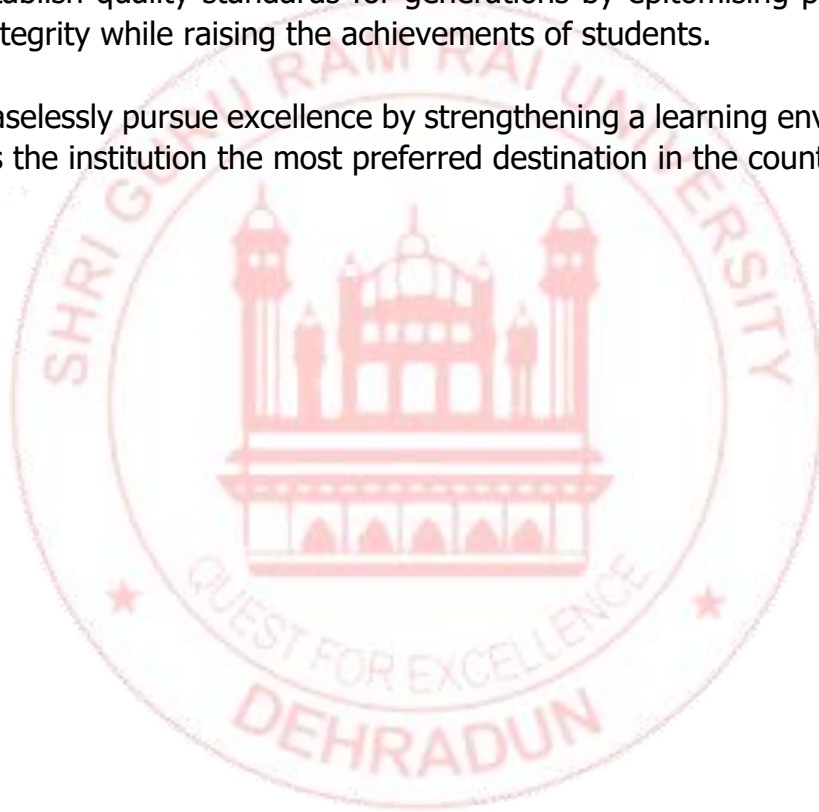
Vision

“To establish Sri Guru Ram Rai University to be a Center of Excellence in higher education, innovation and social transformation by nurturing inquisitive and creative minds and by enabling the stakeholders to become committed professionals and educators of national and global relevance.”

Mission

- ❖ To provide a comprehensive and sustainable educational experience that fosters the spirit of enquiry, scientific thinking and professional competence along with ethical and spiritual values
- ❖ To deliver a classic, well rounded learning experience that is distinctive and impactful on the young generation preparing them for a successful career
- ❖ To engage, inspire and challenge the stakeholders to become leaders with ethics and positive contributors to their chosen field and humane citizens
- ❖ To attract, train and retrain qualified staff to work efficiently to bring forth the maximum resource potential

- ❖ To develop committed and responsible professionals who work for the welfare of the society by providing innovative and efficient solutions and creating long term relationship with the stakeholders
- ❖ To create a sustainable career, by collaborating with stakeholders and participating in community partnership for life and livelihood in the local society in a responsive and dynamic way
- ❖ To make our students globally competent by introducing specialized training leading to professional capabilities and developing diverse skills in them for competitive advantage.
- ❖ To establish quality standards for generations by epitomising professionalism and integrity while raising the achievements of students.
- ❖ To ceaselessly pursue excellence by strengthening a learning environment that makes the institution the most preferred destination in the country.



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INTRODUCTION

The ever-changing global scenario makes the world more modest and needs high levels of lateral thinking and the spirit of entrepreneurship to cope up with the emergent challenges. Many a times, the defined skill sets that are being imparted to students today with Programme Specific Objectives in educational institutions become redundant sooner or later due to rapid technological advancements. No university curriculum can adequately cover all areas of importance or relevance. It is important for higher education institutions to supplement the curriculum to make students better prepared to meet industry demands as well as develop their own interests and aptitudes.

Objectives The main objectives of the Value-Added Course are:

- ✓ To provide students an understanding of the expectations of industry.
- ✓ To improve employability skills of students.
- ✓ To bridge the skill gaps and make students industry ready.
- ✓ To provide an opportunity to students to develop inter-disciplinary skills.
- ✓ To mould students as job providers rather than job seekers.

Course Designing The department interested in designing a Value Added Course should undertake Training Need Analysis, discuss with the generic employers, alumni and industrial experts to identify the gaps and emerging trends before designing the syllabus.

Conduction of value added courses :

Value Added Course is not mandatory to qualify for any programme and the credits earned through the Value-Added Courses shall be over and above the total credit requirement prescribed in the curriculum for the award of the degree. It is a teacher assisted learning course open to all students without any additional fee.

Classes for a VAC are conducted during the RESERVED Time Slot in a week or beyond the regular class hours The value-added courses may be also conducted during weekends / vacation period. A student will be permitted to register only one Value Added Course in a Semester.

student will be encouraged to opt for the VAC offered by his/her parent Department/Faculty. Industry Experts / Eminent Academicians from other Institutes are eligible to offer the value-added course. The course can be offered only if there are at least 5 students opting for it. The students may be allowed to take value added courses offered by other departments after obtaining permission from Dean offering

the course. The duration of value added course is 30 hours with a combination 18 hours (60%) of theory and 12 hours (40%) of practical. However, the combination of theory and practical shall be decided by the course teacher with the approval of the Dean

GUIDELINES FOR CONDUCTING VALUE ADDED COURSES

- ❖ Value Added Course is not mandatory to qualify for any program.
- ❖ It is a instructor supported learning course open to all students without any added fee.
- ❖ Classes for VAC will be conducted during the **RESERVED** Time Slot in a week or beyond the regular class hours.
- ❖ The value-added courses may be also conducted during weekends / vacation period.
- ❖ A student will be permitted to register only one Value Added Course in a Semester.
- ❖ Students may be permitted to enrol in value-added courses offered by other departments/ Schools after obtaining permission from the Department's Head offering the course.

DURATION AND VENUE

- ❖ The duration of value-added course should not be less than 30 hours.
- ❖ The Dean of the respective School shall provide class room/s based on the number of students/batches.
- ❖ VAC shall be conducted in the respective School itself.

REGISTRATION PROCEDURE

The list of Value-Added Courses, along with the syllabus, will be available on the University Website. A student must register for a Value-Added Course offered during the semester by completing and submitting the registration form. The Department Head shall segregate according to the option chosen and send it to the Dean of the school offering the specific Value-Added Courses.

- ❖ Each faculty member in charge of a course is responsible for maintaining Attendance and Assessment Records for candidates who have registered for the course.
- ❖ The Record must include information about the students' attendance and Assignments, seminars, and other activities that were carried out.
- ❖ The record shall be signed by the Course Instructor and the Head of the Department at the end of the semester and kept in safe custody for future verification.

- ❖ Each student must have a minimum of 75% attendance in all courses for the semester in order to be eligible to take certificate.
- ❖ Attendance requirements may be relaxed by up to 10% for valid reasons such as illness, representing the University in extracurricular activities, and participation in NCC.
- ❖ The students who have successfully completed the Value Added Course shall be issued with a Certificate duly signed by the Authorized signatories.



Introduction to Yog Asana

Course Code: VCSYSN01

Course Objective

- To turn students towards their real goals.
- Promoting positive health, prevention of stress related health problems & rehabilitation through Yoga.

Course Outcome

- Increase their confidence & positive self-image.
- Build concentration.
- Easily transformation of negative aptitude

Course content :

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

Module 1

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

Module2

- Benefits of Yoga Asana
- Introduction to Yoga Asana techniques related to breathing, gazing, and awareness of the senses.
- Introduction to traditional and modern Yoga techniques.

Module 3

- Brief Introduction of Health Management through Yoga Asana Practices.
- Introduction about various Yoga Asana – Bhujangasana Vrikshasana, Garudasana, Hastottanasna, Suptvajasana, Makrasana, Savasan, Dhanurasana, Simhasana

References:

1. Kumar Kamakhya: Super Science of Yoga.
2. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006.

Dietary Wellness and Nutrient Management

Course Code: VCSYSN 02

Course Objective

- To turn students towards their real goals.
- Promoting positive health, prevention of stress related health problems & rehabilitation through Yoga.

Course Outcome

- Understand the concept of diet and the medical value of nutrition.
- Advise the appropriate diet to different age groups.
- Have an understanding about overeating and malnutrition.
- The course consists of theory & practical teaching on yogic lifestyle.

Course Content:

Module I

Concept, Definition and Objective of Diet.

Diet- General and Ayurvedic Quality, Dwadasayan Vichar, Quantity, Quality and Time.

Concept and Objective of Diet According to Yoga, Rules of Healthy Living.

Module II

Concept and Definition of Nutrition, Components of Nutrition.

Digestion and Absorption, Related Nutritional Condition Diet and Nutrition.

Proper Nutrition, Low Nutrition, Malnutrition, Reason of Malnutrition and Solutions.

Module III

Diet and Metabolism, Energy - Concept and Definition of Basic Requirements of Energy, Balanced Energy.

Metabolism - Concept of Metabolism, Calories Requirement Of B.M.R, S.D.A., Factors Influencing in B. M. R.

Reference:

- Ayurveda Aahar (Food / Diet) – Prof. R. H. Kulkarni.
- स्वस्थवृत्त विज्ञान – प्रो० रामहर्ष।
- योग व आहार - डॉ० गणेश शंकर व बाबूलाल दायमा।

Holistic Healing through Naturopathy

Course Code: VCSYSN 03

Course Objective

- To turn students towards their real goals.
- Promoting positive health, prevention of stress related health problems & rehabilitation through Yoga.

Course Outcome

- 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, and Rules of Fasting.
- Kinds of Fasting- Long and Short Fast, Complete Fasting, Half Fasting, Water Fasting, Juice Fasting, Fruit Fasting, One Meal Fasting.

References

- Henry Lindlahr. Philosophy of Nature Cure.
- S.J.Singh., History and Philosophy of Nature Cure
- M.K.Gandhi., My Nature Cure
- प्राकृतिक चिकित्सा एक समग्र उपचार पद्धति ३० सरस्वती काला

Yoga for Well-being and Stress Management"

Course Code: VCSYSN 04

Course Objectives:

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

Course Outcome:

Upon completion of the course, participants will be able to:

1. Demonstrate proficiency in various yoga poses, ensuring correct alignment and posture.
2. Apply pranayama techniques to enhance respiratory function and manage stress.
3. Utilize mindfulness and meditation practices for improved mental clarity and emotional resilience.
4. 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 : Asanas for Physical Health and Balance

- Exploring a variety of yoga asanas (postures)

- Emphasizing correct alignment and posture
- Enhancing flexibility, strength, and balance through asana practice

Module III : Pranayama for Respiratory Health

- Introduction to pranayama (breathing) techniques
- Enhancing respiratory function through controlled breathwork
- 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:

- Iyengar, B. K. S. (2001). "Light on Yoga." HarperCollins.
- Kaminoff, L., & Matthews, A. (2012). "Yoga Anatomy." Human Kinetics.
- Desikachar, T. K. V. (1999). "The Heart of Yoga: Developing a Personal Practice." Inner Traditions.
- Kabat-Zinn, J. (1994). "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life." Hyperion.
- Satchidananda, S. (2012). "The Yoga Sutras of Patanjali." Integral Yoga Publications.