

Paper – 3

Nisargopachar – Yoga – Svasthyam – II

PART – A

1. Mana (Mind): Definition, Introduction, characteristics, functions, interdependence of Mana & Sharira, Introduction to Manas Prakruti & various personalities, Introduction & Importance of Id, Igo & Super Igo; Introduction & Importance of Bhavana (emotions) and its relation with Yogic Chakras
2. Mano Swasthya (Mental health): Definition & introduction, Sadvrutta & Achara Rasayana (the code of conduct), Good & bad thoughts, Prajnaparadha & its effect on health, Importance of intellect and memory, Role of Yoga & Naturopathy in Mental health
3. Mano Vikara (Psychological disorders): Stress, Depression, Conflict & Complexes, Phobias, Personality disorders etc.
4. Manasopachara (Psychotherapy): Definition, Characteristics, Aims & Objectives, counselling and its Importance, various psychotherapies
5. Prarthana (Prayer): Definition, aims & objectives, techniques, physiological effects and therapeutic utility, effects of Mantra & Japa Chanting, Tantrika Prayoga and other religio-spiritual processes, medical Importance of Astrology

PART – B

1. Prathamika Swasthya Suraksha (Primary Health Care) – Definition, Introduction, Levels, Knowledge of First aid, contribution of Yoga & Naturopathy in common disorders .
2. Brief introduction to National Health Programmes :
 - Family Welfare Programme.
 - Mother and Child Welfare Programme.
 - National programme for Malaria.
 - Revise National Tuberculosis control programme.
3. World Health Organization, Alma-Ata declaration, Importance of AYUSH National Health Policy.
4. Contribution of Yoga and Naturopathy in global health scenario.
5. Role of Yoga and Nisargopachar in National Health care system.