

# Uttarakhand Ayurved University

Harrawala, Dehradun-248001

(राज्य सरकार का स्वायत्तशासी निकाय, विश्वविद्यालय अनुदानअधिनियम, 1958 की धारा 2(एफ) के अन्तर्गतमान्यताप्राप्त; भारतीय  
विश्वविद्यालय संघ (ए.आई.यू.) की सदस्यता प्राप्त)

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प्राकृतिक चिकित्सा एवं योगिक विज्ञान स्नातक  
(बी.एन.वाई.एस.)

"Bachelor of Naturopathy and Yogic Sciences"

## Rules and Regulations

**UNDER GRADUATE DEGREE PROGRAM IN NATUROPATHY AND  
YOGIC SCIENCE (BNYS – Bachelor of Naturopathy and Yogic Sciences)**

**RULES AND REGULATIONS**

The rules and regulations for Institution/ College running, Under Graduate Degree program (in Short BNYS) in Naturopathy and Yogic Science are formed to set the standard in the discipline to imbibe skill and professionalism in the pupil. These rules and regulations are mandatory for all the Institutions / Colleges running Under Graduate Degree Program (BNYS) in Naturopathy and Yogic science affiliated to Uttarakhand Ayurved University, Harrawala, Dehradun, Uttarakhand.

**About the course:**

BNYS (Bachelor of Naturopathy and Yogic Sciences) is a regular/ full time Four and half Year course including One Year compulsory Rotatory internship. This course is affiliated to Uttarakhand Ayurved University, Harrawala, Dehradun, Uttarakhand. Institutions/ colleges registered under university fulfilling the mentioned criteria can apply and run a B.N.Y.S course.

**General requirements for opening/ running new Naturopathy and Yogic Sciences College:**

**1. Documents:**

Minimum necessary documents required by the society or trust for establishment of Institution/ college to run B.N.Y.S course:

- a) The society or trust must be minimum Five years old.
- b) Registration certificate of the society or trust under rules and regulation of the state.
- c) Name, designation, addresses of the members of the society or trust.
- d) By laws of the society or trust.
- e) Balance sheet for last three financial years.
- f) No objection certificate form State Government.
- g) Aims and Objectives of the society or trust.
- h) One page Summary of the society or trust.
- i) Permission from AYUSH, if necessary.

**2. Minimum infrastructure:**

Any institution running Under Graduate Degree Program (BNYS) in Naturopathy and Yogic science, leading to conferment of Under Graduate Degree in Naturopathy & Yogic science on successful completion of the Programs shall have minimum standard infrastructure facility stipulated by the University. The Institution shall ensure the maintenance of the standard infrastructure and other facilities for the students to suitably impart Naturopathy & Yogic science Studies.

**3. Freehold or Leasehold Property:**

Every Institution/College providing education in Naturopathy and Yogic science must have either on freehold or on long leasehold land, specified in **Schedule I**. Here inadequate provision shall be made for academic buildings, hospital/ OPD, library, e-learning, indoor and outdoor sports facilities and hostels for male and female students separately, as the case may be, in its name or organization running it. Where Institution/ College/organization obtained land on lease the period of lease shall be not less than ten years.

**4. Academic Building:**

Every Institution/College shall have academic building, specified in **Schedule II** making provision for class room and also such other rooms for tutorial work, practical, e-

learning, common room for male and female students and adequate library space for keeping books, periodicals, and journals. The library shall also have adequate reading space for at least 25% of the enrolled students according to per capita reading space.

**5. General timing for conducting of courses in Academic Building:**

Classes maybe conducted between 07:00 a.m. to 5 p.m. in an Institution, which is not fully residential. However, the Library may remain open till 10 p.m.

**6. College Council:**

Every College/Institution shall have a College Council comprising of faculty as members and Principal/ Head of the Department/ Dean as Chairperson. The Council shall meet at least four times in a year to draw up the details of curriculum and training program, enforcement of discipline and other academic matters.

**7. Library Building:**

There shall be adequate space in the library building for computer facility with access to internet and national and international library access and data bases.

**8. Minimum Library requirement:**

To start with, a Naturopathy & Yogic science Library shall have such number of text books, reference books and in each subjects taught during the period according to the minimum standard ratio of ten books for each registered students and journals with the back volumes for at least ten years. The minimum investment in Library in each academic year shall be minimum Rupees Two Lakhs.

**9. Research work:**

Every Institution/College shall make provision for the faculty and students to undertake research work.

**10. Naturopathy and Yogic sciences Hospital:**

Every Institution/ college shall establish and run a Naturopathy and Yogic science hospital under the supervision of a senior faculty member who may administer the hospital.

**11. Playground:**

There shall be a playground, outdoor and indoor for the staff and students. The sports activities shall be promoted under the care and guidance of a qualified physical education instructor.

**12. Hostel for students:**

There may be facility required for students separately for males and females students constructed on such standard as may be prescribed by the authorities recognized by the Government.

**13. Anti Ragging Measures:**

Every Institution/College shall – (a) Conduct orientation program on prevention of ragging to the newly registered students. (b) Constitute a Standing committee consisting of a chairman five members among them three from the faculty of whom one shall be a woman, and two shall be a student of whom one shall be a lady student. (c) Committee should conduct enquiry immediately as soon as the incident of ragging is reported. (d) Submit the report, forthwith, along with the action taken to the University for Information.

**14. Issuing Enrolment number of students and faculty:**

Every Institution/College shall send particulars as prescribed the University of its Registered Students and faculties for the purpose of building up of uniform data of the faculty and the students of Naturopathy & Yogic science and for issue of Enrolment number to

students and Unique ID for faculty against a fee prescribed by the University from time to time.

**15. Fees and Security deposit:**

Every Institution/College before seeking affiliation with a University shall deposit application and processing fees (including N.O.C charges) Rs. 1,00,000/-, affiliation fees Rs. 1,00,000/- per year, consent of affiliation Rs. 5,00,000/- and security amount Rs. 15,00,000/- in the form of demand draft in favor of Finance Officer, Uttarakhand Ayurved University. Fees and security amounts could be revised yearly as decided by Executive Council of University.

**16. Intake to the Course:**

- a) The fresh intake to the Under Graduate Degree Program in Naturopathy and Yogic science to any Institution/College shall not exceed 60 students.
- b) The University may increase the intake on the recommendation of the inspection committee subject to the maximum of 20 seats. Provided, the Institution/ College makes application, seeking increase in intake, only after the successfully completion of five years stand.
- c) The total intake of the Institution/ College shall not exceed 100 seats.
- d) **Eligibility of the candidate:** Candidate having Minimum 50% marks (45% for SC/ST/OBC candidates) in 12<sup>th</sup> in Physics, Chemistry and Biology in 10+2 from a recognized education board having transfer certificate (TC) and school leaving certificate can apply for the course. Admission to B.N.Y.S will as per Government rules (based on NEET). 50% seats will be allotted under government quota and 50% management quota both through NEET OR as decided by the university OR Government of Uttarakhand.

**17. Clinical Facility:**

Every Institution/College shall have provision for clinical facility, specified in **Schedule III.**

**18. Practical Batch:**

- a) The students shall carry out the practical learning under the guidance and supervision of a teacher.
- b) Every batch for practical learning shall consist of not more than twenty students.
- c) E – learning shall be part and parcel of the Under Graduate Degree Program in Naturopathy & Yogic science (BNYS).

**19. Laboratories:**

- (a) Every Institution/ College running Under Graduate Degree Program in Naturopathy and Yogic science shall have adequate laboratory facilities specified in **Schedule IV.**
- (b) The standard of such laboratory, per capita space, equipments, supplies and other facilities shall be in consonance with **Schedule IV.**

**20. Maintenance of Records:**

All Records of the Institution/College including financial, academic, hospital/clinical and other organizational records and the meeting proceedings shall be kept in safe custody by the Head of the Institution in the Office of the Institution and shall remain accessible to all authorities and inspection teams.

**21. Principal/ Head/Dean:**

- (a) Every Institution/College shall have a full time Principal.
- (b) The principal of the Institution/ College shall possess the qualification specified in **Schedule V.**

**22. Core faculty:**

Every Institution/College shall have sufficient number of full time faculty members, specified in **Schedule V**, at all point of time for running Under Graduate Degree Program in Naturopathy and Yogic science (BNYS).

**23. Teaching days:**

Every Institution/College shall have at least 200 full teaching days per year. Explanation – “Teaching days” means actual class room/laboratory contact teaching days, and shall not include days of examinations.

**24. Minimum weekly class program per subject (paper):**

The pedagogical exercise shall be undertaken as prescribed in the Regulation governing Under Graduate Degree Program.

**25 Workload:** (l) The teaching load of teachers shall be not less than 40 (Forty) hours a week, of which teaching-contact hour shall be as under –

- (a) Principal -2 Hrs per week
- (b) Professors – 8 Hrs per week.
- (c) Associate Professors/ Reader – 12 Hrs per week.
- (d) Lecturer/ Assistant Professors – 18 hours Hrs per week.

**26. Standard Academic practice:**

The University may issue directives from time to time for maintenance of the standards of Naturopathy and Yogic science Education and it shall be duly complied by such Institution/College.

**27. Formal Dress Code:** Students shall have formal dress of medical professional.

**Schedule I (Land):**

Urban / Corporation / CMC/ Rural / Panchayat: The total build up area required for adequate infrastructure including medical college, hospital and other infrastructure required under these regulations is made available in a single piece of land, not less than three acre, for an intake capacity up to 20 – 60 seats. For intake capacity from 61 to 100 seats, the land shall not be less than 5 acres; the land should be owned by the college or possessed on lease, in the name of the college, of not less than ten years or maximum permissible period as per State regulations. Renewal of permission shall, however, be required on expiry of lease, in not more than two plots at a distance not exceeding five kilometer. The plot, if separated by a road or canal or rivulet but connected with a bridge, will be treated as one piece of land.

**Schedule II (Building):**

**Academic Building:**

Built up area to run a four and half year degree course in Naturopathy & Yogic science, the needs are:

- a) Classrooms- 5
- b) Laboratory – specified in **Schedule IV**
- c) OPD Units
- d) Staff rooms
- e) Main Office
- f) Principals chamber
- g) Common room separate for boys and girls
- h) Yoga Hall/Examination Hall / Recreation room

- j) Audiovisual room
- k) Examination area
- l) Clinical facilities (Teaching Hospital)

**Classroom dimensions:** The calculation for area marked for the size of each classroom is done as 20 sq. ft / student so for an intake of 20 to 60 students, a minimum size is 1000 sq. ft for each classroom. Additional space for increased intake is to be calculated as 10 sq. ft / student. Classroom to be fitted with Audiovisual facilities.

**Staff room:** The area to be calculated as 50 sq. ft / staff. A four and half year program needs at least 28 core subject members.

**Main Office Space:** A minimum of 400 sq. ft to accommodate 3 members of administrative staff.

**Principal/ HOD room:** A minimum of 200 sq. ft

**Common room:** Boys – 200 sq. ft, girls- 300 sq. ft with wash room facility.

**Multipurpose room:** Yoga Hall/ Recreation Hall / Examination hall – 1500 sq. ft.

**Library room:** 2000 sq. ft. in an institution of Naturopathy and Yogic science, a single central library is a must; a separate section for staff in the same area should be earmarked. In case of a group of institutions with a common central library, a separate departmental library for Naturopathy and Yogic sciences is a must.

Total books at least 2000 books (Minimum 60% of the books shall be in Hardcopy and remaining in the form of E-Books). Core Subject – 1200 to 1400 books. Allied subjects – 600 books. Journals – 10 National /International Journals to be provided for (Minimum 60% of the journals shall be in Hardcopy and remaining in the form of E-Journals).

**Audiovisual room:** A provision for audiovisual facilities is a must.

**Examination area:** A separate examination hall area accommodating number of admitted students shall be there for conducting examinations.

**Rules for examination:**

- The student will be eligible for examinations only if he or she has sufficient percentage of attendance (minimum 75%) in each year. For promotion in second year he/ she must clear the first year examinations.

Supplementary/ fail student will be conditionally promoted. This rule will be applicable for promotion in consecutive years also.

- If the student fails in more than three subjects in a year, he /she will not be promoted in next year and has to repeat the year. However, if the student fails in two subjects he / she will be provisionally promoted on the condition of clearing both subjects before final exams of next year. In case student is not able to clear the supplementary exams he/ she will not be allowed to appear in next year examination.
- Only two attempts will be given to clear supplementary exams, failing to which the candidature will be cancelled and refuse entry to the University for the same course.

*Note: The College can apply for recognition as Centre for Examination Only after the first batch reaches Final Year. Until then all final examinations will be conducted in University campus, scheduled as per university academic calendar.*

**Scheme Guidelines for the Infrastructural requirements to the departments:**

S.No.	Departments	Sq. feet Area for 20 to 60 Students	Sq. feet Area for 61 to 80 Students	Sq. feet Area for 81 to 100 Students
1.	Anatomy (including Dissection Hall)	1,500	2,000	2,000
2.	Physiology and biochemistry	500	500	500
3.	Philosophy of Naturopathy and Yoga	500	500	500
4.	Yoga and mind Body Medicine	500	500	500
5.	Pathology and microbiology	500	500	500
6.	Community Medicine	300	300	400
7.	Energy Medicine (Acupuncture & Acupressure, Color and magneto biology)	300	300	400
8.	Manipulative therapies and physical medicine with rehabilitation	300	300	400
9.	Allied Health Sciences, Forensic medicine and toxicology	300	300	400
10.	Fasting, Dietetics, Nutrition & Medicinal herbs	300	300	400
11.	Hydrotherapy and mud Therapy	500	500	500
12.	Modern Diagnostic Methods, Obstetrics and Gynecology	300	300	400
13.	Naturopathy Diagnostic Methods, Clinical Naturopathy and Yoga Therapy & Research Methodology	300	300	400
14	Other Facilities			
a.	Yoga Hall	1500	1500	2000
b.	Herbal Garden:	300	300	400
c.	Grass/ bare foot walking track	300	300	400
d.	Water pool	300	300	400

(6)

**Syllabus Guidelines for the Subjects (Year wise):**

S.No.	Year	Subjects
01.	1 <sup>st</sup> Year BNYS (Duration 1 Year)	<ul style="list-style-type: none"> <li>• Human Anatomy.</li> <li>• Human Physiology and Biochemistry.</li> <li>• Philosophy of Nature cure.</li> <li>• Principles of Yoga.</li> <li>• Sanskrit.</li> <li>• Yogabhyasa (Practice of Yoga).</li> </ul>
02.	2 <sup>nd</sup> year BNYS (Duration 1 Year)	<ul style="list-style-type: none"> <li>• Pathology and Microbiology.</li> <li>• Community Medicine.</li> <li>• Acupuncture &amp; Acupressure (Energy Medicine).</li> <li>• Color and Magneto Biology.</li> <li>• Yogadarshan and Sidhanta with Yogabhyasa (Practice of Yoga). Yoga and Mind Body Medicine.</li> <li>• Fasting.</li> <li>• Dravya Guna Vijyana (Medicinal Herbs).</li> </ul>
03.	3 <sup>rd</sup> Year BNYS (Duration 1 Year)	<ul style="list-style-type: none"> <li>• Ashtang Yoga, Shaddarshan and Yogabhyasa (practice Yoga).</li> <li>• Diagnosis in Naturopathy.</li> <li>• First Aid and modern diagnostic methods.</li> <li>• Manipulative Therapies.</li> <li>• Medicine with Rehabilitation.</li> <li>• Marma (acupuncture and acupressure methods).</li> </ul>
04.	4 <sup>th</sup> Year BNYS (Duration 1,1/2 Year)	<ul style="list-style-type: none"> <li>• Hydrotherapy and Mud Therapy.</li> <li>• Fasting, Dietetics and Nutrition.</li> <li>• Modern Diagnostic Methods, Obstetrics and Gynecology.</li> <li>• Naturopathy Diagnostic Methods.</li> <li>• Clinical and physical treatment.</li> <li>• Practical demonstrations in Naturopathy.</li> <li>• Naturopathy and Yoga Therapy management and Research Methodology.</li> <li>• Yoga and Naturopathy treatment based short dissertation.</li> </ul>
05.	Internship	Compulsory One Year Rotatory Internship/ training should be completed at any Yoga and Naturopathy therapy center/ hospital recognized by state or central government.

**Schedule III (Clinical Facility):**

- Requirement of beds, bed occupancy and Out Patient department attendance: The number of beds, bed occupancy and Out Patient Department attendance in hospital for undergraduate course shall be as per Table-1. Distance between two beds in General ward should not be less than one and a half meter.
- Space requirement: The hospital shall be suitable spacious to Accommodate Out Patient Department and In Patient Department and wards in addition to reception, patients waiting area clinical laboratory, kitchen, service rooms, medical record-room, store Rooms, separate wards, for male and female, Duty rooms for Doctors, Nurses and other staff etc. required for a fully functional hospital. The specification of built up area including infrastructure and equipments required in the attached hospital shall be as per Table- 2, Table -3A-B, Table -4 and Table -5.