

PROSPECTUS



**SATYASAI MEDICAL COLLEGE,
HOSPITAL & RESEARCH CENTRE, ODISHA**



- Stretches and protects your spine •
- Brings harmony to your life •
- Keep your muscles strong •
- Calm your nerve system •
- Increases your blood flow •
- Improves your reaction •
- Prevents joint problems •
- Increases concentration •
- Improves your posture •
- Helps you to sleep well •
- Improves metabolism •
- Relieves depression •
- Increases immunity •
- Makes you happier •
- Makes you flexible •
- Helps you to relax •



Improves your heart rate •

Strengthens your bones •

Normalize your blood pressure •

BENEFITS OF YOGA

Makes you stress-free •

Improves your memory •

Helps you to normalize your weight •

Yoga is an art & Science of right living. Yoga is beneficial for the whole person Physical, Mental, Emotional, Psychic & Vital.



KNOWLEDGE BASE

BNYS (Bachelor of Naturopathy & Yogic Sciences)-

Course Details, Duration & career options.

BNYS (Bachelor of Naturopathy and Yogic science) is an under graduate program in Indian systems of medicine, which covers the study of both Naturopathy medicine & therapeutic yoga. Naturopathy is a system of treatment which recognizes the existence of the vital curative force within the body. It is a drug-less, non-invasive, rational and evidence based system of medicine imparting treatments. With natural elements based on the theory of vitality, theory of toxemia, theory of self healing capacity of the body and the principles of healthy living. It helps human system to remove the cause of disease by expelling the unwanted and unused matters from human body. Yoga is an ancient art, which combines physical exercises, mental (meditation), and breathing techniques for harmonizing the system of development for body, mind and spirit.

The duration of B.N.Y.S. course in India is 5½ years with 4½ years of classroom study and one year compulsory internship. BNYS Medical Graduates are equivalent to MBBS / BHMS / BAMS / BUMS medical Graduates. On completion of the program, students are eligible to register their names in state register of naturopathy & yogic science and prefix "Dr", before their name and called as Doctor.



REGISTRAR



DEAN



INTRODUCTION TO THE COLLEGE

Satyasai Medical College, Hospital & Research Centre was established in 1991 in the temple city of Bhubaneswar, Orissa. This college has been imparting Education, Training, Research and Health services through the DEGREE Course-Bachelor in Naturopathy & Yogic Sciences (BNYS).

The Degree course BNYS has been introduced from the year 1991-92 as per course curriculum of central council for research in Yoga & Naturopathy, New Delhi and is affiliated to UTKAL University, Bhubaneswar and has obtained accreditation from Govt of Odisha in the department of Health & Family Welfare.

Infrastructure of the college : There are separate campuses for college, Hospital, Hostel and Administration. At present sufficient library books have been provided in the college library and various journals have been provided in the reading room. More books will be added to the library gradually every year.

At present, Modern Laboratories have been provided to students. As per the guide lines of C.C.R.Y.N, New Delhi and guidelines of Health & FW Dept, Odisha for BNYS degree course, there are eminent well qualified faculty members in all the teaching departments.



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A dissection hall under Anatomy Department has been provided with cadaver & museum facility for practical classes of students.

All teaching equipments have been provided to both teaching staff and students.

Furnitures and fixtures at the minimum have been provided to Lecture Halls, Teaching departments, college office, Administration and separate Hostels for boys and girls.

Hostel Facilities : Two separate hostels have been provided for male & female students.

College Campus : A ragging free college campus has been well designed in a natural and serene environment away from Bhubaneswar capital city where transportation facilities are available.

The location is quite accessible and convenient being situated near Trisulia Chhak away from both Cuttack city and Bhubaneswar capital City. The college is endowed with a team of highly qualified and experienced teaching staff. The college has been established with the objective of providing quality education and training to students in both the theoretical & practical aspects of naturopathy & yogic methods. It is the first and the oldest institute of its kind in Odisha.

With the affinity for seeking natural remedies for healthcare growing worldwide, naturopathy offers an excellent career avenue for students aspiring to serve mankind through the medical profession. It is the motto of the SATYASAI MEDICAL COLLEGE, HOSPITAL & RESEARCH CENTER that the students who pass out of its portals will grow up to be successful professionals in this challenging field and justify the hopes that society has placed upon them.



SYLLABUS / SUBJECTS IN B.N.Y.S

The BNYS program trains students to acquire knowledge and skills for diagnosing and treating many diseases affecting humans through Naturopathy and Yogic Sciences.

- Human Anatomy I & II
- Biochemistry
- Human Physiology
- Philosophy of Nature Cure
- Philosophy and Practice of Yoga
- Fundamentals of Indian Medicine
- Yoga and Physical Culture I & II
- Sanskrit
- Pathology and Microbiology
- Diagnostic Methods in Yoga and Naturopathy
- Modern Diagnostic Methods
- Basic Pharmacology
- Forensic Medicine & Toxicology
- Social Preventive Medicine
- Psychology & Basic Psychiatry
- Obstetrics & Gynaecology
- Manipulative Therapy, Chiropractic, Osteopathy & Aromatherapy
- Yoga Therapy
- Hydrotherapy & Mud therapy
- Fasting, Nutrition & Dietetics
- Chromo therapy & Magneto therapy
- Physiotherapy
- Acupuncture, Acupressure & Reflexology
- Surgery, First Aid & Emergency Medicine
- Medical ethics & Hospital Management
- Management of Disease through Yoga and Naturopathy I & II



INTRODUCTION TO THE HOSPITAL

A 100 bedded Hospital is attached with this college, including several departments.

These departments are as follows

1. Out Patients Department (OPD)
2. Department of Yoga
3. Department of Acupuncture
4. Department of Dietetics & Nutrition
5. Department of Physiotherapy
6. Department of Hydrotherapy
7. Department of Acupressure
8. Department of Manipulative Therapy
9. Department of Magento therapy

This Hospital also provides Emergency ward for Emergency patients, Including :

1. Obstetrics & Gynaecology (O & G) Ward
2. Paediatric ward
3. Neurology ward
4. Casualty

Beds will be increased gradually after completion of additional buildings. This Hospital provides treatment for outdoor and indoor patients. Till now lot of patients have been treated there miraculously & patients got better result from qualified & experienced doctors in Hospital.

INTRODUCTION TO THE RESEARCH CENTRE

A Research Centre has been attached with this college. Some research facilities of patients and incurable diseases are available. The Research activities of the doctors are very scientific.

The aim of the Research Centre is prevention & cure of various Hazardous diseases and mobilization of the mode of treatment. Degree Holders and high qualified doctors can do research work here.

INTRODUCTION TO BNYS

Yoga & Naturopathy :

Yoga & Naturopathy is a system of AYUSH. It constitutes an independent system of healthcare which is entirely natural, simple and safe being without side effects.

With emphasis on cause rather than effect naturopathy and yoga not only help to overcome maladies but also serve to prevent the very occurrence of disease in the first place through imparting scientific and wholesome lifestyle that is designed to prolong health and longevity.

The overcrowding at the large number of naturopathic treatment centres already operating in India and abroad testifies to the growing popularity of Yoga and Naturopathy sciences as a system of medicine. This trend is largely due to the growing public concern world-wide. Over the after effects of drugs used in other systems of medicine which has resulted in a concerted search for alternative; more effective systems of treatment.

Hence the scope is enormous both in the private and Govt. sectors for BNYS degree holders meet the ever increasing demands of patients seeking treatment.

Acupuncture :

This is the most ancient and simplest chinese system of curing various diseases caused mainly due to imbalance of negative and positive forces in the body. The treatment is done by applying needle puncture of the meridian points.





Acupressure & Reflexology :

Accupressure is an ancient healing act i.e. based on the traditional Chinese medicine practice of acupuncture. With accupressure you put pressure on specific places on your body. These places are called acupoints. Pressing these points can help release muscle tension and promote blood circulation. Reflexology is the application of pressure to areas on the feet (or the hands). Reflexology is generally relaxing and may help alleviate stress. The theory behind reflexology is that areas of the foot correspond to organs and systems of the body. Pressure applied to the foot is believed to bring relaxation and healing to the corresponding area of the body. The human body is a perfect machine which can regulate itself, provided the natural rules of food, work and rest are observed. When we transgress natural rules, we create toxins in the body, which the body attempts to get rid of. This attempt is considered as disease & is given different names according to different symptoms. If the transgression of rules is set right by natural methods available to every human being, complete cure is possible without any aid.

Chromotherapy :

Chromotherapy is the use of the visible spectrum, or color light, to heal the physical, mental and spiritual energy imbalance that tends to lead to disease. It is one of the most holistic and simple methods to cure illness. This healing modality does not require you to consume anything, nor does it require putting anything on your body like an ointment. You simply lay or sit under the desired color.

Colors are all vibratory. Each of the color photons has its own wavelength and frequency. The body recognizes these waveforms and responds to them. The way we perceive color is because of the vibration it holds. Each color charges our cells a certain way as a result. Each color gives us a certain amount of energy manifesting as creativity, motivation, happiness, or energy that relaxes our bodies, clears the mind of anxiety and stress, and gives us a good night of rest.

In Vedas great praises are made of sun & they are proper. Our cosmos is existing because of sun. All the living beings get their energy from the sun. And this energy is abundant & unlimited, so it should be used maximum.

The sun has the seven colours of violet, Indigo, blue, green, yellow, orange & red. Out of which first three are creating cool effect on the body & are also antiseptic. The last three colours create heat, green is neutral.

Dr. Edwin D. Babit, M.D. of USA. proved with experiments that in all types of patients ever with chronic & dreaded diseases; this chromo therapy is very effective.

Magneto therapy :

The function of our body is through electromagnetic impulse created in the brain & transmitted to various organs of the body through a complex nervous system.

Magnetic field maintains hemostasis of body & feeling of full vigour & vitality.

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In ailments like arthritis, Rheumatism, blood pressure and Diabetes etc. North pole is applied on right side of the body & south pole is applied on left side of the body.

Manipulative Therapy :

Manipulative therapy is otherwise known as massage therapy.

Massage Therapy : Massage has salubrious effects on skin, muscles, decoagulation of blood, Nerves, Digestive system, Urinary, System, Heart.

Hydrotherapy :

Hydrotherapy is a therapy by which certain incurable diseases are cured on the application of water techniques.

Different techniques are Hip bath, Spinal bath, Foot bath, Steam bath, Full immersion bath etc.

Physiotherapy :

Physiotherapy is a therapy by which all peripheral [Somatic] nerves and central nervous disorders are relieved by application of super exercise techniques, based on scientific background.

Naturopathy & Yogic Science is recognized as an Indian system of medicine.
Ministry of AYUSH, Govt. of India.





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Career Prospects after BNYS :

- Start your own clinic.
- Lecturer in any Naturopathy Medical College.
- Govt. Naturopathy Doctor in Govt. hospital.
- Naturopathy Doctor in private hospital.
- Hospital Management / Administration (after MBA in Hospital Mgt.)
- Clinical Research Field.
- Medical Officer.
- Medical Consultant.
- Fitness Training Centres.
- Yoga Studios.
- SPA Managers & SPA Therapists.
- Health Consultant.

ACADEMIC PROGRAM

FIRST BNYS : (Duration 1½ year)

- Anatomy
- Physiology
- Biochemistry
- Philosophy of Nature Cure
- Philosophy & Practice of Yoga
- Fundamentals of Indian Medicines
- Sanskrit



SECOND BNYS : (Duration 1 year)

- Pathology
- Microbiology
- Community Medicine
- Forensic Medicine & Toxicology
- Diagnostic Methods in Naturopathy
- Yoga & Physical Culture - I

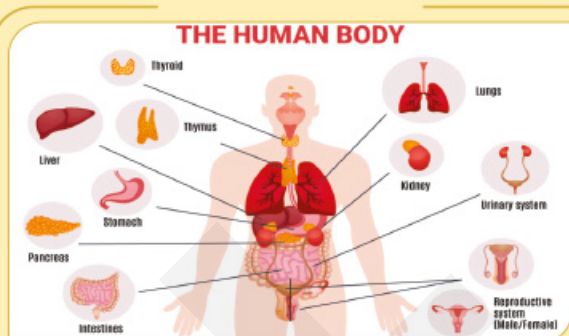


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THIRD BNYS : (Duration 1 year)

- Diagnostic Methods in Modern Medicine
- Basic Pharmacology
- Psychology and Basic Psychiatry
- Obstetrics and Gynaecology
- Yoga and Physical Culture - II
- Nutrition and Herbology
- Manipulative Therapies, Aromatherapy, Chiropractics & Osteopathy



FOURTH BNYS : (Duration 1 year)

- Hydrotherapy & Mud Therapy
- Yoga Therapy
- Fasting & Diet Therapy
- Chromo Therapy & Magneto Therapy
- Physiotherapy
- Acupuncture, Acupressure, Reflexology
- Emergency Medicine, Minor Surgery & First Aid
- Hospital Management

The Human Skeleton



INTERNSHIP (Duration 1 year)

1 Year Of Compulsory Resident Internship Training (C.R.R.I)



SCHEME OF INSTRUCTIONS FOR BNYS DEGREE COURSE

Title of the Course :

The Course shall be called Bachelor of Naturopathy & Yogic Sciences (BNYS)

Eligibility for admission : (As per Guidelines by Govt. of Odisha, Dept. of Health & Family Welfare)

Students possessing +2 Science qualification securing 50% marks in aggregate in CHSE/CBSE/ICSE and having Physics, Chemistry and Biology as optional subjects are eligible to take admission in BNYS Course. Accordingly, the College shall bring out Prospectus laying the details eligibility criteria, admission fees etc. as per rules.

Duration of the course :

- The duration of the course shall be 5½ Years (Five and Half Years)
- The course shall include a period of regular study of four and Half Years; followed by compulsory rotatory internship of one year.
- The period of regular study shall be divided into Four phases of one and half (1½) years and one year each second, Third and Final year and the successive phases be referred as first, second, third & Final BNYS Degree course respectively.

Attendance :

- A candidate shall be considered to have satisfied the requirement of attendance for each part/phase if he/she attends not less than 90(percent)% of the classes conducted up to the end of the part/phase in that subject.
- The candidate who does not satisfy this requirement shall not be permitted to take whole examination of University with respect to that part/phase.
- Such a Candidate having shortage of attendance shall be required to attend 90 percent of the classes held up to the end of the term by repeating that subject of that part/phase during a subsequent term.

Non-appearance for Examination :

Any candidate who fails to appear continuously for 3 successive examinations in any

subject/s (in spite of having required attendance & having qualified to appear for examinations) shall be required to seek fresh permission for further appearance.

Scheme of Examination :

- The examination shall be held usually in the month of April/May & in December/January or any other dates prescribed by the Utkal University
- The scheme of examination & break up marks for theory (including internal assessment & oral/viva-voce) and for practical/clinical including practical record for each subject of First, Second, Third and Final BNYS
- The break-up marks of practical/clinical examination/s (Excluding internal assessment) for each subject shall be as provided.

Clinical Teaching Programme :

- The clinical teaching programme under clinical subjects shall be conducted at a recognised Hospital/Clinical facility.
- The clinical postings shall be conducted during all the terms of second BNYS Degree course and the terms of third & final BNYS degree course.

Award of Pass :

A candidate shall be declared successful provided he/she secures marks in all the subjects as detailed below:

- 50% in theory; 50% in practical to be enforced separately for a pass in all the BNYS Degree course examinations.
- A candidate shall be declared to have passed in second division if she/he secures an aggregate of 50% to 64% marks.

Award of First Class :

Award of First Class - a candidate who secures an aggregate of 65% to 74% of marks in one attempt shall be declared to have passed in First class.

Award of Distinction :

- A candidate shall be declared to have secured distinction in a subject in which he/she secures 75% marks & above in one attempt shall be declared to have passed in distinction.
- A candidate who gets more than 75% or marks & above in one attempt shall be declared to have secured over all distinction.



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Award of BNYS Degree :

- A Degree in "Bachelor of Naturopathy & Yogic Sciences" shall be awarded to the candidate who has satisfied the following conditions.
- He / She must have passed the examination in the entire subjects of BNYS Degree course examinations of University.
- After passing the above examination he/ she must have successfully completed the one year compulsory rotatory internship at Nature Cure & Yoga Hospital which shall consist of work/duty posting in the following section/department for the period specified against them.

Seats And Reservations :

The number of seats available during the session 2021-2022 is 100 (Hundred) in BNYS Course.

The compulsory rotatory internship of 12 months duration shall consist of work/duty postings in the following sections/departments for the period specified against them.

Sl No.	Sections / Departments	Duration
1	Yoga Therapy	1 Month
2	Pathology	1 Month
3	Dietetics	3 Weeks
4	Fasting Therapy	3 Weeks
5	Physiotherapy	1 Month
6	Manipulative therapeutics	1 Month
7	Chromotherapy	2 Weeks
8	Magneto therapy	2 Weeks
9	Acupuncture, acupressure & Reflexology	2 Weeks
10	Hydro therapy	1 Month
11	Naturopathy diagnostics	1 Month
12	S.P.M	1 Month
13	Modern Diagnostics	1 Month
14	Obestetrics & Gynaecology	1 Month
	Total	12 Month

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The following documents should be attached with the application form :

- Self-attested Xerox copy of matriculation certificate.
- Self-attested Xerox copy of +2 Science certificate & Mark sheet.
- Self-Attested Xerox copy of caste certificate for SC/ST.
- 3 Self attested passport size photographs & 1 stamp size photograph.
- One stamped and self-addressed envelope 23 cm X 10 cm size.
- Self-Attested Xerox copy of Adhar card.

Miscellaneous :

- Application for admission to the hostel will be available in the college office after notification by the principal.
- The candidates have to abide by the rules of the college, Hospital & Research Centre as mentioned in the Satyasai Medical College, Hospital & Research Centre and such other changes/additions brought there from time to time by the competent authority.
- The Principal takes no responsibility for any delay in report of or loss of application or any correspondence in postal transit.
- In the matter of selection/admission, the decision of the selection committee shall be final.
- No correspondence of any kind after submission of the application be maintained.
- Matters not covered by these rules will be decided by the principal of the Satyasai Medical College, Hospital & Research Centre whose decision shall be final.

Goal of BNYS Course :

- To effectively integrate the conventional basic sciences (human physiology) with the traditional medical systems and to enhance the understanding of their effect and therapeutic potential.
- To provide state of the art learning facilities (audio, visual aids, interactive learning systems) to conceptualize the ancient medical system.
- To run advanced laboratories under each department (basic and clinical sciences) for effective experimental training and research.
- To provide best possible clinical setting for clinical training and research.
- To prepare every physician with an in-depth understanding of basic sciences, superior clinical training and with an outlook for research and development.



