

**S.D.M College of Naturopathy and Yogic Sciences, Ujire-574 240, Karnataka State, India** is the country's first and largest institution to offer a degree in Naturopathy and Yoga.



Dr. D. Veerendra Heggade  
President

In 1986 Dr. D. Veerendra Heggade the Dharmadhikari of Sri Kshethra Dharmasthala, started a small Nature cure and Yoga Therapy hospital in Dharmasthala, a famous pilgrimage center which attracts people from all sections of the society. He considers Vidyadana (educational charity) as the greatest of the charities and realizing the need for professional education in the field in August 1989 he established the S.D.M College of Naturopathy

and Yogic Sciences under Sri Dharmasthala Manjunatheshwara Educational Society (SDMES), Ujire, which was the first of its kind in the country.

The dream and vision of Dr. D. Veerendra Heggade, President SDM Educational Society has made this institute a pioneer and a role model for all other colleges in the field. The entire course closely follows the principles of Swami Vivekananda, according to which, bringing best of the east and the best of west will help in giving a modern approach to the country's philosophical and cultural heritage. The college aims at quality education in the field of Naturopathy and Yoga fulfilling the motto of SDM institutions "Putting Value into Education".

### Naturopathic Medicine and Yoga

It is a school of medical sciences having a sound philosophical background. It seeks to improve health and treat disease chiefly by assisting the body's innate capacity to recover from illness and injury. Naturopathy believes in the inherent healing powers of nature and uses non-invasive methods of intervention to create a suitable environment to facilitate the healing of the body by itself. Nature regulates the health and the doctor would complement the same. Naturopathic medicine is a comprehensive system of health care within the complementary and alternative medicine world that incorporates many treatment modalities. Naturopathic practice may include a broad array of non pharmacological treatment modalities which includes manipulative therapy, hydrotherapy, physiotherapy, energy medicine, diet therapy, fasting therapy, acupuncture, nutritional and lifestyle counseling etc.



Yoga is an ancient science and way of life which helps in overall personality development and is an effective tool in maintaining health and prevention and managing diseases. With its very basic concepts of equilibrium between body and mind, the global scientists in medicine have approved this system as a healing science. The integral approach of yoga therapy brings balance at the physical, mental, emotional, social and spiritual levels.

### The Bachelor of Naturopathy and Yogic Sciences (BNYS) degree

BNYS is a Five year Medical Degree in Naturopathy & Yoga which include four years of full time study and 1 year of rotatory internship program which is a full time clinical training in various institutions, clinics and Hospitals. The medium of instruction is English.

#### Affiliation

The course is affiliated to Rajiv Gandhi University of Health Sciences, Bangalore which is the largest Medical University in India with more than 700 Medical and paramedical colleges in Karnataka State of India.

#### Intake

The Intake capacity for the course is 60 students every year.

#### Eligibility

The eligibility conditions for entrance to BNYS course are that a candidate must have passed the two-year Pre-University or Plus Two or 12<sup>th</sup> examination or equivalent with Science subjects obtaining at least 45% aggregate marks in Physics, Chemistry and Biology.

Or 40% aggregate in II - Pre-University College/ 12<sup>th</sup> with Physics, Chemistry and Biology for Scheduled Caste and Scheduled Tribe category (IIA, IIB, IIIA and IIIB of Karnataka state.)

The candidate must have completed 17 years of age as on 31<sup>st</sup> December of the current year.

### The course content and subjects studied in this course are

#### Basic Medical Subjects

Anatomy, Physiology, Biochemistry, Pathology, Microbiology, Community Medicine, Modern Diagnosis & First Aid, Obstetrics & Gynaecology.

#### Naturopathy & Yoga Subjects

Philosophy of Nature Cure, Magneto therapy & Chromo therapy, Manipulative Therapies (Massage, Reflexology, Chiro-practice, Osteopathy), Acupuncture, Fasting Therapy, Naturopathy Diagnostics, (Facial and Iris Diagnosis), Dietetics, Nutrition & Herbs, Yoga & Physical Culture, Yoga Philosophy, Yogic Therapy, Hydrotherapy and Physiotherapy.

### Facilities

#### Teaching Hospitals

◆ The college has a clinical teaching facility at SDM Naturopathy & Yoga Hospital, Shanthivana, Dharmasthala, Karnataka with 300 beds and other infrastructure required as per stipulations of Rajiv Gandhi University of Health Sciences, Bangalore for a yearly intake of 60 students.



◆ It is also having a 200 bedded Satellite SDM Naturopathy & Yoga Hospital, at Pareeka near Udupi, Karnataka.

◆ A well established Out Patient treatment wing in the college premises imparts practical training to students in managing low budget investment options after BNYS Degree.



- ◆ Clinical training is also imparted at the following places
- SDM General Hospital, Laila, Ujire, Karnataka
- SDM Mobile Hospital
- Jindal Nature Cure Institute, Jindal Nagar, Bangalore
- Swami Vivekananda Yoga Anusandana Samstana Bangalore
- SDM Ayurveda College & Hospital at Udupi and Hassan Karnataka

#### Laboratories



Well equipped laboratories for basic sciences with a separate Anatomy dissection hall and museum offer a wide exposure to the students.

#### Hostels

The College Hostels are situated in the college campus and consists of well-designed separate blocks for men (Patanjali Hostel) and women (Prakruthi Hostel) with vegetarian mess facility attached.



Prakruthi Hostel



Patanjali Hostel

### Teaching Staff

The college is endowed with a team of highly qualified, dedicated and experienced teaching staff.

### Library

The Central Library is located in the college building and aims at a comprehensive collection of information resources in print as well as electronic formats, Text books, Reference Tools, Printed Journals, Audio-visual materials, Lending In-House Reference, Internet and Photocopier facilities.



### Financial Support

All nationalized banks provide education loan facility for BNYS course. There is an extension Bank counter and a 24 hours ATM facility in the SDM college campus.

### Placement cell

The outgoing students have been in a good demand for employments. Our placement cell has a record of 100% placement till date.

### Value added Education Programme

Apart from routine syllabus value added education Programmes in Basic Computer Knowledge, Local Language (Kannada), English, Sanskrit, Basic applied psychology, Basic Pharmacology, Basic Forensic Medicine, Basic Orthopedics etc., are conducted regularly.

### Future Developments

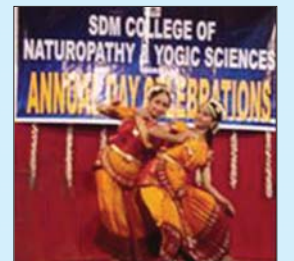
For the first time in India Post graduation courses in MD Yoga & MD Natural Medicine will commence from this academic year.

### Cultural and Extra curricular activities

#### Culturals

This part of the state is known for its rich cultural heritage with native art forms like yakshagana.

A very energizing environment awaits for every student to explore the rich cultural life of India.



#### Sports and Gym

Department of Physical Education conducts the Games and Sports events regularly to promote over-all personality development of students. A well equipped Multispeciality gym is an added feature. The college is a habitual winner of number of sports events in university & intercollegiate competitions.



### Camps

The college organizes regular extension activities to promote the field of Naturopathy as well as expose the students to develop organizing and managing skills.



The college has an active NSS and Red Cross Wing which are actively involved in the camp organization.

### Scope for BNYS Graduates

- Private practice in clinics with minimum infrastructure.
- Physicians in Government hospitals.
- Various posts like Lecturers, Assistant Professors and Professors in Government as well as private Naturopathy & Yoga Colleges, Ayurvedic colleges etc.
- Research Scholar, Therapists and Officers in various Government and Non Government Organizations.
- Deputations under Central Government as Cultural Ambassador through Central Council for Indian Cultural Relations to propagate Yoga in many of its Cultural Offices spread throughout the world.
- Specialty Clinics – Special Clinics targeting individual disorders like Obesity, Stress, Allergy, Lifestyle, De-addiction, Back Pain, Diet Counseling, Rehabilitation (Medical, Psychiatry and Post Surgical), etc.
- Consultants in Corporate Hospitals
- Health Consultants in Holistic Wellness Centers
- Stress Management and Lifestyle Management Consultants in various Multispeciality Hospitals
- Spa managers and Spa Therapists in various leading brands of the Hotel Industry as well as resorts providing health and rejuvenation program both in India and international scenario.
- Stress Management consultants for IT companies as well as other corporate sector offices.
- Life Style Modification consultancy packages to various industry employees.

### Government recognition and authentication

'AYUSH' Department of the Ministry of Health and Family Welfare in various states registers the graduates as practitioners of Naturopathy and Yoga.

### Government institutions related to Naturopathy & Yoga

- CCRYN, Central Council for Research in Yoga & Naturopathy, New Delhi
- NIN, National Institute of Naturopathy, Pune
- MDNIY, Moraji Desai National Institute of Yoga, New Delhi

### Admission Procedure

The candidate needs to fill up the college application form with required documents mentioned in the form.

Application form and prospectus can be obtained from the office of the Principal on request accompanied by a crossed demand draft for Rs. 300/- (payable at Ujire or Belthangady) in favour of Principal SDM College of Naturopathy and Yogic Sciences, Ujire (or can be downloaded from the website [www.sdminstitutions.org/cnys.htm](http://www.sdminstitutions.org/cnys.htm))

Candidate will be informed about the date of interview/ admission on selection.

The candidate needs to fill up the Eligibility application form to apply for Eligibility Certificate (For Non-Karnataka candidates) from Rajiv Gandhi University of Health Sciences, 4th 'T', Block, Jayanagar, Bangalore with the prescribed fees. After issue of Eligibility certificate from the University he/she has to approach the college for admission with the same.

RGUHS Website: [www.rguhs.ac.in](http://www.rguhs.ac.in) (The form can be downloaded from the University website)



BNYS Graduation Ceremony

### FOR ADMISSION DETAILS CONTACT

#### THE PRINCIPAL

SDM COLLEGE OF NATUROPATHY AND YOGIC SCIENCES

UJIRE – 574240 DAKSHINA KANNADA , KARNATAKA, INDIA

Phone : 08256 – 236188, Fax: 08256 – 236844

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[sdmbnys@gmail.com](mailto:sdmbnys@gmail.com)

Website : [www.sdminstitutions.org/cnys.htm](http://www.sdminstitutions.org/cnys.htm)

### LOCATION

Ujire is 9 Kms from Dharmasthala

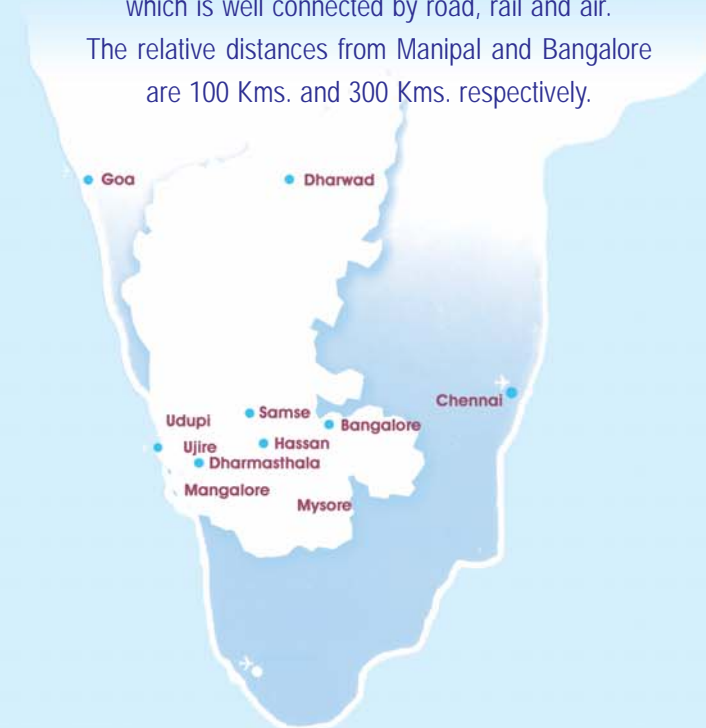
the revered pilgrim centre of South India.

It is situated 65 Kilometres from Mangalore

which is well connected by road, rail and air.

The relative distances from Manipal and Bangalore

are 100 Kms. and 300 Kms. respectively.



Manjushri Printers, Ujire

# S.D.M. COLLEGE OF NATUROPATHY & YOGIC SCIENCES

(Affiliated to Rajiv Gandhi University of Health Sciences, Bangalore)  
UJIRE, 574240, Belthangady Taluk, Karnataka, India

