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 rotary internship program which is a full time clinical training in various institutions, clinics and Hospitals.

The medium of instruction is English.

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
- Jindal Nature Cure Institute, Jindal Nagar, Bangalore
- Swami Vivekananda Yoga Anusandana Samstana, Bangalore
- SDM Ayurveda College & Hospital at Udipi and Hassan Karnataka

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, Magnet 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.

The College Hostels are situated in the college campus and provides a good exposure to the students.

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

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

Campus 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 Udipi, 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.
Camps
The college organizes regular extension activities to promote the field of Naturopathy as well as expose the students to developing 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)
Candidate will be informed about the date of interview/admission on selection.

A 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 (The form can be downloaded from the University website)

BNYS Graduation Ceremony

FOR ADMISSION DETAILS CONTACT
THE PRINCIPAL
SDM COLLEGE OF NATUROPATHY AND YOGIC SCIENCE
UJIRE – 574240  DAKSHINA KANNADA, KARNATAKA, INDIA
Phone : 08256 – 236188, Fax: 08256 – 236844
Mobile : 9448252696
Email : sdmbnys@rediffmail.com, sdmbnys@gmail.com
Website : 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.