

P.G DIPLOMA IN NATUROPATHY AND YOGA SCIENCES

- 1) Elementary Anatomy, Physiology
- 2) Philosophy and Principles of Yoga and Pathology
- 3) Nature Cure, Health and Social Work
- 4) Exercise, Yoga, Massage and Reflexo-Therapy

PAPER -1 ELEMENTARY ANATOMY, PHYSIOLOGY

- Introduction of human body and its systems
- Definition of Anatomy and Physiology and importance in Yogic Practices
- Practice using terminology to describe joint position in yoga postures
- Nervous System
- Endocrine System
- Respiratory System
- Digestive System.
- Skeleton System
- Cardiovascular System
- Blood & Lymphatic System
- Urinary System
- Muscular System
- Reproductive System

PAPER -2 PHILOSOPHY AND PRINCIPLES OF YOGA AND PATHOLOGY

1. Non – Violence (ahinsa)
2. Truthfulness (satya)
3. Righteousness (asteya)
4. Wisdom (brahmacharia)
5. Simplicity (aparigraha)
6. Worship of spiritual goal (ishvara-pranidhana)
7. Sacrifice the ego (shaucha)
8. Self – discipline (tapas)
9. Reading (svadhyaya)
10. Contentment (santosha)
11. Pathology Nutritional Causes of Diseases
12. Metabolic Disorders, Haemolytic Disorders
13. Diseases of Male Reproductive System, Blood Sugar, blood urea, and serum cholesterol
14. Diseases of Female Reproductive System Body Defense Mechanism and Ageing Process
15. Parasites

PAPER – 3 NATURE CURE, HEALTH AND SOCIAL WORK

1. Nature Cure Introduction, History of Nature Cure in India & Abroad
2. Nature Cure Treatment

3. Child and Family Social worker
4. Naturopathy- Definition, Principles, Philosophy and Treatment Approaches.
5. Naturopathy and other system of medicine
6. Concept of Health
7. Health facilities in India
8. Community sanitation and hygiene, Control of communicable diseases, Personal hygiene
9. Major Health Problems
10. National Health Policy, Planning and Programmes in India.
11. Social Work-Definition, philosophy, principles, skills and methods
12. Application of Social Work in maintenance of health and Prevention and Treatment of Diseases.

PAPER – 4 Exercise, Yoga, Massage, and Reflexo-Therapy

1. Exercise Meaning, Classification, Techniques of various exercises.
2. Exercises applied to various Joints and Muscles, Different changes with exercise : Heart rate, stroke volume, Sympathetic stimulaton, Peripheral circulatory changes, changes in regional circulation, Respiratory changes, Metabolic changes, Massage, Types, Principles and Effect of Massage. Reflexotherapy Meaning, Methods and therapeutic effects.
3. Therapeutic use and physiological effects of various types of Asanas : Sidhasana, Padmasana, Vajrasana, Shashankasana, Sinhasana, Gomukhsana, Virasana, Dhanurasana, Matsyendrasana, Gorakshasana, Paschmimottasana, Mayurasana, Kukuttasana, Kurmasana, Uttan Kurmasana, Mandukasana, Garunasana, Chakrasana, Shavasana, Salbhasana, Makarasana, Bhujangasana, Uttanpadasana, pawanmuktasana, Naukasana, Sarvangasana, Halsana, etc.
4. Therapeutic use and physiological effect of various types of Yogic Breathing and Pranayama Yogic Sukshma Vigyana, Shatakarma, Surya Namaskar Therapeutic use and physiological effect of Mudras, Bandhas, Chakras Therapeutic use and psysiological effect of Dharna and Dhyan Yogic prescription in different disorders.