

1	Name of Course	<b>Diploma Course in Naturopathy and Yogic Science (W. E. F. 2015-16)</b>
2	Course Code	<b>201417</b>
3	Max.No.of Students Per Batch	25 Students
4	Duration	2 year
5	Type	Full Time
6	No.Of Days / Week	6 Days
7	No.Of Hours /Days	7 Hours
8	Space Required	1) Theory class - 200 sq ft. 2) Yoga Class - 500 Sq. feet 3) Treatment room - 500 Sq.ft 4) Space required for Practical of English, Elective – 1 & Elective - 2 Subject = 1200 Sq.Ft. (400 Sq.ft. x 3) <b>Total: 2400 sq feet</b>
9	Minimum Entry Qualification	S.S.C. Pass
10	Objective Of Course	To create a skilled Naturopath and Yoga Therapist & yoga Teacher. To create health awareness among people. To provide supporting health & diet cure to hospitals
11	Employment Opportunity	1) To run naturopathy centres with approved from competent Authority if required 2) Job in Naturopathy centres, yoga institutes and physiotherapy departments.
12	Teacher's Qualification	1) Bachelor in Yoga and Naturopathic science (BNYS). 2) GAMS/ DNYS/BAMS/ BHMS/MD/ND with 2 Yrs experience 3) Experienced yoga and naturopathy teacher or Practioner with three years of experience 4) Degree / Diploma in Yoga and Naturopathy awarded by Statutory University.

**13] Teaching Scheme –**

Ppr		Subject Code	Clock Hours / Week		Total
			Theory	Practical	
1	English (Communication Skill)	<b>90000001</b>	2 Hrs	1 Hrs	3 Hrs
2	Elective – I		2 Hrs	1 Hrs	3 Hrs
3	Elective – II		2 Hrs	1 Hrs	3 Hrs
4	Anatomy, Physiology and Pathology	<b>20140004</b>	3 Hrs	8 Hrs	11 Hrs
5	Practice in Naturopathy	<b>20140037</b>	3 Hrs	8 Hrs	11 Hrs
6	Yoga and Various Therapies	<b>20140038</b>	3 Hrs	8 Hrs	11 Hrs
<b>Total</b>					<b>42 Hrs</b>

**14 Internship Two Month Summer Internship from 1st May to 30th June is Compulsory.**
**15] Examination Scheme – Final Examination will be based on syllabus of both years.**

Ppr	Subject	Subject Code	Theory			Practical			Total	
			Duration	Max	Min	Duration	Max	Min	Max	Min
1	English (Communication Skill)	<b>90000001</b>	3 Hrs	70	25	3 Hrs	30	15	100	40
2	Elective – I		3 Hrs	70	25	3 Hrs	30	15	100	40
3	Elective – II		3 Hrs	70	25	3 Hrs	30	15	100	40
4	Anatomy, Physiology and Pathology	<b>20140004</b>	3 Hrs	100	35	3 Hrs	100	50	200	85
5	Practice in Naturopathy	<b>20140037</b>	3 Hrs	100	35	3 Hrs	100	50	200	85
6	Yoga and Various Therapies	<b>20140038</b>	3 Hrs	100	35	3 Hrs	100	50	200	85
<b>Total</b>									<b>900</b>	<b>375</b>

16 **Teachers** – Three Teachers per batch for vocational component. For English, Elective-I & II guest faculty on clock hour basis.

**17 Student have to choose any one subject for Elective-I and Elective-II from below given subjects**

18	<b>a) For Elective I – Student can choose any one subject</b> <b>Code Subject Name</b> 90000011 Applied Mathematics 90000012 Business Economics 90000013 Physical Biology (Botany & Zoology) 90000014 Entrepreneurship 90000015 Psychology	<b>b) For Elective II – Student can choose any one subject</b> <b>Code Subject Name</b> 90000021 Applied Sciences(Physics & Chemistry) 90000022 Computer Application 90000023 Business Mathematics
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**Theory - I - Anatomy, Physiology and Pathology – 1<sup>st</sup> year**  
**(Subject Code – 20140004)**

<b>Theory</b>	<b>Practical</b>
<b>ANATOMY PHYSIOLOGY</b> <b>Detailed Syllabus</b> <b>I. Basics in Anatomy</b> 1. Introduction to Human Anatomy 2. Cell structure, properties of cell, tissues - epithelial, connective muscular, nervous 3. Digestive System and Hepato Biliary System 4. Respiratory System 5. Cardio vascular System 6. Lymphatic System 7. Bones and Joints 8. Nervous System 9. Endocrine System 10. Sense Organs Eye, ear, skin, nose, tongue 11. Excretory System 12. Reproductive System <b>Basics</b> 1. Introduction to Human Physiology 2. Blood 3. Cardio vascular system 4. Lymphoid System 5. Digestive system 6. Respiratory system 7. Nervous system 8. Endocrine system 9. Excretory System 10. Reproductive system 11. Sense organs	<b>ANATOMY AND PHYSIOLOGY</b> <b>1. Human Skeleton</b> It includes - 1) Names of the Bones 2) Identification points 3) Surfaces (Skull, scapula, clavicle, humerus, radius, ulna, carpal bones, meta carpal bones, Phalanges. Innominate bone, Femur, patella tibia, fibula, tarsal bones, meta tarsal bones, Phalanges, Ribs-classification, vetebrae pieces, sternum.) <b>2. Human Organs</b> Brain, Stomach Lungs, Intestines Heart, Kidney Liver, Uterus Spleen, Fallopian tubes <b>3. Human slides</b> Epithelial Tissue Connective Tissue Muscular Tissue Nervous Tissue Liver Kidney Spleen Pancreas Lymphnodes Skin testes Ovary Uterus Tonsil Stomach layers Small Intestine Large Intestine <b>4. Blood Pressure</b> Estimation <b>5. T.P.R. (Temperature, pulse, respiration) Chart</b> <b>6. TC, DLC, (TC - Total count RBC Total count of WBC DLC differential count of Leucocyts)</b>

# Anatomy, Physiology and Pathology – 2<sup>nd</sup> year

Theory	Practical
<p><b>PATHOLOGY</b></p> <p>1. Urine - Analysis - Physical Examination - specific gravity PH, reaction, colour</p> <p>Chemical Examination - Sugar Albumin, bile salts, bile Pigments etc.</p> <p>Microscopic Sediment for RBC, WBC, Epithelial cells, casts, crystals, parasites</p> <p>Preparation of Reagents, procedure and principle of tests</p> <p>2. Sputum Analysis - Physical Examination, Preparation and staining</p> <p>smear for Microscopic Examination</p> <p>3. Semen Analysis- Physical Examination Microscopy - counting,</p> <p>motility, staining, Morphology, abnormal and normal forms.</p> <p>4. Body Fluids - Differential count of Peritoneal, pericardial, pleural fluids and CSF, charging chamber, Identifying and counting the cells.</p> <p>3. Haematology -</p> <p>a. Collection of Blood -</p> <p>Methods of collection veinpuncture, finger puncture and vacutainer</p> <p>methods, materials required procedures, precautions, uses of the sample and advantages of each methods. POCT (sample collection at bed side)</p> <p>b. Preparation of anti coagulants -</p> <p>Double oxalate, sodium citrate, EDTA,</p>	<p><b>PATHOLOGY</b></p> <p>Blood Collection</p> <p>Precaution and smearing techniques and labelling of the sample</p> <p>Preparation of anticoagulants</p> <p>RBC, WBC, &amp; platelet count</p> <p>ESR stands &amp; ESR estimation</p> <p>PCV &amp; calculation of RBC indices</p> <p>Hb estimation by different methods</p> <p>Urine - Physical Examination &amp; Chemical Examination</p> <p><b>PRACTICAL</b></p> <p>I. Automatic Tissue Processer</p> <p>Microtome &amp; Knives</p> <p>Centrifuge</p> <p>Hot air oven &amp; Incubator</p> <p>Busm beaker, stop watch</p> <p>Glass Makers</p> <p>Simple balance &amp; colorimeter</p> <p>Water bath - for tissue flotation</p> <p>Knowledge</p> <p>Maintenance &amp; cleaning</p> <p>Care about tissue equipment</p> <p><b>II. Maintenance &amp; preservation of</b></p> <p>Cytology slides</p> <p>M.P. blocks &amp; slides</p> <p>Histopathology specimens and process</p> <p>Preparation of form section material</p>

<p>Heparin, action of each</p> <p>preparation, uses disadvantages, quantity required.</p> <p>c. RBC, WBC Count :</p> <p>Methods (Microdilution and bulk dilution)</p> <p>Materials required, diluting</p> <p>fluids, preparation, procedures, advantages of each methods,</p> <p>precautions, formula for calculation and clinical significance.</p> <p>d. Platelet count :</p> <p>Morphology and functions of platelets diluting fluids, procedure,</p> <p>formula for calculation and clinical significances</p> <p>e. Reticulocyte Count :</p> <p>Methods (dry &amp; wet) staining, diluting fluids, normal Morphology</p> <p>and values, clinical significance.</p> <p>f. Haemoglobin Estimation -</p> <p>Materials, procedure, of Tallquist, sahli's, Alkali haemoglobin, cyanmeth</p> <p>haemoglobin and S.G. method, advantages and disadvantages and</p> <p>clinical significance</p> <p>g. Estimation of PCV -</p> <p>Macro &amp; Micro Method, procedure filling the tube, centrifuging and</p> <p>reading, advantages of each - normal values and clinical</p> <p>significance</p> <p>Estimation of Erythrocyte indices - calculation and importance</p> <p>MCV, MCH, MCHC, RDW, color index.</p> <p>h. ESR -</p>	<p><b>III. Glass ware</b></p> <p>Microslides &amp; cover slips</p> <p>Sample collection bottles</p> <p>Micropathology</p> <p>Cytology.</p> <p><b>IV. Immuno Haematology &amp; blood banking</b></p> <p>ABO blood grouping techniques</p> <p>RH Factor</p> <p>Coombs test - Direct &amp; indirect methods</p> <p>34</p> <p><b>V. Histopathology</b></p> <p>1. Fixation of biopsy tissue</p> <p>2. Processing of tissue</p> <p>Fixation</p> <p>Dehydration</p> <p>Clearing</p> <p>Impregnation</p> <p>Mounting</p> <p>Decalcification</p> <p>3. Mounting of museum specimens</p> <p><b>VI. Cytology</b></p> <p>Fixations used</p> <p>Fluid preparation for cytological exam</p> <p>Slide preparation and staining</p> <p>Pap staining</p> <p>Mounting and preservation</p> <p><b>VII. Sick Cell Preparation</b></p> <p><b>VIII. Bone Marrow Smears Preparation &amp; Staining</b></p> <p><b>IX. Coagulation Test, BT, CT.</b></p>
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<p>Methods used, procedure, stages, factors affecting and clinical significance</p> <p>I. Preparation of Blood smear examination -</p> <p>Making ideal films - slide method, cover glass method and staining,</p> <p>Morphology of RBC, WBC, Platelets and Haemop araasites.</p> <p>Differential Leucocyte Count - counting and identification of cells</p> <p>- Normal values, Morphology, procedure for smears and staining</p> <p>clinical significance and limitation.</p> <p>Absolute Eosinophil count - Materials, diluting fluid, procedure,</p> <p>identifying and counting the cells.</p> <p>II. Special stains on peripheral blood smear and bonemarrow smears-</p> <p>Ramanoskys stains, Leishman, Gemsia, wrights, Mycloperoxidase</p> <p>stain, PAS (Periodic Acid Schiff) - Preparation, method and</p> <p>selection of stain, Buffer Solution.</p> <p>Bone Marrow Smear - Preparing smears, cuithont crush artefacts</p> <p>staining and clinical significane.</p> <p>III. Identification of Hemoparasites - Malarial Parasite, Microfilaria,</p> <p>Leishman making thick and thin films procedure and identification</p> <p>of parasite.</p> <p>IV. Sickle Cell Preparation - Principle, procedure and Methods,</p> <p>Materials, clinical significance</p> <p>V. Osmotic fragility test - Methods used, materials procedure,</p>	
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<p>observation reporting, normal values, factors affecting,</p> <p>interpretation.</p> <p>VI. Coagulation Tests</p> <p>a) Bleeding time - methods, dukes, Ivy's procedure Normal value,</p> <p>clinical significance</p> <p>b) Cloting time - methods, Lee &amp; White, procedure materials,</p> <p>normal values, factors affecting coagulation clinical significance</p> <p>c) Prothrombin time (PT)</p> <p>d) APTT - in Detail</p> <p>VII. L.E. cell Test - Principle, procedure, materials reproting, clinical</p> <p>significance and titration.</p> <p>Buffy coat preparation - LE Cell Test, Microfilaria Abnormal cells.</p> <p>VIII. Basics of coulter counter</p> <p>IX. Autopsy - Aims &amp; methods of performing Autopsy cleaning,</p> <p>suturing and retaning the body. Cleaning autopsy instruments,</p> <p>tables and rooms, preservation of organs.</p> <p>Processing and preparation of Histopathology.</p> <p>X. Histopathology -</p> <p>1) Biopsy</p> <p>2) Processing of tissue</p> <p>a) Fixation</p> <p>b) Dehydration</p> <p>c) Clearing</p> <p>d) Impregnation</p> <p>e) Mounting</p>	
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<p>f) Decalcification of Bone</p> <p>g) Routine Paraffin staining</p> <p>h) Immuno histochemists</p> <p>3. Microtomes and Knives</p> <p>XI. Museum Techniques</p> <p>Labelling &amp; storage of specimens</p> <p>Methods of color maintenance</p> <p>Presentation of specimen</p> <p>Mounting labelling and cataloging the specimen</p> <p>Maintenance and cleanliness of the Museum</p> <p>Disposal of waste, safety in the lab</p> <p>XII. Immuno Haematology and Blood Banking</p> <p>i) Introduction</p> <p>2) Human blood group antigens, their inheritance and antihodies</p> <p>3) ABO Blood group systems</p> <p>4) RH Blood group system</p> <p>5) Techniques of grouping and cross matching</p> <p>6) Blood collection, Preservation and maintaining of Records</p> <p>7) Coombs Test - a ) direct b) indirect</p>	
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# **Theory - II - Practice in Naturopathy. - (1<sup>st</sup> & 2<sup>nd</sup> year)**

**(Subject Code – 20140037)**

Naturopathy principles and Philosophy.

Our Existence.

Mahattava and Prakruti. (astada 8)

Five elements and three gunas. (satvsa, raja and tama / vat, phita and cough.)

Five elements and harmony and disharmony, health and Disease.

Panchmahabhoutic treatment.

1) Sun: Tej Tatva

Chromotherapy.

Seven colours of sun and characteristics.

Sunbath

2) Water (Hydro-therapy) AAP-TATVA

Introduction and history.

Various hydrotherapy treatments.

Hip Bath, immersion bath , sitz bath, arm and foot bath, steam bath, local steam and spinal bath.

Fomentation hot and cold.

Compresses and pathe to all parts of the body.

Internal use of water.

Enema and different types.

Hot and cold water drinking.

3) Air: Vau tatva air bath etc.

4) earth: Prithvi tatva

Mud therapy

Introduction and History.

Preparation of mud for various mud application

Magneto therapy

Basic Principle.

Instruments used.

Belts and type of magnets.

5) Space: Akash tatva

Massage Therapy

Introduction and History



Rules and regulation.

Techniques and various steps

Full body massage.

Local massage

Massage to infants and children.

Massage for stress management.

Fascial massage for beauty.

Swedish massage.

Acupressure and foot reflexology.

Fasting therapy

Philosophy of fasting.

Physiology of fasting

Fasting in acute and chronic diseases.

Indication and contraindication.

Healing and disease crisis.

Detoxification treatments.

Life style: ideal / polluted life style.

Panchatantra for maintain of good health.

History and development of nature cure.

Ten fundamental principles of naturopathy.

Concept of diseases and health according to naturopathy.

Vitality.

Unity of disease and unity of cure.

Legends in Naturopathy.

Henry Lindahl, Father Nipp, Louis Kuhne, Shelton, Kellogg, Vinoba Bhave, Mahatma Gandhi, Jainarayan Jaiswal.

Basics in Diet and Nutrition.

Constituents of food.

Diet is the medicine.

Types of diet (Eliminative, Constructive, soothing, boiled, raw acid –alkaline, satvik, rajasi and tamasi, mono diet and high and low calorie, kalp therapy.

Juice therapy and wheat grass juice.

Cooking methods of food according to Naturopathy.

Comparative study of Naturopathy, Ayurveda, Homoeopathy and allopathy.

Duties and responsibilities of Naturopath and Bio-Ethics.

Running and management of Nature cure centres.

Diet according to age, stage, disease and requirements.

Naturopathy treatments and diet in various diseases.

Patients psychology.

Organic farming and pachagavya introduction.

## **Practical - II - Practice in Naturopathy. (1<sup>st</sup> & 2<sup>nd</sup> Year)**

- Hydrotherapy.

Baths: Hip bath, immersion bath, sitz, hot and cold water bath, arm and foot bath , spinal and

steam and local.

Compresses and pack:chest pack, leg ,full wet sheet pack, cold compress and hot compress. GH

Pack. Fomentation: Hot water bag, mustard fomentation, clay and sand.

- Air: Vau Tatva Air Bath Etc.
- Earth : Prithvi tatva
- Space : Akash tatva
- Mud Therapy.

Mud packs, full body application and local application.

Preparation of mud and various mud applications.

- Massage Therapy
- Magneto therapy.
- Juice therapy and wheet grass juice.

## **Theory - III - Yoga and Various Therapies. - 1<sup>st</sup> year**

**(Subject Code – 20140038)**

### **Yoga**

Concept and definition of yoga.

Astang yog by Patangali.

Various asans with its postures like standing , supine, prone and sitting do's and don't's.before and after performing asans.

Role of yoga and maintain physical mental and spiritual well being.

Pranayama definition types and techniques.

Yogic shuddhikriya. Shatkarma.

Bandh and Mudra. And Tratak.

**Acupressure with its details.**

**Chyiropractice.** Brief history and aim. Importance of spine. Physiological effects.

**Sujok :** Basic Principle and Philosophy. Practical demonstration do treat the disease.

**Musico-Spino Therapy :** Introduction and practice.

Sanjivan Chikitsa:

## **Theory - III - Yoga and Various Therapies - 2<sup>nd</sup> Year**

### **1) Yoga**

- 1) Yogic Shudthikriya.
- 2) Therapeutic Yoga and pranayam.
- 3) Meditation and Yog- Nidra.
- 4) Prayers for self and Social.

### **2) Physiotherapy and Electrotherapy:**

Techniques of application of various instruments.

Therapeutic value in disease management.

### **3) Osteopathy.**

Basic Principle, history and disease management.

### **4) Acupuncture**

Basic Principle, history, introduction, Meridians with points and energy flow and disease management.

## **Practical - III - Yoga and Various Therapies. (1<sup>st</sup> & 2<sup>nd</sup> Year)**

- 1) Various yogasanas with its postures (sitting ,standing ,supine and prone.)

Suryanamsakar.

Pranayam: Nadi shuddhi, kapalbhati, ujjai, bhastrica,shitali,sitkari etc

- 2) Yogic Shudhikriya: Neti ( jalneti and sutraneti)

Vaman or kunjara

Enema and tratak

Yognidra and meditation

- 3) Sujok and Musico spinal Treatments

## Tool and Equipment Required to be available in institute

Sr.No.	Items	Required Quantity
1	Desk / Benches	25
2	Wall Watch	02
3	Human Skeleton	As per requirement
4	Yoga Hall	01
5	Jalneti pot	25
6	Massage Tables	02 (1 for Ladies & 1 for Gents)
7	Weight M/C	02
8	Kati bath	02
9	Steam Bath Chamber	02
10	Buckets	04
11	Ice Packs	As per requirement
12	Lapets for Chest, Knee and abdomen	As per requirement
13	Steam gustatory devices	02
14	Mixer and Juicer	01
15	Pressure Cooker	02
16	Massage Tables	04
17	Acupressure Kit	02
18	Acupuncture Kit	02
19	Acupuncture Electro Stimulator	02
20	B P M/C	04
21	Stethoscope	25
22	Two Washrooms	02 (1 for Ladies & 1 for Gents)
23	Sufficient Water arrangement.	As per requirement
24	Oil, Towel, Bed sheet etc.	As per requirement

### संदर्भ पुस्तके :-

अ.क्र.	नांव	लेखक
१	निसर्गोपचार व शरीरशास्त्र	कुमुद बेदरकर
२	निसर्गोपचार व योगशास्त्र	कुमुद बेदरकर
३	निसर्गोपचार शास्त्र व सिद्धांत	कुमुद बेदरकर
४	निसर्गोपचार, रोगांचे प्रकार व कारणे	कुमुद बेदरकर
५	आहारशास्त्र व पाकविधी	कुमुद बेदरकर
६	निसर्गोपचार व रोगनिदान	कुमुद बेदरकर
७	चुंबक चिकित्सा	कुमुद बेदरकर
८	निसर्गोपचाराने व्याधी मुक्त व्हा	कुमुद बेदरकर
९	घरच्या घरी निसर्गोपचार	कुमुद बेदरकर
१०	निसर्गोपचाराने सुलभ प्रसूती व बाळसंगोपन	कुमुद बेदरकर
११	नैसर्गिक उपचार पद्धती	कुमुद बेदरकर
१२	मनाच्या शक्ती व ताणनिवारण	कुमुद बेदरकर

१३	निसर्गोपचार आरोग्याचा विचार व आरोग्य	कुमुद बेदरकर
१४	Nature Cure Treatment	Institute of Yogic Science and Naturopathy (Banglore)
१५	Speaking of Nature Cure	K. Lakshman Sharma S. Swaminathan
१६	Nature Cure at home	By Dr.Rjeshwari (Pustak Mahal Delhi)
१७	Handbook of Naturopathy	Dr. Sukhbir Singh
१८	A Complete Handbook of Nature Cure	हरि कृष्ण बाखरु (H.K.Bakhru)
१९	आहाराद्वारे उपचार	हरि कृष्ण बाखरु
२०	आरोग्यदायी जीवनसत्वे	हरि कृष्ण बाखरु
२१	आहार हेच औषध (मराठी)	माधव चौधरी
२२	Anatomy and Physiology for Nursis	F.R. Armstrong
२३	शरीर रचना व शरीर क्रिया विज्ञान	डॉ. विवेक साठे
२४	पतंजली योग सूत्र	P.Y. Deshpande
२५	Yogasanas	B.K.S. Ayyangar
२६	Pranayamas	B.K.S. Ayyangar
२७	योग दिपीका	B.K.S. Ayyangar
२८	रोगांकी सरळ चिकित्सा	Vithaldas Modi
२९	Clinical diets and Nutrition	F.P. Antia
३०	Yoga and medicine	By steven N. Prema
३१	Asan Pranayam Bandha and Mudras	Swami Satyananda
३२	Science of Soul	Swami Yogashivranand Saraswati

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