



**SANT GADGE BABA AMRAVATI UNIVERSITY,  
AMRAVATI**

**संत गाडगे बाबा अमरावती विद्यापीठ, अमरावती**

**(FACULTY OF INTER-DISCIPLINARY STUDIES)**

**आंतर-विद्याशाखीय अभ्यास विद्याशाखा**

**P.G. Diploma in Naturopathy & Yogic Science<sup>8</sup>  
Semester – I & II**

**Syllabus**

**(NEP - v23)**

**Session – 2023-24**

**Sant Gadge Baba Amravati University, Amravati**  
**Faculty: Inter-disciplinary studies**  
**One Years – Two Semester Master’s Degree Programme – NEP 23**  
**Programme: P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)**  
**Part A**

As per the provisions in the Maharashtra Public University Act, 2016 (Mah. Act No. VI of 2017) Clause 45(1), P.G. Diploma in Naturopathy & Yogic Science is to create skilled and learned human resources through its various teaching–learning and skills development programmes in higher education. As a part of this initiative Sant Gadge Baba Amravati University propose to launch One year P.G. Diploma in Naturopathy and Yogic Science programme from the academic year 2021-22 through Department of Lifelong Learning & Extension under the Faculty of Interdisciplinary studies. P.G. Diploma in Naturopathy and Yogic Science is an innovative programme which provides the set up for bringing the real world of work in to classroom and gives the opportunities to learner directly involved in development process in community.

**OBJECTIVES OF THE PROGRAMME:**

The P.G. Diploma in Naturopathy and Yogic Science programme aims an increasing demand for medicines from traditional system in developing as well as developed countries because of their being into existence since a very long time thereby enjoying the reputation of being both safe and efficacious. Naturopathy is a field of health care that works with and not against standard allopathic health care providers, such as medical doctors. The philosophy of Naturopathy is to work with the body, to assist it in its natural ability to heal and maintain health. Yoga is an ancient art, and a natural way of remaining fit and healthy. It also helps in improving mental health. Treatment are natural and non invasive and include herbal remedies, lifestyle changes, and dietary modifications and in some case other complementary techniques including massage, acupuncture.

- The course will provide deeper insight into the curriculum of yogic science along with the therapeutic applications of yoga and alternative therapies.
- At the P.G. level it is also intended that student should get familiar with the original test of Yoga.
- Promoting positive health in the student through yoga and enabling and imparting skills in them to practice and apply yogic practices for health to general public and teach yoga for total personality development and spiritual evolution.
- A research attitude and orientation will also be inculcated into the student so that they further become able to undertake advance and applied researches in the field of yoga and alternative therapies.

**ELIGIBILITY:**

Any Bachelor Degree holder in any faculty of this University or any other statutory University.

**Note:**

Students those who have passed three years degree of any streams (Faculty) from the recognized statutory University and have completed P.G. Diploma in Naturopathy and Yogic Science (PGDNYS) shall be eligible for the admission of Third semester (Part-II) of M.A. Yogashastra.

**DURATION:**

The P.G. Diploma in Naturopathy and Yogic Science Programme of full time One year (Two Semesters).

**SPECIAL CHARACTERISTICS OF THIS PROGRAMME:**

Commitments for learner:

1. Student commits that he/she will attend the classes regularly.
2. Student commits that he/she will go thoroughly comprehensive learning activities and try out them in scenario of lifelong learning.
3. Student commits that he/she will find more information about Lifelong Learning theories on own basis.
4. Student commits that he/she will involve Community Learning Programme.
5. Student commits that he/she will go thoroughly the methods of teaching learning for adult learner
6. Student commits that he/she will find more tools and techniques to teach adult learner.

**POs :**

Post Graduate Diploma in Yogic Science programme equips students with traditional and modern knowledge, general competence and analytical skills that are required in Schools, Colleges, Hospitals and /or for research o completion of programme it will.

1. Train up the students in such a way that they can objectively carry out investigation scientifically without biased or without having any preconceived notions.
2. Become professionally trained in hydrotherapy, Mud therapy, Chromo therapy, Diet Management etc.
3. Becomes professionally trained in the areas of Asana, Pranayama, Bandha - Mudras and Meditation.
4. Students will get properly trained in terminology & concepts of Naturopathy & Yoga.
5. Developed research problem related to techniques of yoga, its characterisation and naturopathy and its application.
6. Demonstrate highest standard of professional behaviour, critical interpersonal and communication skills as well as commitment to Lifelong Learning.

**PSOs :**

1. Understanding the basic concepts of various nature therapies such as hydrotherapy, Chromo therapy, Massage therapy etc.
2. Learn how to perform yogic practices and able to teach them in a scientific way.
3. Prepare the students to pursue research carrier, carrier in academics, in educational institutions and Nature therapy and allied fields.

**EMPLOYABILITY POTENTIAL :**

Post Graduate Diploma in Naturopathy and Yogic Science Programme developed the skills particularly the ability to analyze and apply information gives one good head start in any field one wisher to get in. The skills are useful even in the management disciplines. This programme gives a chance to developed their ability to solve problems, communication skills and critical thinking, that helps to interpret rich scientific data and that is always a boon to scientific researchers.

Surly helps one to increase his/ her employability in this filed P.G. Diploma in Naturopathy & Yogic Science (PGDNYS) qualified can easily avail the jobs both in private and public sectors any kind of job related to naturopath and yoga as an online tutor, lecturer, school teacher, research analyst, Yoga Training manager etc. They can apply for jobs in Yoga naturopathy centres, Generals hospital etc. The cultural and AYUSH Ministry of Govt. Of India also recruit P.G. Diploma in Naturopathy & Yogic Science (PGDNYS) students for teaching jobs. Etc.

P.G. Diploma in Naturopathy & Yogic Science (PGDNYS) students have ample opportunities to be in health care, health fitness centres in most foreign countries.

**Part – B**

**Sant Gadge Baba Amravati University, Amravati.**  
**Faculty: Inter Disciplinary**  
**One Year – Two Semester Post Graduate Diploma Programme – NEPv23**  
**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)**  
**Semester I**

Sr. No	Course/Subject	Course/Subject Code	Title of the Course/Subject	(Total Number of Period)	Credit
1	RM and IPR	PGDN101	Research Methodology and Intellectual Property Right	60	4
2	Discipline Specific Core I.I	PGDN102	Applied Naturopathy	60	4
3	Discipline Specific Core II.I	PGDN103	Yoga : History, Theories & Techniques	60	4
4	Discipline Specific Core III.I	PGDN104	Anatomy & Physiology	60	4
5	Discipline Specific Elective I.A Or Discipline Specific Elective I.B	PGDN105A  Or PGDN105B	Holistic Health  Or Yoga for Health & Wellbeing	60	4
6.	DSC – I. 1 Lab	PGDN106	Practical - I	30	1
7.	DSC – II. 1 Lab	PGDN107	Laboratory Practical	30	1
<b>Total Credits</b>					<b>22</b>

**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)**

**Semester II**

Sr. No	Code of the Course/Subject	Course/Subject Code	Title of the Course/Subject	(Total Number of Period)	Credit
1	Discipline Specific Core I.2	PGDN201	Applied Naturopathy	60	4
2	Discipline Specific Core II.2	PGDN202	Yoga : History, Theories & Techniques	60	4
3	Discipline Specific Core III.2	PGDN203	Anatomy & Physiology	60	4
4	Discipline Specific Elective II.A Or Discipline Specific Elective II.B	PGDN204A  Or PGDN204B	Holistic Health  Or Diet Management	60	4
5.	DSC – I. 2 Lab	PGDN205	Naturopathy Practical	30	1
6.	DSC – II. 2 Lab	PGDN206	Practical – II	30	1
7.	Internship/ Field Projects	PGDN207	Internship/ Field Projects	120	4*
<b>Total Credits</b>					<b>18+4*</b>

**Sant Gadge Baba Amravati University, Amravati.**  
**Faculty: Inter –Disciplinary Studies**  
**One Year - Two Semester P.G. Diploma Programme-NEPv23**  
**P.G. Diploma in Naturopathy and Yogic Science (PGDNYS)**  
**Semester I**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
1	RM and IPR	PGDN101	Th-Major	Research Methodology and Intellectual Property Right	60	4

**Cos**

The students would be able to:

- Identify different Sources of Knowledge, types and paradigms of Research.
- Elucidate meaning, purpose and characteristics of Research.
- Identify the research gap and formulates the Research Problem.
- Formulate research Proposal on an identified problem.
- Identify and analyze the research problem along with its specification in terms of objectives, Hypothesis, definitions, limitation and delimitations.
- Analyze the types and methods of Research
- Illustrate concept of Population and Sampling.

Unit	Content	Period
<b>Unit I</b>	<b>Introduction</b> <ul style="list-style-type: none"> <li>• Meaning &amp; Definition of Research</li> <li>• Concept of research</li> <li>• Basic steps of research</li> <li>• Criteria of good research</li> <li>• Type of Research</li> <li>• Qualities of a good Researcher</li> </ul>	<b>12</b>
<b>Unit II</b>	<ul style="list-style-type: none"> <li>• Definition &amp; Meaning of research problem</li> <li>• Criteria for selection of research problem</li> <li>• Review of literature:- Meaning &amp; sources</li> </ul>	<b>12</b>
<b>Unit III</b>	<ul style="list-style-type: none"> <li>• Hypothesis- Meaning, function and hypothesis; Null/Alternative hypothesis.</li> <li>• Research Design: Types of research design – exploratory, descriptive, diagnostic and experimental.</li> </ul>	<b>12</b>
<b>Unit IV</b>	<ul style="list-style-type: none"> <li>• Sampling- Meaning &amp; Types of sampling ; Probability &amp; Non-Probability Method</li> <li>• Types of sampling – Probability &amp; Non-Probability Method</li> <li>• Tools and techniques of data collection-questionnaire, schedule, interview, observation, case study, survey etc.</li> </ul>	<b>12</b>
<b>Unit V</b>	<ul style="list-style-type: none"> <li>• Statistics and its significance in research; Mean, Median, Mode</li> <li>• Research Report</li> <li>• Introductions to Intellectual Property right</li> <li>• Plagiarism-Concept and significance of plagiarism.</li> </ul>	<b>12</b>

**Reference Books:**

1. Statistics for Psychology - J. P. Varma Tata McGraw Hill Education Private Limited New Delhi
  2. Research Methods applied Health, Physical Education and Recreation  
2nd , Washington, D.C., AAHPERD, 1959
  3. Manual for Writing of Research papers, thesis and Dissertation
  4. Research in Education
  5. Methods of Research Educational
  6. Psychological and Sociological
  7. Introduction to Research
  8. Principles and practices
  9. The Elements of Research
  10. Research in Physical Education
- Scott, G.M. (Ed): -  
- Turabian, Kate. L.A. Chicago University of Chicago Press, 1967  
- Best, John, W. Cliffs. N. J., Prentice Hall Inc. 1964  
- Good Cater, V. & Douglas, E.S. Carts New York, Appleton Cent, Crofts, 1954  
- Hilway, Tyrus Boston, Houghton Mifflin Co. 1956  
- Indian Educational Pub;  
- Whitney, F.L.: New York Prentice Hall Inc. 1961.  
- Clarke. H.

**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)  
Semester I**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
2	DSC-I.1	PGDN102	Th-Major	Applied Naturopathy	60	4

**Cos**

- Able to integrate knowledge and skills in food and nutrition with professional issues affecting the nutrition and/or dietetics fields.
- Able to apply knowledge of fasting can safely and successfully be implemented in an impatient integrative medicine concept and its perceived as help promoting method
- Apply the knowledge that massage therapy on various parts of the body will help the person to regain his health
- Apply the knowledge of Chromo-therapy can be used for pain management such as joint and back pain, sore or torn muscles, sprains, arthritis, post-surgical scars, burns, wounds and more. When used in conjunction with infrared light, chromo-therapy is one of the most effective and noninvasive ways to repair the body.

Unit	Content	Period
<b>Unit I</b>	<ul style="list-style-type: none"> <li>• History of Naturopathy</li> <li>• Contribution in naturopathy               <ol style="list-style-type: none"> <li>1. Father Sebastian kenp</li> <li>2. Mahatma Gandhi</li> <li>3. Vinoba Bhave</li> </ol> </li> <li>• Contribution of various centres in Naturopathy               <ol style="list-style-type: none"> <li>1. National institute of Naturopathy (NIN)</li> <li>2. Urali Kanchan, Pune</li> <li>3. Morarji Desai National Institute of Yoga (MDNIY), Delhi.</li> </ol> </li> </ul>	<b>12</b>
<b>Unit II</b>	<ul style="list-style-type: none"> <li>• 10 basic principal on Naturopathy</li> <li>• Concept of Panchmahabutas</li> <li>• Properties of water, air, mud, sun &amp; sky</li> </ul>	<b>12</b>
<b>Unit III</b>	<b>Science of Facial Expression</b> <ul style="list-style-type: none"> <li>• Foreign matter theory- Definition and formation of foreign matter</li> <li>• Accumulation of foregn matter, liquids and solids dry and gaseous form</li> <li>• Course of accumulation of foreign Matter .</li> <li>• Elimination of foraign matter and how to increase the vitality</li> </ul>	<b>12</b>
<b>Unit IV</b>	<b>Hydrotherapy</b> <ul style="list-style-type: none"> <li>• Therapeutic significance actions and uses of hydrotherapy</li> <li>• Internal use of irrigation, external use of various bath, packs (lapet)</li> </ul> Introduction of pool therapy	<b>12</b>
<b>Unit V</b>	<b>Mud therapy</b> <ul style="list-style-type: none"> <li>• General principals of mud therapy</li> <li>• Types of mud</li> <li>• Mud bath dry and wet mud bath</li> <li>• Therapeutic action and use of mud</li> </ul>	<b>12</b>

**Reference Books:**

- |  |   |                                |
|--|---|--------------------------------|
| 1) Science of nature life              | - | Dr. Bansal                     |
| 2) Davas nature guide                  | - | Dr. Davas                      |
| 3) Baths                               | - | Dr. S.J Singh                  |
| 4) My water care                       | - | Stevenson kneip                |
| 5) The healing clay                    | - | Michael Abserssa               |
| 6) Ore Earth and cure                  | - | Raymond Dextroial              |
| 7) Hydrotherapy in practice            | - | Davis BC and Harrison R.A.     |
| 8) My nature care                      | - | M.K Gandhi                     |
| 9) Massage therapy                     | - | Dr J H Kellog                  |
| 10) Step by step massage               | - | Carol MC Gilvery and Gini reed |
| 11) जल चिकित्सा                        | - | डॉ. ओझा                        |
| 12) जल चिकित्सा                        | - | डॉ नागेंद्र कुमार नीरज         |
| 13) बृहद प्राकृतिक चिकित्सा            | - | डॉक्टर ओम प्रकाश सक्सेना       |
| 14) मालिश द्वारा रोग उपचार एवं सौंदर्य | - | मनोज पब्लिकेशन                 |
| 15) प्राकृतिक आयुर्विज्ञान             | - | डॉ. बंसल                       |

**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)  
Semester I**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
3	DSC-II.1	PGDN103	Th-Major	<b>Yoga : History, Theories &amp; Techniques</b>	60	4

**Cos**

- Apply the knowledge of various modification of mind and the means of inhibiting them.
- Get knowledge of essence of schools of Yoga, Sankhya Philosophy & Hathayoga
- Apply the knowledge of essence of Samadhi and Sadhana Pada.
- Apply the knowledge of essence of Vibhuti and Kaivalya pada.

Unit	Content	Period
<b>Unit I</b>	<b>Yoga</b> <ul style="list-style-type: none"> <li>• Yoga : Definition &amp; historical Background.</li> <li>• Aims &amp; Objectives of Yoga.</li> <li>• Mis-Conceptions of Yoga.</li> </ul>	<b>12</b>
<b>Unit II</b>	<b>Schools &amp; concept of Yoga</b> <ul style="list-style-type: none"> <li>• Schools of Yoga : Dnyanyoga, Bhaktiyoga, Karmayoga, Rajyoga.</li> <li>• Concept of Panchprana.</li> <li>• Concept of Panchkosh.</li> <li>• Concept of Sankhya Philosophy</li> </ul>	<b>12</b>
<b>Unit III</b>	<b>Patanjala Yoga Sutra</b> <ul style="list-style-type: none"> <li>• Introduction of different Padas ( Samadhi, Sadhana, Vibhuti, Kaivalya)</li> <li>• Concept of Chitta : Chitta-Bhumis, Chitta Vrittis, Abhyasa, Vairagya, Chitta Vikshepas, Chitta Prasadnam, Sahabuhas</li> <li>• Ashtanga Yoga : Concept of Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.</li> <li>• Concept of Kriyayoga and Pancha kleshas</li> </ul>	<b>12</b>
<b>Unit IV</b>	<ul style="list-style-type: none"> <li>• Concept and historical background of Hathayoga</li> <li>• Hathapradipika : Concept of chaturang Yoga, Yogakuti, Mitahara, Sadhak-Bandhak, Tattva, Nada, Kudalini</li> </ul>	<b>12</b>
<b>Unit V</b>	Gheranda Samhita <ul style="list-style-type: none"> <li>• Concept of saptang Yoga</li> <li>• Method of cleansing technique of body (Shatkarma) concept of bandha, Mudra</li> </ul>	<b>12</b>

**Reference Books :**

1. Samputra Yog vidya - Rajeev jain, mangal Publication House Pvt. Ltd Bhopal
2. Patanjali Yog-Sutra - Dr. P.V. karambelkar, kaivalyadhama, Lonawala
3. Light on the yoga sutra of Patanjali – B.K.S. Iyengar,
4. Hatha Yoga Pradipika – Swami Mukti bodhanada, Yioga Publication Trust Munger, Bihar, India.
5. Bhartiy Darshan ki Rupreksha – Prof. Herendra Sinha
6. Aasana, Pranayama Mudra bandha – Swami Satyananda Sarswati
7. Gherand smhita – Swami Niranjanda Saraswati
8. Bhagwatgita (As it is) - ISKON

**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)  
Semester I**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
4	DSC-III.1	PGDN104	Th-Major	Anatomy & Physiology	60	4

**Cos**

**After completion of the course the student can able to understand**

- Able to understand the knowledge of human anatomy and physiology of cell structure
- Identify and explain structure and functions of each body system.
- Able to discuss disease, disorders and conditions commonly found in Healthcare occupation.
- Able to demonstrate principle alignment in different Asanas.
- Able to understand various physiological process in the body

Unit	Content	Period
<b>Unit I</b>	<b>Introduction</b> <ul style="list-style-type: none"> <li>● Introduction to human body with reference of Anatomy and Physiology</li> <li>● Study of cell-structure, different component of cell and their functions.</li> <li>● Study of Tissues- Epithelial, connective, muscular and nervous.</li> </ul>	<b>12</b>
<b>Unit II</b>	<b>Musculoskeletal System</b> <ul style="list-style-type: none"> <li>● Introduction of Skeletal System</li> <li>● Function of Skeletal system</li> <li>● Types of joints, composition of bone &amp; types of bones</li> <li>● Types of movements</li> <li>● Vertebral column of Human body</li> <li>● Introduction of muscular system, types of muscles Tone, Fatigue</li> </ul>	<b>12</b>
<b>Unit III</b>	<b>Circulatory System</b> <ul style="list-style-type: none"> <li>● Structure and function of Heart and blood vessel, cardiac cycle, Blood pressure composition of blood, blood cells, function of blood, blood grouping.</li> </ul>	<b>12</b>
<b>Unit IV</b>	<b>Respiratory System</b> <ul style="list-style-type: none"> <li>● Structure and functions of organs of respiratory system, mechanism of Respiration. Exchange of gases and oxygen transportation.</li> </ul>	<b>12</b>
<b>Unit V</b>	<b>Digestive System</b> <ul style="list-style-type: none"> <li>● Structure and functions of organs of Digestive system, mechanism and stages of Digestion</li> </ul>	<b>12</b>

**Reference Books:**

- 1) Anatomy and Physiology for Nurses - Shri. Nandan Bansal.
- 2) Manav Sharir Rachana Yevam Kriya Vidnyan - Prof. Dr. Anant Prakash Gupta.
- 3) Human Anatomy and Physiology - B.D. Chourasiya.
- 4) Anatomy and Physiology of Yogic Practices - Dr. M.M. Gore.
- 5) Sharir Rachana Yevam Kriya Vidnyan - Dr. Vivek Sathe.



**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)  
Semester I**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
5	DSE-I.A	PGDN105A	Th-Major Elective	Holistic Health	60	4

**Cos**

- Able to develop a scientific point of view of health with reference to traditional and modern concept of health
- Able to identify health problems and understand their own role on health.
- Understand the basic principles of stress management. Recognize your stress triggers and how to manage them.
- Able to Demonstrate effective counseling skills with individuals (adults and children) couples families and or groups
- Able to apply the knowledge of yoga therapy in recovering the common health related complications

Unit	Content	Period
<b>Unit I</b>	<b>Health</b> <ul style="list-style-type: none"> <li>• Meaning and concept of Health</li> <li>• Concept of Health according to Who and AYUSH</li> <li>• Characteristics of healthy individual</li> <li>• Factors influencing Health</li> </ul>	<b>12</b>
<b>Unit II</b>	<b>Mental Health</b> <ul style="list-style-type: none"> <li>• Interdiction to mental Health</li> <li>• Mind and consciousness</li> <li>• Personality &amp; its types</li> </ul>	<b>12</b>
<b>Unit III</b>	<b>Stress Management</b> <ul style="list-style-type: none"> <li>• Stress Definition, types &amp; views</li> <li>• Effects of stress on Human Physiology</li> <li>• Stress related disorders</li> </ul>	<b>12</b>
<b>Unit IV</b>	<b>Counselling</b> <ul style="list-style-type: none"> <li>• Introduction &amp; definition of Counselling</li> <li>• Types of counselling</li> <li>• Methods of Counselling</li> <li>• Characteristics of counsellor</li> </ul>	<b>12</b>
<b>Unit V</b>	<b>Therapy</b> <ul style="list-style-type: none"> <li>• Concept &amp; types of Therapies</li> <li>• Yoga Therapy – Principles, Rules &amp; Characteristics</li> <li>• Disease specific yoga therapy</li> </ul>	<b>12</b>

**Reference Books:**

- |  |                                      |
|--|--------------------------------------|
| 1. Managing Stress                               | - Shrivastava H.S.                   |
| 2. Key to Health                                 | - M.K. Gandhi                        |
| 3. Yoga Therapy in management of Stress          | - Dr. S.V. Karandikar                |
| 4. Yoga for Stress Relief                        | - Thakur, Bharat                     |
| 5. Yogic Therapy –Its Basic Principles & Methods | - Kuvalayananda Swami & S.L. Vinekar |
| 6. Swadhyay and Yoga Therapy                     | - Dr. Waze , Pune                    |
| 7. Paramrsha Manivighyana                        | - Dr. Vimal Agrawal                  |
| 8. Nirdeshana Yevam Paramarshan                  | - Amarnath rai & Madhu Astana        |

**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)**  
**Semester I**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
5	DSE-I.B	PGDN105B	Th-Major Elective	Yoga for Health & Wellbeing	60	4

**Cos**

- Able to apply concept of Yoga and Consciousness
- Able to provide understanding and implementation of vasudhaiva kutumbakam.
- Explain various methods of yoga with respect to the body, health, disease and therapy

Unit	Content	Period
<b>Unit I</b>	<b>Introduction</b> <ul style="list-style-type: none"> <li>• What is Yoga</li> <li>• Brief history and development of Yoga</li> <li>• The Fundamentals of Yoga</li> <li>• Traditional schools of yoga</li> <li>• Yogic practices for Health &amp; wellness</li> </ul>	<b>12</b>
<b>Unit II</b>	<ul style="list-style-type: none"> <li>• Meaning &amp; concept of Vasudhaiva Kutumbhakam</li> <li>• Utility of Vasudhaiva Kutumbhakam in 21<sup>st</sup> Century</li> <li>• Prayer for mental peace</li> <li>• Asanas for physical and mental wellbeing</li> </ul>	<b>12</b>
<b>Unit III</b>	<b>General Guideline for Yoga Practice</b> <ul style="list-style-type: none"> <li>• Before Practice</li> <li>• During Practice</li> <li>• After Practice</li> </ul> <b>B) Prayer</b> <b>C) Loosening Practices:</b> Neck Bending, Trunk Movement, Knee Movement	<b>12</b>
<b>Unit IV</b>	<b>Yogasana</b> <ul style="list-style-type: none"> <li><b>A) Standing postures :</b> Tadasana, Vrikshasana, Pad-hastasana, Ardha- Chakrasana, Trikonasana</li> <li><b>B) Sitting Postures:</b> Bhadrasana , Ardha Ushtasana Shasankasana ,Vakrasana</li> <li><b>C) Prone Postres :</b> Bhujanagasana, Shalabhsana, Makarasana</li> <li><b>D) Supine Postures:</b> Setu Bandhasana, Pavanamuktasana, Shavasana</li> </ul>	<b>12</b>
<b>Unit V</b>	<ul style="list-style-type: none"> <li><b>A) Kapalabhati</b></li> <li><b>B) Pranayama:</b> Nadisodhana or Anuloma Viloma, Bhramari</li> <li><b>C) Dhyana</b></li> <li><b>D) Sankalpa</b></li> <li><b>E) Shanti Patha</b></li> </ul>	<b>12</b>

**Reference Books:**

1. Common Yoga Protocol – Morarji Desai National Institute of Yoga, New Delhi
2. Yogasane – Dr. P. D. Sharma
3. Anatomy and Physiology of Yogic Practices – Dr. M.M. Gore
4. Bhagawatgeeta – Iskon
5. Yoga therapy: Swami Kuvalyanand & Dr. Vinegar, Lonavala

**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)  
Semester I**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
6	DSCI.1 Lab	PGDN106	Pr-Major	Practical - I	30	1

**Cos**

- Able to explain the concept of Yoga and Consciousness
- Able to apply knowledge of various methods in yoga with respect to the body, health, disease and therapy.

Unit	Content	Period
Unit I	Yogic Sukshma and Sthul vyayama and Suryanamskar	6
Unit II	Standing :- Utkatasana, Tadasana, Vrukshasana, Trikonasana, Garudasana, Vatayanasana Sitting Asana:- Vakrasana, Mandukasana, Ushtrasana, Padmasana, Siddhasana, Vajrasana, Gaumukhasana, Prone Position :- Makarasana, Bhujangasana, Shalbhasana, Dhanurasan. Supine Position:-Pawanmuktasan, Stubandhasan, Halasan, Srawangaasan,	6
Unit III	Shtkarma Neti :- Jalaneti, Sutraneli Dhauti :- Vamana, Vastra, Danda Tratak :- Samip, SadurNauli :- Vama Nauli, Dakshin Nauli, Madhya Nauli, Nauli chalana Kapalbhati :- Shitkram, Vyutkram, Vatkram	6
Unit IV	<b>Bandha – Mudra</b> Jalandhar Bandha, Uddiyana Bandha, Mool Bandha, Maha Bandha, Yoga Mudra, Bramha Mudra, Simhamudra, Viparit Karni, Kaki Mudra, Nabho Mudra, Khechari Mudra, Shambhavi Mudra.	6
Unit V	<b>Pranayama :</b> Nadishodhana, Bhramari, Bhastrika, Shitali, Shitkari, Suryabhedan	6

**Reference Books:**

1. Common Yoga Protocol – Morarji Desai National Institute of Yoga, New Delhi
2. Yogasane – Dr. P. D. Sharma
3. Anatomy and Physiology of Yogic Practices – Dr. M.M. Gore
4. Bhagawatgeeta – Iskon
5. Yoga therapy: Swami Kuvalyanand & Dr. Vinegar, Lonavala
6. Asanas: Swami Kuvalyanand, Kaivalyadham, Lonawala.
7. Pranayama: Swami Kuvalyanand, Kaivalyadham, Lonawala.
8. आसन, प्राणायाम, बंध- मुद्रा , स्वामी सत्यानंद

**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)  
Semester I**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
7	<b>DSC-II.1 Lab</b>	<b>PGDN107</b>	<b>Pr-Major</b>	<b>Laboratory Practical</b>	<b>30</b>	<b>1</b>

**Cos**

- Apply knowledge for how to handle various laboratory Apparatus properly.
- Able to examine the person properly.
- Able to understand the importance of laboratory reports & how to read the report.

Unit	Content	Period
<b>Unit I</b>	<ul style="list-style-type: none"> <li>• Examination of height weight and BMI</li> <li>• Examination of pulse</li> </ul>	<b>6</b>
<b>Unit II</b>	<ul style="list-style-type: none"> <li>• Examination of pallor and Ecterus</li> <li>• Use of spirometer</li> </ul>	<b>6</b>
<b>Unit III</b>	<ul style="list-style-type: none"> <li>• Use of stethoscope</li> <li>• Use of Sphygmomanometer</li> </ul>	<b>6</b>
<b>Unit IV</b>	<ul style="list-style-type: none"> <li>• Study of Microscopic slides of Human tissue and Human Parts.</li> </ul>	<b>6</b>
<b>Unit V</b>	<ul style="list-style-type: none"> <li>• Study of Blood reports like CBC, Thyroid Function Test and urine analysis</li> </ul>	<b>6</b>

**Reference Books:**

- |  |   |                                |
|--|---|--------------------------------|
| 1) Anatomy and Physiology for Nurses         | - | Shri. Nandan Bansal.           |
| 2) Manav Sharir Rachana Yevam Kriya Vidnyan  | - | Prof. Dr. Anant Prakash Gupta. |
| 3) Human Anatomy and Physiology              | - | B.D. Chourasiya.               |
| 4) Anatomy and Physiology of Yogic Practices | - | Dr. M.M. Gore.                 |
| 5) Sharir Rachana Yevam Kriya Vidnyan        | - | Dr. Vivek Sathe.               |

**Sant Gadge Baba Amravati University, Amravati.**  
**Faculty: Inter –Disciplinary Studies**  
**One Year - Two Semester P.G. Diploma Programme-NEPv23**  
**P.G. Diploma in Naturopathy and Yogic Science (PGDNYS)**  
**Semester II**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
1	DSC-I.2	PGDN201	Th-Major	Applied Naturopathy	60	4

**Cos**

- Enrich the knowledge to integrate knowledge and skills in food and nutrition with professional issues affecting the nutrition and/or dietetics fields.
- Enrich the knowledge, fasting can safely and successfully be implemented in an impatient integrative medicine concept and its perceived as help promoting method
- Able to apply knowledge that massage therapy on various parts of the body will help the person to regain his health
- Enrich the knowledge of Chromo-therapy can be used for pain management such as joint and back pain, sore or torn muscles, sprains, arthritis, post-surgical scars, burns, wounds and more. When used in conjunction with infrared light, chromo-therapy is one of the most effective and noninvasive ways to repair the body.

Unit	Content	Period
<b>Unit I</b>	<b>Sun Light Therapy</b> A. Principal of Sun Light Therapy B. Physiological & chemical properties of Sunlight, Effect of Sunlight in curing disease. C. Sun bath :- Sun gazing, General Sun bath, sun bath through Wet pack, leaves (atapsnana), Oil (Abhyangasnan), Sunbath for Children and Aged persons. D. Principal of chromotherapy and healing power of VIBGYOR	<b>12</b>
<b>Unit II</b>	<b>Nutrition</b> A. Nutrition - history and importance of nutrition B. Concept of :- Hita, Mita ,Rita :- Satvik, Rajasik, Tamasik aahar C. Nutritional deficiency, there prevention and control. D. Naturopathic approach towards vegetarian and non vegetarian food.	<b>12</b>
<b>Unit III</b>	<b>Massage</b> A. Introduction and history of Massage. B. Rules, regulations and characteristics of Massager. C. Effects of pressure of hands and lubricants of following system : Skin, Muscular System, Ligaments, Skeletal System, Circulatory and Nervous System. D. side effect of massage and their solutions.	<b>12</b>
<b>Unit IV</b>	<b>Fasting</b> A. Philosophy of therapeutic fasting B. Theory of fasting and starvation, difference between fasting and starvation, Hunger and Appetite. C. Methods of fasting for therapeutic D. Curative impact of fasting on various disease	<b>12</b>
<b>Unit V</b>	<b>Disease and treatment through Naturopathy</b> A. What is disease ; curative factors of diseases B. classification of diseases :- Spiritual, Mental and Physical. Characteristics of Therapist C. Naturopathy centre and its structure.	<b>12</b>

**Reference Books:**

- |                                       |   |                     |
|---------------------------------------|---|---------------------|
| 1) The principles of light and colour | - | Dr. Ed Babbitt      |
| 2) Colour therapy                     | - | R.S. Amber          |
| 3) Diet and nutrition                 | - | Dr. Elizabeth Evans |
| 4) Fasting for healthy long life      | - | Hereward world      |
| 5) Science of nature life             | - | Dr. Bansal          |
| 6) सूर्य किरण चिकित्सा                | - | हरिओम गुप्ता        |
| 7) प्राकृतिक आयुर्विज्ञान             | - | डॉक्टर बंसल         |
| 8) उपवास चिकित्सा                     | - | रामचंद्र वर्मा      |
| 9) आहार एवं पोषण                      | - | संजय पब्लिशर        |
| 10) प्राकृतिक आयुर्विज्ञान            | - | डॉ बंसल             |
| 11) सूर्य किरण चिकित्सा               | - | डॉ मोहनलाल कठोटिया  |

**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)  
Semester II**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
2	DSC-II.2	PGDN202	Th-Major	Yoga : History, Theories & Techniques	60	4

**Cos**

- To provide understanding of hathayoga, concept & into science.
- Apply knowledge for physiological effects of Asanas on body postures.
- Apply knowledge for Bandhas and Mudras with their effects on the body
- Apply knowledge for importance of yoga in stress management
- Apply knowledge for communication skill for teaching.

Unit	Content	Period
<b>Unit I</b>	<ul style="list-style-type: none"> <li>• Concept of Shatchakra and Kundalini.</li> <li>• Importance and Need of Yoga Education.</li> <li>• Characteristics of Yoga Teacher.</li> </ul>	<b>12</b>
<b>Unit II</b>	<ul style="list-style-type: none"> <li>• Significance of Prayers and Shantipaths.</li> <li>• Significance of Mantrajapa for Chittashuddhi.</li> <li>• Significance of PranavJapa (Om).</li> <li>• Importance of Pranayama.</li> </ul>	<b>12</b>
<b>Unit III</b>	<ul style="list-style-type: none"> <li>• Physiological significance of Body Postures.</li> <li>• Physiological significance of Meditative Postures.</li> <li>• Aims of Yogic Postures.</li> <li>• Guidelines for Yogic Practices.</li> </ul>	<b>12</b>
<b>Unit IV</b>	<ul style="list-style-type: none"> <li>• Role of Shodhan kriyas in Health and Hygiene.</li> <li>• Effect of Yogic Practices in various digestive disorders.</li> <li>• Effect and benefits of Bandha &amp; Mudra's.</li> <li>• Stress Management through various Yogic Methods.</li> </ul>	<b>12</b>
<b>Unit V</b>	<ul style="list-style-type: none"> <li>• Communication skills</li> <li>• Knowledge and Demonstration ability, Describing the yogic practice to Individuals, Pairs and group.</li> <li>• Daily teaching plan and Course Schedule, Questions- Answers Feedback</li> </ul>	<b>12</b>

**Reference Books :**

- 1) Yoga for the Digestive system – Dr. Swami Shankar devavnanda
- 2) Lights on Pranayama – B.K. S. Iyengar
- 3) Yogic Management of Common Diseases – Dr. Swami Karmanada
- 4) Kundalini Yoga – Swami Satyananda Saraswati
- 5) Surya Namskar – Swami Satyananda Saraswati
- 6) Rog Aur Yoga – Dr. Karmananda Saraswati
- 7) Yoga Nidra - Swami Satyananda Saraswati
- 8) Prana and Pranayama - Swami Niranjanaada Saraswati

**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)  
Semester II**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
3	DSC-III.2	PGDN203	Th-Major	Anatomy & Physiology	60	4

Cos

After completion of the course the students can able to explain,

- Basic concept of Anatomy and Physiology.
- Able to identify and explain the structure and functions of each body system.
- Demonstrate the principle of Alignment as asana.

Unit	Content	Period
<b>Unit I</b>	Endocrine System <ul style="list-style-type: none"> <li>• Various endocrine glands with their hormone secretions, Mechanism of action of Hormone, Physiology of Diabetes and stress hormones.</li> </ul>	<b>12</b>
<b>Unit II</b>	Nervous System <ul style="list-style-type: none"> <li>• Structure and types of neuron</li> <li>• Central nervous System-brain and spinal cord</li> <li>• Peripheral Nervous system.</li> <li>• Autonomous nervous system</li> </ul>	<b>12</b>
<b>Unit III</b>	Excretory system <ul style="list-style-type: none"> <li>• Urinary organs-structure and function</li> <li>• Anatomy &amp; Physiology of kidneys</li> <li>• Structure and function of Nephrons</li> <li>• Mechanism of urine formation</li> </ul>	<b>12</b>
<b>Unit IV</b>	Sense organs <ul style="list-style-type: none"> <li>• Structure and function of eye, skin, ear, nose and Tongue, Physiology of different sense organs</li> </ul>	<b>12</b>
<b>Unit V</b>	Reproductive System <ul style="list-style-type: none"> <li>• Puberty, Male reproductive system, Female reproductive system, Menstrual cycle changes during Pregnancy.</li> </ul>	<b>12</b>

**Reference Books:**

- |  |   |                                |
|--|---|--------------------------------|
| 1) Anatomy and Physiology for Nurses         | - | Shri. Nandan Bansal.           |
| 2) Manav Sharir Rachana Yevam Kriya Vidnyan  | - | Prof. Dr. Anant Prakash Gupta. |
| 3) Human Anatomy and Physiology              | - | B.D. Chourasiya.               |
| 4) Anatomy and Physiology of Yogic Practices | - | Dr. M.M. Gore.                 |
| 5) Sharir Rachana Yevam Kriya Vidnyan        | - | Dr. Vivek Sathe.               |

**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)  
Semester II**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
4	DSE-II.A	PGDN204A	Th-Major Elective	Holistic Health	60	4

**Cos**

- Able to apply the basic principles physiotherapy on human body.
- Able to apply knowledge of the five great elements
- Able to apply the knowledge of Tri Dosha and how they affect the disease process
- Able to explain basic knowledge of Ayurvedic physiology
- Able to Identify the critical anatomical features of the body, with special detail concerning the anatomy of acupuncture points, and describe the basic concepts of biomedical physiology.

Unit	Content	Period
<b>Unit I</b>	<b>Physiotherapy</b> <ul style="list-style-type: none"> <li>• Concept and principles of Physiotherapy.</li> <li>• Aims and Objectives.</li> <li>• Physiotherapy practices without equipment.</li> <li>• Electrotherapy : Introduction and uses</li> </ul>	<b>12</b>
<b>Unit II</b>	<b>Ayurveda and Panchakarma</b> <ul style="list-style-type: none"> <li>• Introduction and concept of Ayurveda and Panchakarma.</li> <li>• Concept of Tridosha, Trimala, Triguna, Sapta Dhaatu.</li> <li>• Treatment modalities in Panchakarma</li> </ul>	<b>12</b>
<b>Unit III</b>	<b>Acupressure</b> <ul style="list-style-type: none"> <li>• Definition and Basic concepts of Acupressure.</li> <li>• Theories of Acupressure (yin &amp; yang Five element theory).</li> <li>• Measurements in Acupressure Therapy : Location and Indications of Meridian points.</li> <li>• Importance of EFT in Acupressure.</li> </ul>	<b>12</b>
<b>Unit IV</b>	<b>Sujok Therapy</b> <ul style="list-style-type: none"> <li>• Introduction and history of Sujok</li> <li>• Elementary theories of Sujok .</li> <li>• Treatments through Magnets, Seeds, Colour, Moxibustion, Mudra .</li> </ul>	<b>12</b>
<b>Unit V</b>	<b>Magnet Therapy</b> <ul style="list-style-type: none"> <li>• The history of magnet therapy. Theory of magnet therapy</li> <li>• Effect of magnet therapy, the principles of applying magnet for treatment.</li> <li>• The selvantages of magnet therapy.</li> <li>• Magnetized water, magnetized milk, oil.</li> </ul>	<b>12</b>

**Reference Books:**

1. Clinical Acupuncture - Dr. Anton Jaisuriya
2. Clinical Acupuncture - Dr. Agrawal
3. Su-Jok - Park jae woo
4. Thumb is Head - Park jae woo
5. Emergency Su-jok - Park jae woo
6. Charak Samhita - Maharishi Charak, Maharishi Agnivesh
7. आयुर्वेदा सर्वासाठी - वैद्य खडीवाले
8. चरक संहिता - महर्षी चरक, महर्षी अग्निवेश
9. अँडवान्स अँक्युपँक्चर - डॉ. अर्जुन अग्रवाल , डॉ. गोविंद शर्मा



**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)  
Semester II**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
4	DSE-II.B	PGDN204B	Th-Major Elective	Diet Management	60	4

**Cos**

- Able to apply the knowledge of Diet Management.
- Able to explain fundamental of nutrition with respect to different nutrients and food groups.
- Able to classify morden nutrition to tradition naturopathic diet.

Unit	Content	Period
Unit I	<ul style="list-style-type: none"> <li>• Concept of health in naturopathy</li> <li>• Definition of diet, nutrition and nutrient</li> <li>• Nutrition deficiency disease, preventive and curative approach</li> </ul>	12
Unit II	<ul style="list-style-type: none"> <li>• Types of Diet – ( Balance, Eliminative soothing</li> <li>• Importance of diet and nutrition in Ayurveda</li> <li>• Effects of Rajsic, Tamsik, SatvikAhar on Physiology</li> </ul>	12
Unit III	Importance of <ul style="list-style-type: none"> <li>• Green Vegetables</li> <li>• Fruits</li> <li>• Spices</li> </ul>	12
Unit IV	<ul style="list-style-type: none"> <li>• Sprouts and their nutritive value and methods of sprouting</li> <li>• Food values in Raw State, Germination form and Cooked form</li> </ul>	12
Unit V	<ul style="list-style-type: none"> <li>• Comparison with Raw and Cooked food</li> <li>• Non vegetarian diet : Positive and Negative aspect in Naturopathy</li> </ul>	12

**Reference Books:**

1. Food and Nutrition - Gupta.
2. Morden Nutrition in health and disease. –Shils.
3. The sprouting book – An Wignoro
4. Essential of food and nutrition – Swami Nathan.
5. Normal & Therapeutics nutrition – Corinne H. Robison
6. चरक संहिता - महर्षी चरक, महर्षी अग्निवेश

**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)  
Semester II**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
5	DSC-I.2	PGDN205	Pr-Major	Naturopathy Practical	30	1

**Cos**

- Able to get knowledge about fundamental principles of Naturopathy
- Able to get knowledge about nature cure principles of different diseased condition.
- Able to get knowledge to understand the Therapy techniques given in Naturopathy for different ailments

Unit	Content	Period
<b>Unit I</b>	<b>Packs ,Baths</b> Leg Pack , Wetsheet Pack, Local Pack, Trunk Pack Hip Bath, Spinal Bath, Sitz Bath Immersion Bath, Foot Bath	<b>6</b>
<b>Unit II</b>	<b>Mud</b> Types Of Mud, Pack, Full Mud Bath, Local Mud Application, Poltis	<b>6</b>
<b>Unit III</b>	<b>Sunlight Therapy</b> Sungazing Solarisation In Water, Glycerine, Sugar, Milk, Oil.	<b>6</b>
<b>Unit IV</b>	<b>Massage</b> Types And Techniques Of (Touch ,Percussion, Friction ,Kneading, Vibration, Rolling, Stroking, Mixed Movements)	<b>6</b>
<b>Unit V</b>	Air Bath, Vapour Bath ,Steam Bath	<b>6</b>

**Reference Books:**

1. Science of Nature life - Dr. Bansal
2. Dava's nature guide - Dr. Dawas
3. Baths - Dr. S. J. Singh
4. प्राकृतिक आयुर्विज्ञान - Dr. Bansal

**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)  
Semester II**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
6	DSC-II.2	PGDN206	Pr-Major	Practical - II	30	1

**Cos**

- Able to demonstrate knowledge about various Mudras and Bandhas
- Able to demonstrate knowledge about Mudras and Bandhas for different diseased condition.
- Able to demonstrate knowledge the therapeutic aspect of Mudra and Bandhas

Unit	Content	Period
<b>Unit I</b>	<b>Bandha</b> Jalandhar bandha, Mul bandha, Udyan bandha, Mahabandha	<b>6</b>
<b>Unit II</b>	<b>Mudra</b> Brahama Mudra ,Simha Mudra Viprit Karni Mudra, Nabho Mudra, Khechari Mudra ,Shambhavi mMudra, Sanmukhi Mudra.	<b>6</b>
<b>Unit III</b>	<b>Mind relaxation techniques</b> Om chanting, Meditation	<b>6</b>
<b>Unit IV</b>	<b>Cleansing technique</b> Laghu Shankh prakshalan	<b>6</b>
<b>Unit V</b>	<b>Relaxation techniques</b> Yog nidra	<b>6</b>

**Reference Books:**

1. आसन, प्राणायाम, बंध- मुद्रा - स्वामी सत्यानंद
2. Asanas: Swami Kuvalyanand, Kaivalyadham, Lonawala.
3. Pranayama: Swami Kuvalyanand, Kaivalyadham, Lonawala
4. Hathapradipika -Swami Swatmaramji

**P.G. Diploma in Naturopathy & Yogic Science (PGDNYS)  
Semester II**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
7	Internship / Field Projects	PGDN207	Related to Major	On Job Training, Internship / Field Projects	120	4*

**Note : On Job Training, Internship/ Apprenticeship; Field projects Related to Major (During vacations of Semester I and Semester II) For duration of 120 hours, it is mandatory to all the students, to Internship complete during vacations of Semester I and/or II. This will carry 4 Credits for learning of 120 hours. Its credits and grades will be reflected in Semester II credit grade report.**

An internship is an opportunity offered by one institution to potential students or students of class undergoing a training / professional programme in the institution, either in any one or both semesters in the final year or after the end of the final semester of the programme usually. It provides students with a period of practical experience in the institution relating to their field of study. The experience is valuable to students as a means of allowing them to experience how their studies are applied in the “Real World” and as a work experience that can be highly attractive to employers on candidate’s CV.

It further determines if they (interns) have an interest in a particular career, create a network of contacts and credits, ultimately putting themselves for forthcoming opportunities for period work.

Here, particularly the programme of Post Graduate Diploma in Naturopathy and Yogic Science internship refers to an exchange and extending of services for professional experience to be continued for 120 hours in a hospitals/Naturopathy college/organization, so that as experienced interns when they begin regular employment, such work experiences during this period of internship, the intern is expected to use the things/technique he /she has learned in the institution and put them in to practice thus the students gain with experience in this field of study. It would be a mandatory part of the completion of the said programme.

**Assessment of Internship :**

1. During the internship period the intern shall maintain a case report of at least five patients.
2. Intern should complete his or her internship in any Naturopathy centre or Naturopathy Hospital, residential schools, Wellness Centre, Panchakarma Centre NGOs and any Institutions working for health awareness.
3. The intern shall examine the patient maintain complete case record of the patient.
4. The intern shall suggest proper Naturopathy treatment to the patient.
5. Counselling of patient, diet and proper Naturopathy lifestyle should be suggested by the intern to the patient.
6. The intern shall conduct practical yoga session regularly for the patient.
7. File has to be prepared and maintain with an index of all 5 case records with at least three follow – up sessions.
8. A file should be submitted to supervisor after duly signed by administrator of the Naturopathy organisation countersigned by the Co-ordinator or concerned teacher before 10 days of 2nd semester final exam in 4 copies.
9. The intern shall show their sincerity and dedication and discipline while carrying out the concerned work.

**Note-**

A compiled file with an index having recorded the duty discharge by the intern be maintained accordingly, which shall be signed by Naturopathy personal, administrator of the institution or Hospital followed by the counter signed by Co-ordinator of the program ultimately it has to be endorsed by the head of the Department of the program.

**Presentation of report of Internship :-**

An examinee has to face and answer the questions asked by the examiner in the form of Viva-Voice with regards to personal and Technical preparations for internship and experience is gained during internship.