

Sant Gadge Baba  **Amravati University**

Department of Lifelong Learning & Extension

Diploma Course

(6 Month)

Syllabus

Diploma in Naturopathy & Yoga Therapy

Paper 1

(Yog Therapy)

Unit I: Astang Yog Theory 12 mark
Patanjali Yog Sutra Practical 8 mark

Unit II: Yogasan Theory 12 mark

Trikonasan, Bhadrasan, Usntrasan, Shashankasan, Vakrasan, Bhujangasan,
Shalbhasan, Setubandhasan, Pawan Muktasana, Dhanurasan, Naukasan,
Uttanpassan, Chakrassan. Practical 8 mark

Unit III: Shudhhi Kriya Theory 12 mark
Six Karmas
Shankha Prakshanlana Practical 8 mark

Unit VI: Surya Namskar Theory 12 mark
Benefits of surya namaskar
Efficiency & care while performing surya namaskar
Treatment By surya namaskar Practical 8 mark

Unit VI: Yog And Mental Health Theory 12 mark
Mental health with Rajyoga
Tratak, Benefits of Tratak Practical 8 mark

Paper 2
(Naturopathy)

Unit I: Treatment through Naturopathy	Theory 12 mark Practical 8 mark
Unit II: Mud Therapy	Theory 12 mark
1) Selection of Mud	
2) Procedure of Making Mudpack	
3) Benefits of Mud plaster	Practical 8 mark
Unit III: Massage Therapy	Theory 12 mark
Principle of Massage	
Treatment Modalities of massage	
Benefits and Care	Practical 8 mark
Unit VI: Diet Therapy	Theory 12 mark
Moderate food (mitanor)	
Wrong procedure of Diet	
Procedure of Making	
Nutritious Diet	Practical 8 mark
Unit V: Diet Therapy	Theory 12 mark
Fasting Therapy	
Type of Fasting	
Benefits of Fasting	Practical 8 mark

Books Recommended: -

1. Health Care Medicine- Madhav Choudhari
2. Yoga Health Protect Key's- Dr. Arun Khodskar
3. Naturopathy System-Dr. Gala
4. Diwas Nature Guide-Dr. Dawas
5. Therapeutics is Health- Madhav Choudhari
6. Therapeutics Treatment-Lila Mandiwale
7. Naturopathy Treatment-Dr. Bakhru. s