

Bachelor of Naturopathy & Yoga Science

I Sem

- 1.1 History of Yoga & Sutras
- 1.2 Introduction to Naturopathy
- 1.3 Types of fasting and its Benefits
- 1.4 Practical-Introduction & Practice of naturopathy
Yogic foods
- 1.5 Practical- Pranayama

II Sem

- 1.6 Concepts of Naturopathy
- 1.7 Principles and Practice of Yoga
- 1.8 Yoga Education Fundamentals
- 1.9 Basic Facts of Yogic Therapy
- 1.10 Practice of Basic Asanas –Practical – I

III Sem

- 2.1 Practical I-Kriyas
- 2.2 Practical II-Applied Naturopathy
- 2.3 Practical III- Meditation
- 2.4 Theory of Massage Therapy
- 2.5 Massage Therapy Practice

IV Sem

- 2.6 Basic Principles and Methods of Yoga
- 2.7 Yoga Techniques and Benefits
- 2.8 Problems and Solutions in Naturopathy
- 2.9 Practical I -Mudras and Bandhas
- 2.10 Practical II- Naturopathy Methods

V Sem

- 3.1 Acupuncture Theory & Technique
- 3.2 Acupuncture Technique Practical
- 3.3 Practice of Health Yoga - I
- 3.4 Development of Health Yoga in India
- 3.5 Case study – I

VI Sem

- 3.6 Advanced Naturopathy
- 3.7 Advanced Naturopathy Therapy Practice
- 3.8 History of Prana & Chakras
- 3.9 Special Reference to Gherand , Samhith & Pathanjali Yoga sutra.
- 3.10 Yoga Training and Teaching Practice