

## **Bachelor of Naturopathy & Yoga Science**

### **I Year**

- 1.1 History of Yoga & Sutras
- 1.2 Introduction to Naturopathy
- 1.3 Practical-Introduction & Practice of naturopathy  
Yogic foods
- 1.4 Practical- Pranayama
- 1.5 Practice of Basic Asanas –Practical-I
- 1.6 Principles and Practice of Yoga

### **II Year**

- 2.1 Yoga Education Fundamentals
- 2.2 Basic Facts of Yogic Therapy
- 2.3 Concepts of Naturopathy
- 2.4 Practical I-Kriyas
- 2.5 Practical II-Applied Naturopathy
- 2.6 Practical III- Meditation

### **III Years**

- 3.1 Basic Principles and Methods of Yoga
- 3.2 Yoga Techniques and Benefits
- 3.3 Problems and Solutions in Naturopathy
- 3.4 Practical I -Mudras and Bandhas
- 3.5 Practical II- Naturopathy Methods
- 3.6 Practical III-Acupuncture Technique