

BHARAT SKILL DEVELOPMENT EDUCATION & TRAINING (REGD. NO. IV-190305830/2018), GOVERNED BY BSDC

Govt. of India Recognized

(Govt. of India, ISO 9001-2015, QCI, MHRD, NCT, MSME Certified Institute)

Two Years Advance Diploma in Naturopathy and Yogic Science (DNYS)

Introduction:

Yoga is a science of ancient Indian tradition. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between body and mind. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature.

Yoga education is developing day by day. The DNYS program aims to increase awareness on Yoga and teach general public wellness through yoga. Students are taught the basic concepts of philosophy of Yoga, the physiological implications of Yogic practices, such as Asanas, Bandha, Mudra, Neti, Dhauti, Pranayama and Dhyana.

Naturopathy is the natural way of living a healthy life. It is now a recognised and popular alternate branch of medicine and health care. The AYUSH Ministry is constantly promoting Naturopathy along with Ayurveda, Yoga, Unani, Siddha, and Homeopathy the forms of health care. Now a days Naturopathy and Yoga go hand-in-hand.

I. Title of the Programme:

- The programme shall be called “Two Years Advance Diploma in Naturopathy and Yogic Science “ (DNYS)

II. Aim of the Programme:

- The aim of the programme is to spread wellness through Yoga and Naturopathy.

III. Objectives of the programme:

- To bring awareness of the fundamentals of Yoga for wellness in their daily lives
- To bring peace and harmony in the society at large by introducing the Yogic way of life.
- To create teachers to teach Yoga for wellness in the society.

IV. Duration:

- The minimum duration of the programme will be 24 months

V. Eligibility:

- The candidate should have completed 12th Standard from a recognized board or institution

VI. Class timings:

- This is a weekend program. Classes are usually held on Saturday (afternoon) and Sundays (11am - 4pm). The exact class schedule will be formulated based on mutual convenience of the enrolled batch and faculty members

VII. Summary of the Syllabus:

- Introduction to Yoga and Yogic Texts.
- Yoga: Its origin, history and development.
- Brief Introduction to Samkhya and Yoga Darshana.
- Yoga: Etymology, definitions, aim, objectives and misconceptions.
- Patanjala Yoga Darshan and Sutras,
- Bhagwad Gita, Vedas & Upanishad,
- Human Anatomy & Physiology.
- Yogic Science and Physiology.
- Concept of Wellness and Illness.
- Yogic Concept of Holistic Health.
- Yoga as Preventive Health Care.
- **Yoga Practicum**
 - Free Hand Exercises.
 - Yogic Surya Namaskara with Mantra
 - Yogasanas.
 - Breathing Exercises.
 - Pranayama.
 - Body Relaxation Process
 - Teaching Skills.
- Basic Ayurveda.
- Panchakarma and Applied Aspects.
- Introduction to Naturopathy.
 - Food and Nutrition.
 - Mud- therapy.
 - Hydrotherapy.
 - Sun-shine therapy.
 - Fasting therapy.
 - Exposure of Air.
 - Enema therapy.
 - Massage therapy.
- Common Diseases and treatment.