

Diploma in Naturopathy and Yoga (N.D.D.Y.) (Three and a half Years Courses)



Affiliated by Gandhi National Academy of Naturopathy New Delhi

N.D.D.Y. 1st Year Course

Eligibility: Higher Secondary School

1. First Paper

M.M.-100

- (a) Philosophy of Nature Cure: What is health? Natural way of living; Principles of Nature Cure; Five basic elements of nature, their origin and use in Naturopathy; Vital Force, Toxins (foreign matter); Definition of Disease, Curing of Disease, Health, Labour, Rest, Exercise; Unity of body, Mind and Soul; Auto suggestion; Remedial Properties of Mud and Mud Treatment.
- (b) History and Development of Nature Cure.
- (c) Naturopathy and Comparative Study of Ayurved's Panch Karmas, Ritucharya with analysis of Tridosh.

2. Second Paper

M.M.-100

- (a) Anatomy & Physiology: Structure of cell and tissues; structure and function of all the system of the body, including skin, blood and sensory organs.
- (b) Environment & Ecology: Pollution- Air, Water and Sound; Adulteration of Food; Bio-degradation, deforestation; Impact of chemical fertilizers and pesticides on human beings; organic cultivation and methods of preparing compost manure.

3. Practical and Viva Examination

M.M.-100