

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. 3rd Year Course

- 1. First Paper** **M.M.-100**
- (a) Diagnostic Methods (Traditional & Modern).
 - (b) Acute Diseases and Nature Cure Treatment.
 - (c) Gynaecology and Obstratics.
 - (d) Mother and Child Care, Care of Mother and New Born.
- 2. Second Paper** **M.M.-100**
- (a) Chronic diseases: Nature Cure of all systems of the body.
 - (b) First Aid.
 - (c) Public Health and Hygiene.
 - (d) Management of Nature Cure Hospitals Planning, Management, and Administration.
- 3. Third Paper** **M.M.-100**
- Yoga and Shat Karma: Definition, aims and objects; Different types of Yoga; Philosophy of Yoga Sutra; Steps of Yoga (Ashtanga Yoga); Effects of various Yogic Asanas on different systems of body; Techniques of Asanas; Pranayams; Mudras; Bandh; Shatkriyas; Difference between Yogic and Non-Yogic exercises; Surya Namaskar, Treatment of diseases; Chakra, meditation, etc.
- 4. Practical and Viva Examination** **M.M.-100**

Note: Question can be taken asked on contents of "Swasth Jeevan" issues and syllabus of Sahayak Chikitsak and N.D.D.Y. first year and second year courses.