

RURAL URBAN COUNCIL OF SKILLS & VOCATIONAL STUDIES

Diploma In Yoga & Naturopathy Skill Syllabus

Diploma In Yoga & Naturopathy Skill		1 Year Course
Subject Code	Subject Name	
DYNS 101	Foundations of Yoga	
DYNS 102	Asanas & Pranayama	
DYNS 103	Human Anatomy and Physiology	
DYNS 104	Fundamentals of Ayurveda	
DYNS 105	Philosophy Of Nature Cure	

Diploma In Yoga & Naturopathy Skill	
Practical 1	Asanas, Pranayamas, Mudras and Bandhas..
Practical 2	Kriyas, Meditation Techniques, Yoga Therapy.
Practical 3	Project Report : To learn various methods to achieve the aims and objectives and writing case history, measurement, analysis and report of the project work offered from different aspects of the course.
Practical 4	Clinical Examination: Clinical Examination will be conducted to test the ability of the students to understand the patient's health problem and select suitable yoga practices.
Practical 5	Viva & Internal Assessment