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DIPLOMA IN NATUROPATHY & YOGIC SCIENCE (DNYS)



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Course introduction / पाठ्यक्रम परिचय

Diploma in Naturopathy & Yogic Science (DNYS) — Duration: 3 Years · Level: Diploma (3-year) · 15 subjects · Organised year-wise: Year 1 (papers 1–5); Year 2 (papers 6–10); Year 3 (papers 11–15).

Subject list / विषय सूची (year-wise)

#	Subject
Year 1 — DNYS प्रथम वर्ष का पाठ्यक्रम	
1	Subject 1 — PHILOSOPHY & METHODS OF NATURE CURE
2	Subject 2 — PHILOSOPHY & FOUNDATIONS OF YOGA (Y1)
3	Subject 3 — ANATOMY & PHYSIOLOGY
4	Subject 4 — HYGIENE, PUBLIC HEALTH & FIRST AID
5	विषय 5 — रोग विज्ञान का सामान्य अध्ययन (Year-1 Paper-V)
Year 2 — DNYS द्वितीय वर्ष का पाठ्यक्रम	
6	Subject 6 — YOGA THERAPY (Y2)
7	Subject 7 — HYDROTHERAPY (Year 2)
8	Subject 8 — MUD THERAPY
9	Subject 9 — CHROMOTHERAPY (Year 2)
10	Subject 10 — SCIENCE OF FACIAL EXPRESSION (Year 2)
Year 3 — DNYS तृतीय वर्ष का पाठ्यक्रम	
11	Subject 11 — FASTING, NUTRITION & DIETETICS (Year 3)
12	Subject 12 — MANIPULATIVE TREATMENTS & ZONE THERAPY
13	Subject 13 — STUDY OF HATH YOGA & PATANJALI YOG SUTRA
14	Subject 14 — HISTORY & DEVELOPMENT OF YOGIC PHILOSOPHY
15	Subject 15 — MANAGEMENT OF DISEASES, CLINICS & HOSPITALS

YEAR 1

DNYS प्रथम वर्ष का पाठ्यक्रम

5 papers / subjects in this year

SYLLABUS OF DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

YEAR 1 · DNYS प्रथम वर्ष का पाठ्यक्रम

PAPER — PHILOSOPHY & METHODS OF NATURE CURE

Time allowed: ** 3 hours

Max Marks: ** 100

Section-A

- Build precise diploma vocabulary for “what nature cure is” — drugless orientation, nature’s forces, and clear Year-1 educational boundaries.
- Nature cure vs modern drug medicine — comparative teaching note; Ayurveda, Yoga, Homeopathy — brief neighbour systems; Scope of DNYS Y1 Subject 1 — philosophy & methods survey; Philosophy vs methods — teaching split; Working bilingual teaching definition for DNYS Y1; Career & study context of DNYS (awareness); 90-second viva — “Define nature cure”

Section-B

- Sequence major phases and named pioneers; lock core principles for diploma essays.
- Ancient & folk roots of nature healing in India; Modern Indian nature-cure revival — survey map; Indian naturopaths — brief contribution notes; World pioneers I — Hippocrates to Kneipp / Priessnitz; World pioneers II — Kuhne, Just, Lindlahr, Shelton, Lust; Fundamental principles of naturopathy — diploma list; Return to nature / natural hygiene — introductory phrase; How to periodise history in a 10-mark answer; Principles chart for 10-mark answers; Viva — five pioneers rapid fire

Section-C

- Deliver OCR *प्राकृतिक चिकित्सा सम्बन्धी गांधी दर्शन* as ethical lifestyle education for DNYS students.
- Gandhi’s *Nature Cure* themes — teaching set; Diet reform & mitāhāra in Gandhi’s teaching; Village hygiene & personal cleanliness pointers; Self-restraint, brahmacharya-as-moderation & student discipline; Vital economy — spending and saving vitality; Adolf Just / *Return to Nature* — bridge note; Viva — three Gandhi lifestyle principles

Section-D

- Teach OCR *पंचतत्त्व एवं प्रकृति के नियम* at diploma foundational depth with method bridges.
- Laws of nature — teaching meaning in DNYS; Pañcamahābhūta / pañcatattva — five elements overview; Properties of water, mud, air, sunlight — survey; Śarīra-dharma — āhāra, nidrā, bhaya, maithuna (survey); Vital force / vitality — concept; Health is positive / disease is negative — slogan unpacked; Panchatantras — restoration, maintenance, prevention; Element → modality master map (Y1 survey); Catechism of nature cure — Q&A drill set; Exam table — elements, media, one caution each; ... (+1 more topics in detailed map).

Section-E

- Cover OCR natural resistance, toxins/antitoxins, suppression consequences at foundational depth with strong safety framing.

- Philosophy of health — standards & positive health; Concept of disease according to naturopathy; Foreign matter & toxemia theory — diploma outline; Toxins & antitoxins — elimination; Channels of elimination — overview; Natural resistance / natural immunity — lifestyle list; Functional vs organic disease — intro distinction; Acute vs chronic — diploma awareness; Suppression of symptoms — dual caution; Body's protective lines — digestion, liver, glands (name-only); ... (+2 more topics in detailed map).

Section-F

- Teach OCR crisis language, calm mental state, and vaccination topic with ethical, non-harmful classroom framing.
- Healing crisis vs disease crisis — careful teaching; Observation during discomfort — what students may note; Importance of a calm mental state; Stress, overstimulation & vitality drain; Simple calming supports — breath, rest, nature time; Vaccination & inoculation — syllabus notes (balanced); Language drill — crisis / vaccine / mental-health boundaries; Short notes — healing crisis with emergency footer; Viva — crisis vs emergency in 60 seconds

Section-G

- Open OCR methods block — importance, safety, general health habits — before modality surveys.
- Methods of nature cure — meaning & importance; Core modality catalogue — eight pillars; Extended catalogue — enema, chromo, magneto, douches (awareness); Safety principles before every method; DNYS Y1 scope — teacher / centre assistant / physician; Consent, privacy, draping, gender sensitivity; General health habits — daily hygiene map; Dinacaryā & ṛtucaryā pointers (bridge to Subject 4); Health-destroying habits — awareness list; Observation sheet — pulse sense, comfort, colour, stop cues; ... (+2 more topics in detailed map).

Section-H

- Cover OCR व्यायाम, विश्राम एवं शिथिलीकरण with sleep repose as a method pillar.
- Exercise in nature cure — hygiene role; Types of exercise suitable for wellness centres (survey); Exercise precautions & special populations; Rest vs laziness — educational distinction; Relaxation — progressive calm supports; Sleep repose — method pillar; Integrating exercise–rest–sleep around modality days; Short notes — rest and relaxation in nature cure; Viva — five sleep-hygiene rules

Section-I

- Teach OCR उपवास / प्राकृतिक आहार at method-survey depth; full science → Y3 Fasting Nutrition & Dietetics.
- Fasting — definitions; fasting vs starvation; Philosophy of sane fasting (survey); Classification — dry, water, juice, fruit, monodiet, intermittent; Rules — before, during, break; hygienic auxiliaries; Fasting contraindications & emergency red flags; Role of natural diet in nature cure; Satvic / live / sprout diet notes (intro); Mitāhāra & meal timing for students; "Food as medicine" language drill; Essay skeleton — sane fasting with contraindications; ... (+1 more topics in detailed map).

Section-J

- Give examinable method literacy for the four classical elemental therapies; full catalogues live in Y2 papers.
- Hydrotherapy — meaning & Y1 scope; Temperature bands — cold, tepid, warm, hot; Named baths survey — hip, spinal, foot, arm, sitz; Compresses & packs — overview names; Hydro master contraindications (Y1 card); Mud therapy — meaning & Pṛthvī philosophy; Mud hygiene — collection, storage, contraindications survey; Heliotherapy — graded sun-bath principles; Sun therapy contraindications & heat injury pathway; Air therapy & air bath — open-air living; ... (+2 more topics in detailed map).

Section-K

- Introduce massage as a nature-cure method pillar at awareness depth; technique physiology → Y3 Manipulative Treatments.
- Classification of manipulations (name survey); Oils, lubricants, consent, draping; Wellness indications & contraindications of massage; Abhyanga survey; acupressure points awareness boundary; Chiropractic, osteopathy, physiotherapy — boundaries; Viva — kinds & ≥3 contraindications of massage

Section-L

- Consolidate vocabulary set, half-day wellness planning, and viva/exam performance for Year-1 close.
- Nature-cure method vocabulary for exam answers; Red-flag symptoms — urgent medical care list; Integrated half-day wellness plan; Comparative short notes — naturopathy & Ayurveda; Capstone essay — “Philosophy and methods of nature cure with safety”; Model viva set — twenty rapid questions; Viva — nature-cure methods in modern life; Year map recap — what Y2/Y3 will deepen

REFERENCE BOOKS

- | | |
|--|---|
| 1. *Philosophy and Practice of Nature Cure* | Henry Lindlahr |
| 2. *Practical Nature Cure* | Dr. K. Laxman Sharma |
| 3. *My Nature Cure* | M.K. Gandhi |
| 4. *My Nature Cure or Practical Naturopathy* | S.J. Singh |
| 5. *Return to Nature* | Adolf Just |
| 6. *Introduction to Natural Hygiene* | Herbert M. Shelton |
| 7. *Everybody's Guide to Nature Cure* | Harry Benjamin |
| 8. *Diet and Diet Reforms* | M.K. Gandhi |
| 9. *A Complete Handbook of Nature Cure* | H.K. Bakhru / H.R. Bakhru (centre-common editions) |
| 10. *Baths* | S.J. Singh (hydro awareness; full drill → Y2) |
| 11. *Science of Natural Life* / *Prakritik Ayurvigyan* | Dr. Rakesh Jindal |
| 12. Centre SOP manual / MPYPCP practical handbook (consent, bath, pack checklists) | |

13. Selected chapters from *Rational Hydrotherapy*

J.H. Kellogg (teacher reference)

SYLLABUS OF DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

YEAR 1 · DNYS प्रथम वर्ष का पाठ्यक्रम

PAPER — PHILOSOPHY & FOUNDATIONS OF YOGA (Y1)

Time allowed: ** 3 hours

Max Marks: ** 100

Section-A

- Build a precise diploma vocabulary for “what yoga is” across roots and authorities, ready for long and short answers.
- Etymology of yoga — yuj roots and senses; Yoga as union — of what with what; Yoga as discipline / method (sādhana); Patanjali’s definition — yogaś citta-vṛtti-nirodhaḥ; Gita definitions — samatva and karma-skill pointers; Hathayoga framing — body-prāṇa-mind ladder; Comparative table — Patanjali / Gita / Hatha definitions; Working teaching definition for DNYS Y1; Common misconceptions — exercise-only / religion-only; 90-second viva — “Define yoga” script

Section-B

- Articulate why yoga matters today for lifestyle, education, and DNYS training as classical texts and peers teach.
- Modern stressors — pace, screens, sedentary life; Yoga for physical wellbeing — general, non-clinical; Yoga for mental clarity and emotional balance; Ethical living — yama-niyama relevance today; Yoga in education and personality development; Yoga and lifestyle problems — educational awareness only; Yoga + naturopathy complementarity for DNYS; Global yoga movement — soft power and teacher responsibility

Section-C

- Sequence major phases and sources so students can write a coherent developmental narrative for diploma exams.
- Pre-classical hints — Vedic / tapas culture; Vedic period — mantra, yajña, and inner yoga hints; Upanishadic turn — knowledge, meditation, self; Epic & Gita period — yoga as paths of life; Classical Yoga — Patanjali Yogasutra landmark; Buddhist & Jain dialogues — comparative note (brief); Medieval Hatha & Natha streams; Bhakti movements and yoga of devotion; Modern revival — Vivekananda to 20th-century teachers; How to periodise yoga history in a 10-mark answer; ... (+1 more topics in detailed map).

Section-D

- Master comparative “do’s and don’ts” of sādhana from the three authorities at diploma depth.
- Hatha — factors of success (sādhaka qualities overview); Hatha — factors of failure / obstacles in practice; Patanjali — abhyāsa and vairāgya as pillars; Patanjali — antarāyas (obstacles) overview; Patanjali — companions of obstacles (vikṣepa-sahabhū); Gita — steadfastness, faith, and controlled living; Gita — failure modes — desire, anger, restlessness; Guru, śāstra, and self-effort — triangular support; Diet, sleep, and routine as success supports (mitāhāra hint); Comparative chart — success/failure across three sources; ... (+1 more topics in detailed map).

Section-E

- Teach Karma Yoga as skilful detached action and Bhakti Yoga as devotion — diploma path pair for Gita and Vivekananda pedagogy.
- Meaning of Karma Yoga — yoga of action; Niṣkāma karma — action without fruit-obsession; Gita core points for Karma Yoga (teaching set); Karma Yoga vs laziness and vs workaholism; Seva and social action as Karma Yoga laboratories; Meaning of Bhakti Yoga — yoga of devotion; Ninefold bhakti (nava-vidhā) overview; Iṣṭa, mantra, kīrtana — educational roles; Bhakti Yoga pitfalls — fanaticism and dependency; Short notes — Karma Yoga and Bhakti Yoga (5/10 marks); ... (+1 more topics in detailed map).

Section-F

- Introduce the path of knowledge and a complete but Y1-appropriate map of Aṣṭāṅga; technique depth stays in Y3 / practical streams.
- Meaning of Jnana Yoga — yoga of knowledge; Viveka and vairāgya in Jnana path; Śravaṇa, manana, nididhyāsana — threefold process; Risks of dry intellectualism; Ashtanga Yoga — meaning and purpose; Yama — five restraints (names + one-line each); Niyama — five observances (names + one-line each); Āsana & prāṇāyāma — definitional roles (not catalogues); Pratyāhāra — sense withdrawal concept; Dhāraṇā, dhyāna, samādhi — inner triad overview; ... (+4 more topics in detailed map).

Section-G

- Locate yoga ideas in the three named corpora at diploma scriptural-survey depth.
- Yoga in the Vedas — survey of themes; Ṛgvedic contemplative pointers (teaching selection); Yoga in major Upanishads — overview map; Kaṭha Upanishad — chariot allegory & yoga of self; Śvetāśvatara & other Upanishads — meditation hints; Bhagavad Gita as yoga-śāstra — structure overview; Gita — Karma, Bhakti, Jnana synthesis; Gita — sthita-prajña and yogic personality; Comparative — Veda / Upanishad / Gita on yoga; Using Kalyan Yogank & Gita Press editions in study; ... (+1 more topics in detailed map).

Section-H

- Introduce the six systems at diploma survey depth — names, aims, and exam short-note literacy (PG-style multi-unit darśana depth compressed).
- What is darśana — vision and systematic philosophy; Six systems — names and tradition anchors; Āstika framing — Veda-accepting schools (teaching note); Nyaya — aims and pramāṇa emphasis; Vaisheshika — padārtha overview; Mimamsa — ritual hermeneutics and dharma focus; Vedanta — end of Veda; major streams awareness; Why clear thinking (Nyaya) helps yoga teachers; Six systems closing synthesis for Y1; Assessment set — six systems short notes battery; ... (+1 more topics in detailed map).

Section-I

- Present Sāṅkhya dualism and Yoga-darśana as sister systems — the intellectual core for later Yogasutra study in Y3.

- Sankhya — meaning and goal (kaivalya orientation); Purusha and Prakriti — dual principles; Three guṇas — sattva, rajas, tamas; Evolution of tattvas — survey map; Yoga-darśana — Patanjali's system among the six; Similarities — Sankhya and Yoga; Differences — Ishvara and practice emphasis; Why Y3 Hatha/Patanjali papers need this Unit 9 foundation; Comparative table — Sankhya vs Yoga-darśana; Viva — guṇas and puruṣa-prakṛti

Section-J

- Cover biography highlights and contributions — Patanjali, Gorakhnath, Lahiri Mahasaya, Sivananda, Vivekananda, Sri Aurobindo — at diploma narrative depth (PG's two biography units compressed).
- How to write a yogi life-sketch answer; Maharishi Patanjali — identity & Yogasutra contribution; Guru Gorakhnath — Natha yogi & Hatha development; Yogi Shyamacharan Lahiri (Lahiri Mahasaya) — life & transmission; Swami Sivananda — life, teaching style & yoga education; Swami Vivekananda — life & four yogas presentation; Sri Aurobindo — life & Integral Yoga (Y1 level); Important incidents — select 1–2 per yogi for narrative answers; Comparative — classical / medieval / modern voices; Full revision grid — all six yogis; ... (+1 more topics in detailed map).

Section-K

- Capstone unit — weave foundations into DNYS study path and exam performance (diploma finishing layer).
- Concept map of Y1 Subject 2 — one sheet; Cross-year links — what not to over-teach here; DNYS bridge — philosophy paper vs modality / clinic papers; Model 3-hour paper strategy; Internal assessment portfolio checklist; Capstone viva — full Subject 2 oral (8–10 min)

REFERENCE BOOKS

- | | |
|---|---|
| 1. *Yoga: An Introduction* | Prof. Surendra Singh; Prof. P.D. Misra;
Dr. (Mrs.) Beena Misra (Bharat Book
Centre, Lucknow) |
| 2. *Raja Yoga, Jnana Yoga, Karma Yoga & Bhakti Yoga* | Swami Vivekananda (Ramakrishna
Ashrama Publication) |
| 3. *Kalyan (Yogank)* | Gita Press, Gorakhpur |
| 4. *Shrimad Bhagavad Gita* | Gita Press, Gorakhpur |
| 5. *Patanjal Yog Pradeep* — Omanand Tirtha (Gita Press, Gorakhpur) | definitions & aṣṭāṅga overview only
for Y1 |
| 6. *Bharatiya Darshan* — Acharya Baldev Upadhyaya | ṣaḍ-darśana briefs |
| 7. *Bharat ke Mahan Yogi* — Vishwanath Mukherji | life-sketch support |
| 8. *Synthesis of Yoga* — Sri Aurobindo | selective Integral Yoga notes (Y1 level) |
| 9. *The Yoga Sutras of Patanjali* (any standard bilingual classroom edition) | for definition and aṣṭāṅga overview
only |
| 10. *Hatha Yoga Pradipika* (intro chapters on success/failure) | technique depth → Y3 |
| 11. *Upanishadic Adhyatmic Vignyan* | Dr. Ishwar Bharadwaj (survey use) |
| 12. Teacher handout: DNYS Y1–Y3 yoga subject map + bilingual glossary (yama, niyama, guṇa, puruṣa-prakṛti, aṣṭāṅga) | |

SYLLABUS OF DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

YEAR 1 · DNYS प्रथम वर्ष का पाठ्यक्रम

PAPER — ANATOMY & PHYSIOLOGY

Time allowed: 3 hours

Max Marks: 100

Section-A

- Fix scope, bilingual vocabulary, homeostasis framing, and ethical boundary of A&P for a 3-year naturopathy-yogic-science diploma student (not a clinician).
- Meaning of Anatomy / शरीर रचना का अर्थ; Meaning of Physiology / शरीर क्रिया विज्ञान का अर्थ; Anatomy-Physiology link / रचना-क्रिया संबंध; Levels of organisation / संगठन के स्तर; Anatomical position, planes & directions / स्थिति, तल एवं दिशाएँ; Body cavities, regions & surface zones / देह गुहाएँ, क्षेत्र एवं सतह; Homeostasis & feedback idea / होमियोस्टेसिस एवं प्रतिक्रिया; Why A&P for DNYS Year-1 / प्रथम वर्ष में शरीर ज्ञान क्यों; Scope boundary — practice ≠ medicine / सीमा: अभ्यास ≠ चिकित्सा; Red flags mindset / चेतावनी संकेत एवं रेफरल; ... (+1 more topics in detailed map).

Section-B

- Build tissue literacy that explains stretch, pressure, temperature, healing time, and gentle handling for massage and foundational asana load.
- Cell — structure, exchange & fatigue / कोशिका संरचना, विनिमय एवं थकान; Cell needs — O₂, nutrients, waste / कोशिका की आवश्यकताएँ; Epithelial tissue / उपकला ऊतक; Connective tissue — bone, cartilage, ligament, tendon, fascia / संयोजी ऊतक; Muscle tissue types / पेशीय ऊतक प्रकार; Nervous tissue overview / तंत्रिका ऊतक; Tissue response to pressure, stretch & temperature / दबाव-खिंचाव-तापमान प्रतिक्रिया; Inflammation, repair, scar, oedema & ageing / सूजन, मरम्मत, निशान, शोफ, वृद्ध; Viva: tissue injury scenario / ऊतक चोट परिदृश्य

Section-C

- Master integument and special-sense basics that govern hydrotherapy, mud, sun, massage pressure, and sensory feedback in practice rooms.
- Skin overview & functions / त्वचा अवलोकन एवं कार्य; Epidermis, dermis, hypodermis / एपिडर्मिस, डर्मिस, हाइपोडर्मिस; Skin appendages — sweat, sebaceous, hair, nails / त्वचा उपांग; Sensation, pain, numbness & pressure grading / संवेदना, दर्द, सुन्नता, दबाव; Skin integrity, rash & infection awareness / त्वचा अखंडता एवं संक्रमण; Eye, ear, nose — special senses overview / नेत्र, कर्ण, नासा अवलोकन; Assessment: label skin cross-section / त्वचा चित्र लेबल; Viva: refuse unsafe hot pack / असुरक्षित गर्म सेंक अस्वीकार

Section-D

- Trace alimentary canal, digestive juices, and accessory organs; apply meal timing, fasting load, twist/abdomen, and cleansing-assist cautions.
- Digestive system overview / पाचन तंत्र अवलोकन; Mouth, teeth, saliva, salivary glands, tongue / मुख, दाँत, लार ग्रंथियाँ, जीभ; Pharynx & oesophagus / ग्रसनी एवं ग्रसनली; Stomach — anatomy & function / आमाशय रचना एवं कार्य; Small intestine / छोटी आँत; Large intestine, rectum & anus / बड़ी आँत, मलाशय एवं गुदा; Liver, gallbladder, pancreas & digestive juices / यकृत, पित्ताशय, अग्न्याशय एवं

पाचक रस; Peristalsis, sphincters & meal–rest rhythm / क्रमाकुंचन, स्फिंक्टर, भोजन–विश्राम; Fasting & cleansing load on gut (edu) / उपवास एवं शोधन भार; Assessment: label gut + accessory diagram / पाचन चित्र लेबल; ... (+1 more topics in detailed map).

Section-E

- Use bone/joint/spine classification to set ROM expectations, prop logic, and force limits in massage and foundational asana.
- Skeletal overview & bone types / कंकाल अवलोकन एवं अस्थि प्रकार; Bone tissue, periosteum & fracture awareness / अस्थि ऊतक एवं अस्थिभंग जागरूकता; Axial vs appendicular; regional bone relations / अक्षीय–उपांगीय एवं क्षेत्रीय संबंध; Joint classification & synovial features / संधि वर्गीकरण एवं साइनोवियल; Joint movements glossary / संधि गति शब्दावली; Shoulder, hip, knee, ankle, wrist — load safety / स्कंध–नितंब–जानु–गुल्फ–मणिबंध; Vertebral column, curves & disc care / कशेरुक दण्ड, वक्र एवं डिस्क सुरक्षा; Osteoporosis / frailty awareness (non-Dx) / अस्थि सुषिरता जागरूकता; Viva: refuse forced joint ROM / जबरन संधि गति अस्वीकार

Section-F

- Classify skeletal/cardiac/visceral muscle and apply contraction/relaxation ideas to stroke choice, assisted stretch, and warm-up before depth or asana load.
- Muscular system aims & types / पेशीय उद्देश्य एवं प्रकार; Skeletal muscle structure / कंकालीय पेशी संरचना; Origin, insertion, agonist–antagonist–synergist / उद्गम, निषेध, युग्म; Regional muscle map — limbs, trunk, face, eye / क्षेत्रीय पेशी सूची; Tone, spasm, guarding & relaxation response / तनाव, ऐंठन, रक्षक प्रतिक्रिया; Cramp, DOMS & overwork cautions / ऐंठन, DOMS, अतिश्रम; Warm-up before stretch, deep work or asana load / गहरी क्रिया से पूर्व वार्म-अप; Core bracing ethics & abdominal caution / कोर नैतिकता एवं उदर सावधानी; Viva: modify for tight hamstrings / कसी हैमस्ट्रिंग रूपांतरण

Section-G

- Explain airway and breathing mechanics; keep steam, prone positioning, and foundational breath practices within pulmonary safety.
- Respiratory overview & airway / श्वसन अवलोकन एवं मार्ग; Lungs, pleura, diaphragm & accessories / फेफड़े, फुफ्फुसावरण, डायाफ्राम; Inspiration, expiration & O₂ / CO₂ idea / निःश्वास–उच्छ्वास एवं O₂/CO₂; Breath observation in clinic / class / क्लिनिक–में श्वास अवलोकन; Steam, humidity & airway cautions / भाप एवं वायुमार्ग सावधानियाँ; Prone comfort & foundational pranayama gate / अधोमुख आराम एवं प्राणायाम द्वार; Assessment: peer breath screen / सहपाठी श्वास स्क्रीन; Viva: stop signs during steam or breath practice / रोक संकेत

Section-H

- Outline heart, blood, circuits, lymph, and spleen awareness; manage heat, cold, immersion, position changes, and CVS red flags.
- CVS overview / परिसंचरण तंत्र अवलोकन; Heart chambers, valves & cardiac cycle / हृदय कक्ष, वाल्व, चक्र; Blood composition & functions / रक्त संघटन एवं कार्य; Systemic vs pulmonary circuits; vessels / दैहिक–फुफ्फुसीय चक्र एवं वाहिकाएँ; Lymphatic overview & spleen awareness / लसीका एवं प्लीहा जागरूकता; Blood pressure & temperature response / रक्तचाप एवं तापमान प्रतिक्रिया; Orthostatic dizziness & position / inversion-like changes / ऑर्थोस्टेटिक चक्कर; DVT-like / clotting red flags

(non-Dx) / घनास्त्रता चेतावनी; Chest pain / syncope emergency protocol / वक्ष दर्द / मूर्च्छा प्रोटोकॉल; Sequencing for CVS-sensitive clients / हृदय-संवेदनशील क्रम; ... (+2 more topics in detailed map).

Section-I

- Map CNS/ANS and cranial-nerve awareness for sensation, motor control, balance, calm/arousal reading, and gentle clinic/class pacing.
- Nervous divisions & neuron brief / तंत्रिका विभाग एवं न्यूरॉन; Brain major parts / मस्तिष्क प्रमुख भाग; Spinal cord, roots & reflex awareness / मेरुरज्जु, मूल एवं प्रतिवर्त; Cranial-nerve awareness (overview) / कपालीय तंत्रिका जागरूकता; ANS — sympathetic & parasympathetic / स्वायत्त: अनुकंपी-परानुकंपी; Proprioception, pain signals & neuro red flags / प्रोप्रियो, दर्द एवं तंत्रिका चेतावनी; Calming vs mobilising session / class design / शांत बनाम सक्रिय क्रम; Anxiety exit & trauma-sensitive touch / चिंता निकास एवं आघात-संवेदनशील स्पर्श; Viva: explain ANS to a lay client / सरल ANS व्याख्या

Section-J

- Explain kidney–urinary tract and multi-organ excretion; apply hydration, heat, sweat, and cleansing cautions.
- Excretion overview / उत्सर्जन अवलोकन; Kidney, ureters, bladder, urethra / वृक्क, मूत्रनलियाँ, मूत्राशय, मूत्रमार्ग; Urine formation overview / मूत्र निर्माण अवलोकन; Lungs & skin as excretory partners / फेफड़े एवं त्वचा उत्सर्जक सहयोग; Fluid–electrolyte & heat-practice cautions / द्रव–विद्युत अपघट्य एवं गर्मी; Cleansing / enema load & kidney red flags / शोधन भार एवं वृक्क चेतावनी; Viva: heat + dehydration risk / गर्मी एवं निर्जलीकरण

Section-K

- Name main ductless glands and reproductive overview at diploma recognition depth; modulate intensity with hormonal-state and pregnancy sensitivity (no diagnosis).
- Endocrine meaning & hypothalamo–pituitary brief / अंतःस्रावी अर्थ एवं अक्ष; Pituitary & pineal / पिट्यूटरी एवं पीनियल; Thyroid, parathyroid & thymus / अवटु, पैराथायरोइड एवं थाइमस; Adrenals & stress hormones / अधिवृक्क एवं तनाव हार्मोन; Pancreas (endocrine) & blood-sugar sensitivity / अग्न्याशय एवं शर्करा संवेदनशीलता; Gonads & male/female reproductive overview / जनन ग्रंथि एवं जननांग अवलोकन; Cycle & pregnancy sensitivity (inclusive) / चक्र–गर्भावस्था संवेदनशीलता; Viva: thyroid / pregnancy-sensitive hydro caution / संवेदनशील जल सावधानी

Section-L

- Integrate multi-system stop/modify/refer checklists for hydrotherapy, massage, mud/sun/air, fasting, cleansing assist, and foundational asana/pranayama at Year-1 diploma level.
- Multi-system pre-session checklist / बहु-तंत्र पूर्व-सत्र जाँच; Hydrotherapy safety by system / जल चिकित्सा सुरक्षा (तंत्रवार); Massage safety by system / मालिश सुरक्षा (तंत्रवार); Mud, sun & air therapy safety by system / मृदा–सूर्य–वायु सुरक्षा; Fasting / diet & enema-assist safety by system / उपवास–आहार–एनीमा सुरक्षा; Foundational asana / pranayama safety by system / आसन–प्राणायाम सुरक्षा; Positioning lab — table, bath, mat & outdoor / स्थिति प्रयोग; Combined dosing ethics, documentation & ethics recap / खुराक नैतिकता, दस्तावेज़, नैतिकता; Assessment: four clinic / class cases / चार केस; Capstone viva: one system + one modality / practice / समापन मौखिक

REFERENCE BOOKS

1. **Anne Waugh / Allison Grant (Ross & Wilson)**
2. **Evelyn C. Pearce**
3. **M.M. Gore**
4. **Charu Supriya**
5. **Shirley Telles**
6. Standard nursing / paramedical A&P workbook or atlas for labelling
7. College notes on **hydrotherapy, massage, mud, sun/air & fasting precautions** aligned to Y1–Y2 nature-cure papers (non-Rx)
8. College notes on **foundational asana/pranayama safety** aligned to Y1–Y3 yoga papers (non-Rx)
9. NIN / CCRYN overview readings on naturopathy hygiene

Anatomy and Physiology in Health and Illness

Anatomy and Physiology for Nurses

***Anatomy and Physiology of Yogic Practices* (systems + yogic-practice lens)**

***Sharir Rachana evam Kriya Vigyan* (Hindi support)**

***A Glimpse of the Human Body* (optional concise overview)**

educational context only

SYLLABUS OF DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

YEAR 1 · DNYS प्रथम वर्ष का पाठ्यक्रम

PAPER — HYGIENE, PUBLIC HEALTH & FIRST AID

Time allowed: ** 3 hours

Max Marks: ** 100

Section-A

- Orient the student to what Year-1 Subject 4 covers — personal/community hygiene, public-health awareness, and educational first aid.
- Official DNYS Y1 map — what belongs in Subject 4; Personal vs community vs environmental hygiene; Public-health notes — what a DNYS student needs; Myths — “first aid trained = can treat fractures alone”; Cross-subject deferral list; 90-second viva — “What is this paper for?”

Section-B

- Teach नैसर्गिक स्वास्थ्य सिद्धान्त and prevention aims as lifestyle/environment supports at diploma depth.
- Natural hygiene — teaching meaning; Aims of disease prevention — diploma list; Fundamental principles of prevention; Primary, secondary, tertiary prevention — awareness; Agent–host–environment idea (simple); Natural resistance supports — sleep, food, hygiene, calm; Prevention vs suppression — careful teaching wording; Short notes — three prevention aims; Viva — name five natural-hygiene pillars

Section-C

- Expand “शारीरिक, मानसिक एवं आध्यात्मिक स्वास्थ्य का विकास” as measurable wellness literacy, not theology exams.
- Positive health — workable diploma markers; Physical health development — hygiene angle; Mental health notes — stress, rest, social support; Spiritual / meaning dimension — respectful teaching note; Interdependence of three dimensions; WHO-style health idea — educational paraphrase; Student self-check card — weekly wellness; Essay outline — “Development of health in three dimensions”; Viva — one marker each for body / mind / meaning

Section-D

- Make व्यक्तिगत आरोग्य नियम and व्यक्तिगत साफ़-सफाई examinable and personally practicable.
- Personal hygiene — definition & scope; Hand hygiene — moments & method notes; Bathing & skin care — daily practice; Oral, hair & nail hygiene; Clothing, footwear & bedding hygiene; Toilet hygiene & menstrual hygiene notes; Personal hygiene checklist for hostel/home; Short notes — handwash vs bathing; Viva — demonstrate hand hygiene narration

Section-E

- Cover विश्राम, नींद, सूर्य स्नान, बड़ी आंत का स्वास्थ्य नियम as lifestyle literacy with strong safety rails.
- Rest & relaxation — hygiene of recovery; Sleep hygiene — timing, environment, screens; Sun-bath notes — benefits & limits; Safe sun practice card; Bowel-habit notes — regularity supports;

Exercise & outdoor air as hygiene supports; Short notes — sleep hygiene five points; Viva — sun-bath safety line

Section-F

- Teach आहार सम्बन्धी स्वास्थ्य नियम and खाने-पीने सम्बन्धी स्वास्थ्य सिद्धान्त as food-safety literacy (dietetics depth → Y3).
- Food hygiene — farm-to-plate awareness; Safe drinking water habits; Kitchen hygiene — cutting boards, leftovers; Street food & travel food safety; Meal timing, moderation & mindful eating; Contaminated food — recognition & response; Dietary health rules — short diploma set; Assessment — kitchen audit worksheet; Viva — three food-hygiene non-negotiables

Section-G

- Make दिनचर्या एवं ऋतुचर्या a teachable daily/seasonal hygiene code for DNYS students.
- Dinacaryā — meaning for hygiene paper; Morning routine map — wake to breakfast; Day & evening wind-down hygiene; Rtucaryā — seasonal hygiene overview; Monsoon special — infection & damp awareness; Summer heat & winter cold — hygiene adjustments; One-week dinacaryā chart (self); 10-mark answer — dinacaryā steps; Viva — rtucaryā three seasonal tips

Section-H

- Cover स्वास्थ्य नाशक आदतें (पान, धूम्रपान, चाय, कॉफ़ी, शराब) as non-moralising public-health literacy.
- Tobacco & pāṇ / gutkā — harm notes; Alcohol — harm & emergency awareness; Tea & coffee — moderation notes; Other demolishers — excess sugar, late nights, screens; care pathways — quit lines / counselling; Peer education script — non-shaming talk; Short notes — tobacco harm three points; Viva — harmful habits & recovery lifestyle map

Section-I

- Teach सामुदायिक स्वास्थ्य विज्ञान — पर्यावरण आरोग्य विज्ञान, जल आपूर्ति — at diploma survey depth.
- Community health science — plain map; Environmental hygiene — air, soil, housing; Water supply — sources & safety ladder; Water purification notes — boil, filter, chlorine idea; Excreta & solid-waste disposal awareness; Vector & pest awareness — mosquitoes, flies; Housing & overcrowding — hygiene risks; Village / ward hygiene survey worksheet; 10-mark — safe water for a community; Viva — four pillars of environmental hygiene

Section-J

- Expand स्कूल आरोग्य नियम and community messaging skills for DNYS educators-in-training.
- School health — aims for DNYS notes; School premises hygiene checklist; Personal hygiene education for children; Mid-day meal / tiffin hygiene notes; Communicable disease awareness in schools; Poster / board — bilingual hygiene message; Assessment — school health short notes set; Viva — three school hygiene non-negotiables

Section-K

- Teach प्राथमिक उपचार core skills as **educational demos**: scene safety, bleeding control assist, bandage types, fracture/splint literacy — always escalate.

- First aid — definition & golden rules; Accident scene assessment — safety first; Calling help — what to tell EMS; Bleeding control — educational assist; Types of bandages — notes & demo; Wound dressing hygiene — teaching rules; Fracture — signs & general arrangement; Splints — types & educational use; Sprain vs fracture — exam differentiation; OSCE — pressure dressing + sling; ... (+1 more topics in detailed map).

Section-L

- Complete first-aid block (जलने, जल में डूबना, डॉक्टर के कर्तव्य) plus exam craft — educational assist + urgent medical care culture.
- Burns — types & severity awareness; Burns first aid — cool, cover, refer; Electrical & chemical burn cautions; Drowning / near-drowning — assist notes; Unconscious casualty — recovery position idea; Duties of a doctor — DNYS awareness note; DNYS helper duties — legal/ethical assist role; Emergency kit for teaching / clinic bay; Red-flag matrix — refer now; Role-play — burns handoff to EMS; ... (+2 more topics in detailed map).

REFERENCE BOOKS

1. *A New Way of Life* / natural-hygiene selections

Herbert M. Shelton (lifestyle pillars only; not unsupervised fasting manuals)

2. *Return to Nature* — Adolf Just (cleanliness / outdoor living themes)

educational)

3. *My Nature Cure* / diet & village hygiene themes

M.K. Gandhi (educational reading)

4. Standard **Preventive & Social Medicine** diploma survey chapters (e.g. Park's *Textbook of Preventive and Social Medicine*

teacher-selected hygiene, water, school health pages only)

5. Indian public-health primers / NHM or state IEC materials on handwash, sanitation, safe water (teacher-selected)

6. St John Ambulance / Indian Red Cross **First Aid** manual (current edition used by centre)

7. Centre practical SOP: bleeding, bandages, splints, burns, drowning assist, EMS script

8. WHO / UNICEF hand-hygiene and school WASH briefing notes (classroom posters)

9. ICMR–NIN / FSSAI food-safety consumer tips (teacher handout)

10. Local municipal water & sanitation awareness leaflets

11. Teacher handout: MPYPCP DNYS Y1 Subject 4 bilingual glossary (swasthya-vṛtta, dinacaryā, ṛtucaryā, environmental hygiene, first-aid golden rules)

SYLLABUS OF DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

YEAR 1 · DNYS प्रथम वर्ष का पाठ्यक्रम

PAPER — रोग विज्ञान का सामान्य अध्ययन (YEAR-1 PAPER-V)

Time allowed: 3 hours

Max Marks: 100

Section-A

- Meaning of Pathology / रोग विज्ञान का अर्थ; Health, disease & illness — classroom terms / स्वास्थ्य, रोग एवं अस्वस्थता; Why pathology literacy in DNYS Year-1 / प्रथम वर्ष में पैथोलॉजी क्यों; Pathology vs anatomy-physiology / पैथोलॉजी बनाम शरीर रचना-क्रिया; Traditional foreign-matter theory vs modern pathology / विजातीय द्रव्य बनाम आधुनिक पैथोलॉजी; Acute vs chronic — educational contrast / तीव्र बनाम जीर्ण; Signs vs symptoms (teaching awareness) / चिह्न बनाम लक्षण; Pathology paper map — what Y1 teaches / Y1 पैथोलॉजी सूची; Viva: define pathology for DNYS / मौखिक परिभाषा

Section-B

- The cell in health — brief recall / स्वस्थ कोशिका — संक्षिप्त स्मरण; Causes of cell injury (overview) / कोशिकीय क्षति के कारण; Reversible vs irreversible injury (idea) / प्रतिवर्ती बनाम अपरिवर्ती क्षति; Study of diseased cells & tissues (edu) / रुग्ण कोशिका एवं ऊतक अध्ययन; Necrosis — meaning & local tissue death / नेक्रोसिस — अर्थ; Types of necrosis — name recognition / नेक्रोसिस प्रकार — नाम पहचान; Gangrene — meaning / गैंग्रीन — अर्थ; Dry gangrene — awareness features / शुष्क गैंग्रीन — जागरूकता; Wet gangrene — awareness features / गीला गैंग्रीन — जागरूकता; When cell-injury talk must stop / कब चर्चा रोकें; ... (+1 more topics in detailed map).

Section-C

- Inflammation — definition / शोथ — परिभाषा; Cardinal signs (rubor, tumor, calor, dolor, functio laesa) / पाँच मुख्य चिह्न; Acute inflammation — overview / तीव्र शोथ; Chronic inflammation — overview / जीर्ण शोथ; Vascular events in inflammation (edu) / रक्तवाहिका संबंधी घटनाएँ; Cellular response — overview / कोशिकीय प्रतिउत्तर; Tissue repair & healing — stages idea / पुनर्निर्माण एवं क्षत-निवारण; Factors that favour repair (edu) / पुनर्निर्माण उत्प्रेरक तत्व; Factors that delay healing / क्षत-निवारण में बाधा; Inflammation & DNYS modality caution / शोथ एवं विधि सावधानी; ... (+1 more topics in detailed map).

Section-D

- Infection — educational definition / संक्रमण — परिभाषा; Pathogens — bacteria, viruses, fungi, parasites (names) / रोगाणु वर्ग; How microbes flourish — classroom factors / रोगाणुओं का पनपना; Local vs systemic infection cues / स्थानीय बनाम प्रणालीगत संकेत; Immunity overview — innate & adaptive idea / प्रतिरक्षा परिचय; Fever — awareness / ज्वर — जागरूकता एवं रेफरल; Soft-tissue infection red flags / कोमल ऊतक संक्रमण रेड फ्लैग; Bloodborne & contact precautions (edu) / रक्तजनित एवं संपर्क सावधानियाँ; Infection vs toxemia teaching — classroom contrast / संक्रमण बनाम विषैमी शिक्षा; When infection awareness blocks modalities / कब विधियाँ रोकें; ... (+1 more topics in detailed map).

Section-E

- Neoplasia / tumour — meaning / नववृद्धि / ट्यूमर — अर्थ; Benign vs malignant — classroom contrast / सरल बनाम घातक; Cancer risk factors — awareness list / कैंसर कारक तत्व — जागरूकता; Warning cues that need medical review / चेतावनी संकेत; Screening & diagnosis — not DNYS role / जाँच एवं निदान — डीएनवाईएस भूमिका नहीं; DNYS during cancer care — limits / कैंसर देखभाल में सहायक सीमाएँ; Neoplasia — teaching limits vs oncology care / अर्बुद — शिक्षण सीमा बनाम ऑन्कोलॉजी; Case literacy: lump / bleeding / weight loss / केस परिचय; Emotional support without false hope / बिना झूठी आशा के सहयोग; Viva: benign vs malignant + one red flag / मौखिक — सरल/घातक

Section-F

- Hyperaemia & congestion — name literacy / अतिरक्तता एवं कंजेशन; Oedema / swelling — awareness / शोफ — जागरूकता; Ascites — awareness (link to GI unit) / जलोदर — जागरूकता; Haemorrhage — types idea / रक्तस्राव — प्रकार अवधारणा; Thrombosis & embolism — name awareness / थ्रॉम्बोसिस एवं एम्बोलिज़्म; Shock — recognition cues only / शॉक — केवल पहचान; Clinic deferral map for fluid/vascular cues / द्रव-वाहिका स्थगन सूची; Viva: oedema red flags / मौखिक — शोफ रेड फ्लैग

Section-G

- Digestive pathology map — overview / पाचन पैथोलॉजी सूची; Peptic / nutritional ulcer — awareness / पौष्टिक व्रण / अल्सर — जागरूकता; Constipation — educational awareness / कब्ज — जागरूकता; Diarrhoea — awareness & dehydration risk / दस्त — जागरूकता; Jaundice / पाण्डुरोग (पीलिया) — recognition & nature-cure map; Hepatic cirrhosis — awareness / यकृत सिरोसिस — जागरूकता; Ascites in GI-hepatic context / जलोदर — यकृत संदर्भ; Amoebiasis — awareness / अमीबियासिस — जागरूकता; Ulcerative colitis — awareness / अल्सरेटिव कोलाइटिस — जागरूकता; Acute abdomen cues / तीव्र उदर संकेत; ... (+2 more topics in detailed map).

Section-H

- CVS pathology overview for DNYS / हृदय पैथोलॉजी अवलोकन; Rheumatic fever — awareness / रूमेटिक ज्वर — जागरूकता; Congenital heart disease — awareness / जन्मजात हृदय रोग; Heart failure — awareness cues / हृदयपात / हार्ट फेल्योर संकेत; Varicose / tortuous veins — awareness / अपस्फीत / कुटिल शिराएँ; Hypertension — awareness (non-Dx) / उच्च रक्तचाप — जागरूकता; Hypotension — awareness / निम्न रक्तचाप — जागरूकता; Chest pain & cardiac emergency cues / छाती दर्द एवं आपात संकेत; Stroke-like cues (vascular bridge) / स्ट्रोक-सदृश संकेत; Modality cautions in known heart disease / ज्ञात हृदय रोग में विधि सावधानी; ... (+1 more topics in detailed map).

Section-I

- Respiratory pathology overview / श्वसन पैथोलॉजी अवलोकन; Sinusitis — awareness / साइनस / वायुविवरशोथ; Asthma — awareness / दमा (अस्थमा) — जागरूकता; Bronchitis — awareness / ब्रोंकाइटिस — जागरूकता; Emphysema / COPD-spectrum awareness / वातस्फीति — जागरूकता; Pneumonia — awareness & hydro map / निमोनिया — जागरूकता; Tuberculosis (TB) — awareness / क्षय रोग (टी.बी.) — जागरूकता; Haemoptysis & severe dyspnoea / रक्तनिष्ठीवन एवं तीव्र श्वास कष्ट; Infection control in respiratory illness / श्वसन संक्रमण नियंत्रण; Yoga/pranayama caution language (preview) / प्राणायाम सावधानी भाषा; ... (+2 more topics in detailed map).

Section-J

- Endocrine pathology overview / अंतःस्रावी पैथोलॉजी अवलोकन; Diabetes mellitus — awareness / मधुमेह — जागरूकता; Hypoglycaemia & hyperglycaemia danger cues / निम्न/उच्च शर्करा खतरे; Hypothyroidism — awareness / हाइपोथायरायड — जागरूकता; Hyperthyroidism — awareness / हाइपरथायरायड — जागरूकता; Hyperpituitarism — name literacy / अतिपियुषता — नाम; Hypopituitarism — name literacy / अल्पपियुषता — नाम; Fasting / diet talk limits in endocrine disease / उपवास-आहार सीमाएँ; Foot / infection risk in diabetes (bridge) / मधुमेह में पाद संक्रमण जोखिम; Case: diabetes class — hypo cues & practice modification / केस — मधुमेह कक्षा; ... (+1 more topics in detailed map).

Section-K

- Master red-flag framework / मुख्य रेड फ्लैग ढाँचा; System-wise referral decision tree / तंत्रवार रेफरल निर्णय वृक्ष; Non-diagnostic documentation / गैर-निदानात्मक प्रलेखन; Informed expectation script / अपेक्षा स्क्रिप्ट; Clinic communication & case notes / क्लिनिक संवाद एवं केस नोट; Collaboration with licensed clinicians / चिकित्सक सहयोग; Links to Subjects 3 & 4 / विषय 3 एवं 4 से संबंध; Links to later DNYS years / बाद के वर्षों से संबंध; Long-answer skeleton — inflammation / दीर्घ उत्तरीय — शोथ; Long-answer skeleton — benign vs malignant / दीर्घ उत्तरीय — सरल/घातक; ... (+2 more topics in detailed map).

REFERENCE BOOKS

1. ****Harsh Mohan**** — *Textbook of Pathology* (selected introductory chapters only: cell injury, inflammation, neoplasia overview)
2. ****Robbins Basic Pathology**** (or soft-abridged student companion)
3. ****Evelyn C. Pearce / Ross & Wilson****
4. College DNYS notes aligned to official OCR list (GI, CVS, respiratory, endocrine name clusters)
5. National / state ****TB awareness**** and notifiable-disease literacy leaflets (educational; not DNYS treatment guides)
6. Standard first-aid / emergency recognition card set (pairs with Subject 4)
7. MPYPCP ethics handout: **** / no-diagnosis / classroom**** language for pathology viva
8. WHO or MoHFW public diabetes/hypertension ***awareness*** materials (lifestyle education framing only)

****teacher-mediated excerpts**, not full MBBS load)**

inflammation & neoplasia overview chapters as faculty reference

A&P chapters used to contrast *normal*** vs ***awareness of abnormal*****

YEAR 2

DNYS द्वितीय वर्ष का पाठ्यक्रम

5 papers / subjects in this year

SYLLABUS OF DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

YEAR 2 · DNYS द्वितीय वर्ष का पाठ्यक्रम

PAPER — YOGA THERAPY (Y2)

Time allowed: ** 3 hours

Max Marks: ** 100

Section-A

- Concept of yogic therapy in DNYS; Meaning & working definitions (classical + modern); Integral approach — why "integral"; Scope for DNYS diploma student; Participant under physician care — collaboration; Contemporary yoga-therapy research notes; Supervised teaching context & Y1–Y3 bridges

Section-B

- Core principles of yogic therapy; Pancha Kosha model as therapy map; Triguna & lifestyle imbalance; Asana selection principles (therapeutic); Pranayama selection principles; Dietary principles (mitahara); Dinacharya & behavioural hygiene; Individualisation, progressive loading & documentation; Short notes — six principles of integral yoga therapy

Section-C

- Informed consent & expectation setting for therapy class; Red-flag framework (general); Musculoskeletal red flags; Metabolic red flags (DM / obesity context); Cardiorespiratory red flags; Mental-health red flags; Gynaecological, pregnancy, thyroid & sinus referral cues; Nabhi / abdominal acute abdomen cues; When NOT to teach therapy sequences; Class logs, confidentiality & emergency kit; ... (+1 more topics in detailed map).

Section-D

- Constipation — educational overview; Causes (lifestyle & yogic view); Signs & symptoms (teaching awareness); yogic management — asana logic; Pranayama, relaxation & dinacharya support; Dietary measures; Contraindications; Sample supervised class plan — constipation

Section-E

- DM — educational meaning & types overview; DM — causes, risks & signs awareness; DM — yogic management principles & asana precautions; DM — pranayama, diet & class safety (hypo/hyper); Physician clearance & meds boundary (DM); Obesity — educational concept & stigma-free teaching; Obesity — causes, joint-sparing asana & mindful eating; Obesity — dietary red flags & dinacharya; Sample supervised DM class; Sample supervised obesity class; ... (+1 more topics in detailed map).

Section-F

- Cervical spondylitis — educational overview; Cervical — causes, signs & neuro-deficit referral; Cervical-safe asana, breath & ergonomics; Cervical — contraindications & sample class; Arthritis — educational types overview; Arthritis — flare recognition & ROM without force; Arthritis — breath, props, pacing & dietary; Arthritis — red flags & rheumatology referral; Sample supervised arthritis class; Viva — neck vs joint differences

Section-G

- Backache — educational overview & causes; Backache — signs mapping & spinal hygiene asana; Backache — core-breath, diet/weight & relaxation; Backache red flags (cauda / fracture / infection cues); Sciatica & slipped disc — educational meanings; Sciatica/disc — causes, signs & neural-tension awareness; Ultra-conservative — avoids, includes & breath; Disc red flags, physio co-management & communication note; Sample supervised backache class; Sample post-clearance sciatica/disc class + acute vs chronic viva

Section-H

- Asthma — educational overview, causes & triggers; Asthma — attack recognition & emergency plan; Asthma — yogic management (asana & pranayama precautions); Asthma — dietary/lifestyle & stable sample class; BP — educational physiology refresh; Hypertension — causes, signs & yogic management methods; Hypotension — awareness & yogic management methods; Inversions, bandhas & BP — decision rules; BP red flags, dual-track class notes & meds viva; Comparative short notes — asthma vs HTN

Section-I

- Scope of “female problems” in syllabus; Causes, lifestyle contributors & when to refer; Menstrual-phase practice guidelines; Asana for pelvic comfort education; Pranayama, emotional regulation & dietary; Pregnancy & postnatal — special referral; Privacy, consent & mixed-class ethics; Sample supervised restorative class; Viva — menstrual modification & action lines

Section-J

- Sinusitis — educational overview, causes & signs; Sinusitis — yogic management (neti awareness, breath); Sinusitis — dietary & lifestyle; Thyroid — educational overview & signs awareness; Thyroid — yogic management principles & neck precautions; Thyroid — dietary boundaries; Combined sample class (sinus + thyroid tracks); Viva — ENT/endocrine collaboration without replacement

Section-K

- Depression — educational overview & contributing factors; Depression — signs, yogic mood-support & routine; Group class vs individual vulnerability; Mental-health red flags & crisis referral; Naval-displacement (Nabhi) — traditional concept; Nabhi — reported signs, differential caution & supervised practices; Nabhi — diet contraindications & acute abdomen referral; Integrated case viva — depression + somatic complaint; Course synthesis — integral protocol matrix; Model 3-hour paper strategy & internal portfolio checklist

REFERENCE BOOKS

1. **Yogic Management of Common Diseases**
2. **New Perspectives in Stress Management**
3. **Stress and its Management by Yoga**

**Dr. Swami Karmananda (Yoga
Publication Trust, Munger)**

**H.R. Nagendra & R. Nagarathna (V.K.
YOGAS, Bengaluru)**

K.N. Udupa (MLBD)

4. **Anatomy and Physiology of Yogic Practices** — M.M. Gore
(Kanchan Prakashan, Lonavla)

EN/HI

5. **Yoga for Common Ailments** — Dr. R. Nagarathna & Dr. H.R.
Nagendra (SVYASA line)

protocol thinking, treatment framing

6. **Asana Pranayama Mudra Bandha** — Swami Satyananda
Saraswati

**technique cross-check with
precautions**

7. **Yogic Therapy** / institutional notes (Kaivalyadhama)

principles & conservative sequencing

8. Teacher handout: DNYS Y2 Yoga Therapy bilingual glossary +
red-flag pocket card

SYLLABUS OF DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

YEAR 2 · DNYS द्वितीय वर्ष का पाठ्यक्रम

PAPER — HYDROTHERAPY (YEAR 2)

Time allowed: 3 hours

Max Marks: 100

Section-A

- Hydrotherapy — meaning & DNYS Year-2 scope (जल चिकित्सा — अर्थ एवं क्षेत्र); Place of water among pañcamahābhūta / jala tattva (जल तत्त्व — पंचमहाभूत में स्थान); Principles of hydrotherapy — teaching list (जल चिकित्सा के सिद्धान्त); Historical literacy — Priessnitz, Kneipp, Kuhne, Kellogg notes (ऐतिहासिक); Indian centre tradition — baths manuals awareness (भारतीय केंद्र परंपरा); Hydrotherapy vocabulary — bilingual definition set (जल चिकित्सा शब्दावली); Consent, privacy, draping & dignity for bath/pack work (सहमति एवं गरिमा); “I will / I will not” hydro ethics card (नैतिकता कार्ड); Exam opener — define hydrotherapy without exam wording (परीक्षा — परिभाषा)

Section-B

- Physical properties overview — exam map (भौतिक गुण — सूची); Specific heat & heat storage idea (विशिष्ट ऊष्मा); Thermal conductivity — practical meaning (ऊष्मीय चालकता); Solvent & cleansing literacy (विलायक एवं स्वच्छता); Hydrostatic pressure & immersion awareness (द्रवस्थैतिक दाब); Importance of water to the body — hydration literacy (जल का महत्त्व — जलयोजन); Water quality for centre use — potable vs bath water (जल गुणवत्ता); Chemical additives awareness — $MgSO_4$ literacy only (रासायनिक योजक — जागरूकता); Short notes — properties of water in hydrotherapy (लघु टिप्पणी — गुण)

Section-C

- Temperature bands — cold, tepid, warm, hot (तापमान श्रेणियाँ); Very cold / ice band — special rules (अतिशीत / बर्फ श्रेणी); Thermometer use & self-test first (थर्मामीटर एवं स्वयं जाँच); Viva conversion drills — verbal °C prompts (मौखिक °C अभ्यास); Duration logic — short vs prolonged applications (अवधि तर्क); Hydro equipment kit inventory (उपकरण सूची); Linen cycle & infection-control basics (लिनन एवं संक्रमण नियंत्रण); Skin integrity 5-point pre-check (त्वचा जाँच — पाँच बिंदु); Station diagram — label a bath/compress setup (स्टेशन आरेख)

Section-D

- Skin as the contact organ of hydrotherapy (त्वचा — संपर्क अंग); Effects of cold on skin & vessels (शीत — त्वचा एवं वाहिकाएँ); Effects of heat on skin & vessels (उष्ण — त्वचा एवं वाहिकाएँ); Circulation classroom effects — local vs general (परिसंचरण प्रभाव); Digestion comfort literacy — abdominal applications (पाचन — उदर अनुप्रयोग); Respiration & nervous-system notes (श्वसन एवं तंत्रिका नोट); Action and reaction phases — teaching model (क्रिया एवं प्रतिक्रिया); Incomplete reaction — recognise & stop (अपूर्ण प्रतिक्रिया); Reflex-area awareness — educational map only (प्रतिबिम्ब क्षेत्र — जागरूकता); Short notes — action–reaction with safety footer (लघु टिप्पणी — क्रिया–प्रतिक्रिया)

Section-E

- Classification map — primary overview (वर्गीकरण सूची — प्राथमिक); Primary effects — definition & examples (प्राथमिक प्रभाव); Stimulative / excitant effects (उत्तेजक प्रभाव); Internal excitation —

educational meaning (आन्तरिक उत्तेजना); General sedative effects (सामान्य शामक प्रभाव); Local sedative effects (स्थानिक शामक प्रभाव); Secondary effects — tonic / nourishing literacy (द्वितीय — पुष्टिकर); Secondary — health-promoting / hygienic effect language (स्वास्थ्यवर्धक); Secondary — expectorant-literacy & steam cautions (कफनाशक); Resultant & induced effects — exam phrasing (परिणामी एवं साधित प्रभाव)

Section-F

- Method catalogue master list (विधि मास्टर सूची); Water drinking (jalapān) — educational hydration practice (जलपान); Ablution / pouring (jalābhiṣek) — method & privacy (जलाभिषेक); External water applications vs internal — scope gate (बाह्य बनाम आन्तरिक); Nasal water application — awareness & hygiene (नासिक जल — जागरूकता); Gastric water intake literacy — not forced lavage (पेट में जल); Colon / rectal irrigation & enema — educational boundaries (बड़ी आंत / मलाशय / एनीमा); Colon hydrotherapy devices — awareness only (कोलन हाइड्रो उपकरण); Short notes — jalapān & jalābhiṣek with cautions (लघु टिप्पणी)

Section-G

- Bath family map — local vs general (स्नान परिवार सूची); Hip bath — prep, temp, duration, observation (कमर / हिप स्नान); Hip bath — contraindications & draping (हिप बाथ — निषेध); Spinal bath / spinal spray — positioning (रीढ़ स्नान / स्प्रे); Foot bath — hot, cold, contrast local (पाद स्नान); Arm bath — method & uses-as-wellness (बाहु स्नान); Full immersion / tub bath overview (पूर्ण / टब स्नान); Sitz bath awareness (सिट्ज़ स्नान — जागरूकता); Steam / vapour bath & sauna-style heat (वाष्प स्नान); Air bath link during hydro days (वायु स्नान कड़ी); ... (+1 more topics in detailed map).

Section-H

- Compress vs pack vs bandage — teaching contrast (कंप्रेस / पैक / पट्टी); Cold compress — step-by-step (शीत कंप्रेस); Hot compress / fomentation literacy (उष्ण कंप्रेस / फोमेंटेशन); Alternating hot-cold compress protocol (आवर्ती कंप्रेस); Chest bandage / chest pack (छाती पट्टी / वक्ष पैक); Trunk / abdominal pack & gastro-hepatic awareness (धड़ / उदर / गैस्ट्रो-हेपेटिक); Throat / neck pack caution (कंठ / ग्रीवा पैक सावधानी); Foot / local joint packs (पाद / स्थानीय संधि पैक); Full wet-sheet pack — layering sequence (गीली पूर्ण पट्टी / वेट शीट); Pack observation sheet — pulse, comfort, colour (अवलोकन पत्रक); ... (+1 more topics in detailed map).

Section-I

- Douche family — meaning & pressure caution (डूस् परिवार); Spinal douche — educational method notes (मेरुदण्ड डूस्); Alternating douche — contrast jet logic (एकान्तर डूस्); Wound douche — awareness & infection gate (घाव डूस् — जागरूकता); Ice treatment / ice pack — method & cautions (बर्फ उपचार); Ice vs cold compress — when to choose (बर्फ बनाम शीत कंप्रेस); Whirlpool / jacuzzi / pool therapy awareness (व्हाइरलपूल / पूल — जागरूकता); Stupes & fomentation cloth literacy (स्ट्यूप / सेंक कपड़ा); Oxygen bath / specialty equipment — awareness only (ऑक्सीजन बाथ — जागरूकता); Exam table — douche vs bath vs pack (तुलना तालिका)

Section-J

- Master contraindications list (मास्टर निषेध सूची); Absolute vs relative contraindications matrix (निरपेक्ष / सापेक्ष); Pregnancy adaptations (गर्भावस्था अनुकूलन); Children & elderly adaptations (बाल एवं वृद्ध); Diabetes / neuropathy sensation gates (मधुमेह / संवेदना द्वार); Slip, scald, faint, chill — drill

responses (फिसलन / जलन / मूर्छा / ठिठुरन); Heat exhaustion vs simple fatigue after steam (ताप थकावट); Documentation & adverse-event note (दस्तावेज़ीकरण); Referral phrases — bilingual bank (रेफरल वाक्य बैंक); Pocket contraindication card — build & quiz (जेब कार्ड)

Section-K

- Hydro station leadership — open/close checklist (स्टेशन नेतृत्व); Sequencing — sample half-day wellness plan (विधि क्रम — अर्धदिवस); Pairing with mud/chromo theory days — boundaries (मिट्टी/रंग सीमा); Teaching demo cues — 5-minute peer teach (शिक्षण संकेत); Long-answer skeleton — baths with contraindications (दीर्घ उत्तर ढाँचा); Differentiate — hot vs cold; pack vs compress; bath vs douche (भेद प्रश्न); Full viva bank — 12 rapid prompts (पूर्ण मौखिक बैंक); Revision map — one-page hydro mind map (पुनरावृत्ति सूची)

REFERENCE BOOKS

1. Centre SOP manual / MPYPCP practical handbook (bath, pack, compress checklists)
2. *Baths* **S.J. Singh**
3. *Practical Nature Cure* **K. Laxman Sharma (selected hydro chapters)**
4. College notes issued for DNYS Year-2 Hydrotherapy
5. *Rational Hydrotherapy* **J.H. Kellogg (selected; teacher reference)**
6. *My Water Cure* **Sebastian Kneipp (historical literacy selections)**
7. *Handbook of Hydrotherapy* **Joel Shew (selected historical literacy)**
8. ND / PGND hydro units (methods papers) for comparative depth **not a substitute for this DNYS paper**

SYLLABUS OF DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

YEAR 2 · DNYS द्वितीय वर्ष का पाठ्यक्रम

PAPER — MUD THERAPY

Time allowed: ** 3 hours

Max Marks: ** 100

Section-A

- Fix bilingual definitions, earth-element tradition notes, and what a DNYS Year-2 student may / may not claim with mud.
- Mr̥ttikā / mittī cikitsā — bilingual board terms; Pṛthvī / earth element — tradition notes; Adolf Just / "Return to Nature" earth tradition (survey); Mud vs hydro pack vs oil application — name distinctions; DNYS Y2 Mud paper vs Hydro / Chromo / Clinic papers; Mud station role — prepare, apply, document; Educational indications of mud — peer teaching map; When to stop mud talk and refer

Section-B

- Teach official "मिट्टी के भेद" as a usable typology for selection, teaching demos, and exam short notes.
- Why mud type matters for safety & feel; Fine earth mud vs coarse soil — teaching grades; Clay-rich mud — teaching properties notes; Local / regional mud naming notes (as taught); Colour observation notes (without diagnostic claim); Wet paste mud vs dry / powdered clay orientation; Sand vs mud — educational distinction; Commercial spa clay / cosmetic clay — diploma limits; Contaminated / spoiled mud — rejection criteria; Viva — name three acceptable vs three reject cues

Section-C

- Cover official "गुण एवं संग्रह" plus storage precautions to clinic-assistant SOP depth.
- Teaching-relevant physical properties of mud; Composition awareness (mineral / organic survey); Collection sites — approved vs forbidden; Sieving, stone removal & foreign-matter check; Clean-water mix rule; Covered storage & floor-storage ban; Batch labelling — date, source, prep by; Shelf discipline & discard policy; Shared scoop / utensil hygiene; Storage audit checklist (exam station); ... (+1 more topics in detailed map).

Section-D

- Teach official "मिट्टी की पुल्टिस" and full vs partial pack types before site demos.
- Mud paste — teaching consistency standard; Poultice (pulltis) — meaning & cloth layer; Hot poultice orientation — heat safety; Cold / cool mud poultice — chill watch; Full pack vs partial / local pack; Thickness, even layer & edge neatness; Cloth wrap, cover & drip control; Patch-test / small-area first idea; Duration bands — teaching ranges; Removal, wipe, mild wash & dry; ... (+2 more topics in detailed map).

Section-E

- Master official local applications with landmarks, privacy, meal rules, and breathing comfort.

- Local pack principle — cooling/soothing; Consent, draping & privacy before any pack; Skin check before application; Chest mud pack — landmarks & breathing comfort; Abdomen mud pack — positioning & meal rules; Knee / joint mud pack — uni & bilateral; Forehead / eye-adjacent mud — orientation; Spine / back local mud — orientation; Extremity local packs (elbow / ankle awareness); Monitoring during pack — comfort script; ... (+3 more topics in detailed map).

Section-F

- Expand official “सामान्य एवं स्थानीय” to mud bath and plaster method with assist roles and chill/slip safety.
- General (whole-body) mud use — meaning; Natural mud bath — overview; Partial mud bath — site examples; Mud bath aftercare sequence; Chill, slip & vasovagal awareness in mud bath; Mud plaster — educational meaning; Dry pack orientation (mud-adjacent notes); Thermal / warm mud bath awareness; Privacy, gender & chaperone norms; When general mud is deferred; ... (+2 more topics in detailed map).

Section-G

- Survey sand and related earth applications so students do not confuse them with fine mud packs; hygiene and burn/heat cautions.
- Sand pack — meaning & difference from mud; Sand bath — overview & heat risks; Clean sand sourcing & foreign-matter ban; When sand methods are theory-only at diploma; Short comparison — mud pack vs sand pack; Viva — one mud vs one sand caution

Section-H

- Teach official “शारीरिक क्रियात्मक एवं ... प्रभाव एवं प्रति प्रभाव” as observational / traditional observation notes.
- Traditional cooling / drawing / soothing language; Skin feel & local temperature notes; Action–reaction idea for mud (teaching); Systems survey — skin / comfort framing; Cosmetic / skin-appearance notes (limits); Mud therapy in Indian nature-cure literature (survey); Observation sheet fields for mud session; Viva — mud pack vs mud bath in 30 seconds

Section-I

- Make mud clinic hygiene non-negotiable: laundry stream, spill clean, utensil reset, PPE as taught.
- Mud station layout — clean vs dirty zones; Hand hygiene before & after mud work; Mud linen laundry stream; Floor spill clean protocol; Waste / leftover mud disposal; Client linen & bedding protection; Infection-control link — intact skin rule; End-of-day mud station audit; Viva — four hygiene non-negotiables

Section-J

- Build a master contraindications card and stop–report pathway before any unsupervised improvisation.
- Absolute contraindications master list; Relative contraindications / caution list; Allergy / itch / rash stop rules; Excessive chill & shivering pathway; Breathing distress on chest pack; Pregnancy

& child participant rules; Incident form fields after adverse reaction; One-page stop card (exam station); Role-play — stop–wash–report; Viva — five contraindications under 60 seconds

Section-K

- Integrate mud with hydro topics, consolidate bilingual glossary, and rehearse full-paper strategy.
- Mud vs wet compress — master comparison; Sequencing mud with hydro / rest (half-day plan); Bilingual glossary drill — 25 mud terms; Differentiations bank for exams; Model 3-hour paper strategy; Internal portfolio checklist; One-sheet concept map of Mud Therapy paper; Capstone viva — full mud oral (8–10 min)

REFERENCE BOOKS

- | | |
|---|--|
| 1. MPYPCP DNYS official syllabus | Year 2 Mud Therapy / मिट्टी चिकित्सा block (OCR map) |
| 2. *Return to Nature* | Adolf Just (earth / mud tradition literacy) |
| 3. *Our Earth Our Cure* | Raymond Dextreit (earth/clay tradition survey) |
| 4. *Healing Clay* | Michel Abehsera (clay literacy; educational framing only) |
| 5. ND / PGND practical teacher notes | mud pack SOPs (chest, abdomen, knee), linen & storage hygiene |
| 6. Institute mud station SOP / observation sheet pack (local) | |
| 7. *Philosophy and Practice of Nature Cure* | Henry Lindlahr (modality philosophy survey) |
| 8. Infection-control / linen hygiene booklet for training clinics (institutional) | |
| 9. Consent & draping handbook for complementary therapy students (institutional) | |
| 10. Teacher handout: DNYS bilingual mud glossary + contraindications card | |

SYLLABUS OF DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

YEAR 2 · DNYS द्वितीय वर्ष का पाठ्यक्रम

PAPER — CHROMOTHERAPY (YEAR 2)

Time allowed: ** 3 hours · **Max marks:** 100

Max Marks: 100

Section-A

- Place of chromotherapy in DNYS Y2 modality map (द्वितीय वर्ष विधि सूची); Teacher / clinic assistant / physician roles (शिक्षक / सहायक / चिकित्सक); Four ways peers teach colour effects (चार शिक्षण मार्ग); Myths vs named colour applications (मिथक बनाम नामित अनुप्रयोग); Observation sheet — comfort, mood note, stop cues (अवलोकन पत्रक); Viva bank — definitions & colour map (मौखिक — परिभाषा एवं रंग सूची)

Section-B

- Historical highlights — sunlight & colour in healing traditions (ऐतिहासिक झलकियाँ); Harmonic / cosmic colour ideas — classroom reading only (संगीत/ब्रह्माण्ड रंग विचार); Solar family & sun as primary natural light source (सौर परिवार एवं सूर्य स्रोत); Chromo philosophy — reflection, refraction, absorption (रंग दर्शन — परावर्तन, अपवर्तन, अवशोषण); Traditional healing-power language — teach the peer map (पारंपरिक शक्ति भाषा); Indian nature-cure reception of chromotherapy (भारत में रंग चिकित्सा ग्रहण); Bordeaux / charged-substance tradition — awareness label (चार्ज पदार्थ परंपरा — जागरूकता); Essay outline — history of colour therapy (15 marks) (निबंध खाका); Viva — "What is chromotherapy in DNYS?" (मौखिक — परिभाषा)

Section-C

- Visible spectrum — ROYGBV classroom map (दृश्य स्पेक्ट्रम सूची); Ultraviolet & infrared — awareness, not DIY therapy (पराबैंगनी एवं अवरक्त — जागरूकता); Sunlight on skin, muscles, digestion, bones — teaching overview (सूर्यप्रकाश — शरीर अवलोकन); Artificial lamps vs sunlight — centre rules (कृत्रिम दीप बनाम सूर्य); Filters & coloured glass — how colour selection works (फिल्टर एवं रंगीन काँच); Chromatic attraction / repulsion — traditional vocabulary (आकर्षण/प्रतिकर्षण — पारंपरिक); Spectrum analysis / spectroscopy — exam awareness only (स्पेक्ट्रम विश्लेषण — जागरूकता); Heat, glare, photosensitive medicines — red-flag literacy (गर्मी, चमक, प्रकाश-संवेदनशील औषध); Short note — theory of light & force for chromo paper (लघु टिप्पणी — प्रकाश सिद्धांत)

Section-D

- Primary colours — teaching sets (RGB vs RYB) (प्राथमिक रंग); Secondary & tertiary colours (द्वितीयक एवं तृतीयक); Warm vs cool colours — environment literacy (उष्ण बनाम शीतल रंग); Neutral, pastel, saturated colour — clinic aesthetics (न्यूट्रल/पेस्टल/तीव्र); Principles of colour harmony for wellness spaces (रंग सामंजस्य सिद्धांत); Philosophy of colour in nature cure — element links (रंग दर्शन — तत्त्व संबंध); Cultural meanings of colour — sensitivity (सांस्कृतिक अर्थ — संवेदनशीलता); Exam table — primary, secondary, warm/cool, one caution (परीक्षा तालिका); Viva — name primaries & secondaries in 60 seconds (मौखिक — रंग प्रकार)

Section-E

- How to read old “indications” tables safely (पुरानी संकेत तालिका पढ़ना); Rest / calm colour environments — wellness framing (विश्राम वातावरण); Alert / activity colour environments — wellness framing (सक्रियता वातावरण); Appetite & dining colour literacy (भोजन कक्ष रंग); Sleep hygiene & evening light colour temperature (निद्रा एवं सायंकालीन प्रकाश); Mood diary exercise — colour exposure log (मूड डायरी); Placebo, expectation & honest communication (प्लेसीबो एवं ईमानदार संवाद); When colour talk must stop — medical red flags (कब रोकें — लाल झंडे); Short notes — health effects (लघु टिप्पणी)

Section-F

- Violet — traditional teaching dossier (बैंगनी); Blue — traditional teaching dossier (नीला); Sky-blue / cyan — traditional teaching dossier (आसमानी); Green — traditional teaching dossier (हरा); Yellow — traditional teaching dossier (पीला); Orange — literacy add-on (नारंगी); Red / pink — literacy add-on (लाल/गुलाबी); Non-spectral / mixed colours — awareness (अ-स्पेक्ट्रल मिश्रण); Ultraviolet — awareness & prohibition of DIY UV (पराबैंगनी — निषेध); Comparison table — six official colours × wellness context × caution (तुलना तालिका); ... (+1 more topics in detailed map).

Section-G

- Chromo-hygiene — meaning for DNYS (रंग स्वच्छता — अर्थ); Clothing & linen colour hygiene in centres (वस्त्र एवं लिनेन रंग); Food colour presentation vs chromo claims (भोजन रंग प्रस्तुति); Chromo-observation vs disease diagnosis (रंग अवलोकन बनाम रोग निदान); Facial colour observation — link to Y2 Facial Expression paper (मुख रंग अवलोकन); Iris / tongue colour — out-of-scope warning (नेत्र/जिह्वा रंग — चेतावनी); Record-keeping without disease coding (अभिलेख — बिना रोग कोड); Case vignette — when to refer, not recolour (केस — रेफरल); Viva — what chromotherapy can teach (मौखिक — रंग चिकित्सा क्या सिखाती है)

Section-H

- Official limits of chromotherapy — teaching list (सीमाएं — सूची); Eye safety master rules (नेत्र सुरक्षा — मुख्य नियम); Skin safety — burn, heat lamp distance, broken skin (त्वचा सुरक्षा); Photosensitivity & special populations (प्रकाश संवेदनशीलता / विशेष समूह); Sunstroke & overheating — recognition & first response literacy (लू / अतिताप); Micro-organism & sunlight myths — evidence note (सूक्ष्मजीव मिथक); Electrical / lamp equipment hazards (विद्युत/दीप खतरे); Contraindications master list (निषेध — मास्टर सूची); SOP card — eye-safety brief before every demo (एसओपी कार्ड); Exam essay — limits of chromotherapy (15 marks) (निबंध — सीमाएं); ... (+1 more topics in detailed map).

Section-I

- Practical instruments — coloured glasses overview (रंगीन चश्मे/काँच); Solar thermoleum / electro thermoleum / chromo lens — name literacy (थर्मोलियम/लेंस — नाम); Chromo-light “eradicator” language — critical reading (एरेडिकेटर भाषा — आलोचनात्मक); Solarisation of water — method card (जल सोलराइज़ेशन); Solarisation of oils & glycerine (तेल एवं ग्लिसरीन); Vaseline / external media — hygiene limits (वेसलिन — स्वच्छता सीमा); Milk, rose water & perishable media (दूध, गुलाब जल); Food substances charged with coloured light — teaching demo (भोज्य पदार्थ डेमो); Air / room colour-light hygiene practice (वायु/कक्ष प्रकाश स्वच्छता); Labelling, storage, spoilage log (लेबल, भंडारण, खराबी लॉग); ... (+2 more topics in detailed map).

Section-J

- Pre-session checklist — consent, eyes, skin, meds note (पूर्व-सत्र जाँच); Session flow — explain → environment → timed exposure → rest (सत्र प्रवाह); Positioning, draping, comfort, gender sensitivity (स्थिति एवं आवरण); Stop-rules & documentation (रोक नियम एवं प्रलेखन); Aftercare — hydration, shade, activity advice (पश्चात देखभाल); Integrating chromo with hydro/mud/yoga therapy days (विधि एकीकरण); Client education leaflet — 150 words (ग्राहक पत्रक); Role-play — chromotherapy session briefing (रोल-प्ले — सत्र ब्रीफिंग)

Section-K

- One-page revision map — 11 units (एक-पृष्ठ सूची); 10-mark short-note bank — five titles (लघु टिप्पणी बैंक); 15-mark essay bank — three titles (निबंध बैंक); Spotters — glass colours & solarisation kit (स्पोट्टर); Rapid viva — 20 questions drill (त्वरित मौखिक — 20); Capstone — safe chromotherapy teaching demo plan (कैपस्टोन डेमो योजना)

REFERENCE BOOKS

1. Classical chromotherapy / colour-healing manuals cited in PGND-style syllabi (history, methods, named colour applications).
2. Nature-cure method compendia used in MPYPCP DNYS teaching (hydro–mud–chromo cluster).
3. Centre SOP / practical manual for solarisation (if issued locally).
4. Basic physics of light / spectrum chapter from a senior-secondary science text (spectrum, UV/IR hazards).
5. WHO / national public-health sun-safety & UV fact sheets (eye & skin
6. Introductory health-psychology note on expectation/placebo (for honest communication).
7. Standard first-aid chapter on heat illness / eye injury recognition (disease recognition).

classroom handout level).

SYLLABUS OF DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

YEAR 2 · DNYS द्वितीय वर्ष का पाठ्यक्रम

PAPER — SCIENCE OF FACIAL EXPRESSION (YEAR 2)

Time allowed: ** 3 hours

Max Marks: ** 100

Section-A

- Fix bilingual definitions and what the Science of Facial Expression paper covers in DNYS Year-2.
- Meaning of Science of Facial Expression; Facial notes vs pathology paper (Y1 S5); Facial observation station — peer method; Allowed educational conclusions (list of 8); Forbidden diagnostic claims (list of 8); Informed consent & dignity for face observation; Photography / chart use ethics; Working bilingual board definition

Section-B

- Place the paper in Kuhne–Lindlahr–Indian nature-cure curriculum history for examinable narrative answers.
- Henry Lindlahr — encumbrance & facial observation; Kneipp–Just–Shelton neighbour notes; Indian nature-cure curricula — मुखकृति place; Classical “unity of disease” phrasing — careful use; Acute constructive effort vs chronic encumbrance notes; Pioneer contribution grid (6 names); 10-mark history outline; Viva — “Who is linked with Science of Facial Expression?”

Section-C

- Teach official definition, formation, and classroom limits of foreign-matter theory as diploma doctrine.
- Definition of विजातीय द्रव्य / foreign matter; Formation of foreign matter — teaching narrative; Encumbrance vs modern toxin science vocabulary; Channels of intake — food, air, water, habits; Channels of elimination — skin, lung, kidney, bowel notes; Vital force (जीवनी शक्ति) — teaching meaning; Health as positive / disease as negative — careful slogan; Short note — definition & formation (5–8 marks); Viva — define विजातीय द्रव्य without exam wording

Section-D

- Cover official liquid / solid / dry / gas accumulation forms as examinable topic maps.
- Liquid form accumulation — traditional teaching; Solid form accumulation — traditional teaching; Dry form accumulation — traditional teaching; Gas / gaseous form accumulation — traditional teaching; Four-form comparison table; Mixed encumbrance — teaching idea; Facial cue notes mapped to forms (survey only); When fluid appearance is a medical red flag; 10-mark answer — four forms of foreign-matter collection; Viva cascade — name four forms in 45 seconds

Section-E

- Expand official “बुरी आदतें एवं विजातीय द्रव्यों का संग्रह” into diploma habit notes without moral shaming.

- Habit catechism — overeating & irregular meals; Stimulants & intoxicants — notes (not policing); Sleep debt, night work & facial fatigue cues; Sedentary habit & outdoor air notes; Emotional strain — expression awareness (non-psychiatry); Hydration & constipation habits — exam link; Constructive habit suggestions (8 lifestyle supports); Shame-free counselling script; Short notes — three bad habits & encumbrance; Viva — “How do bad habits relate to foreign matter?”

Section-F

- Teach official अवरोध types and constructive suggestions with stop-rules and referral.
- Meaning of अवरोध in nature-cure facial notes; Types of obstruction — teaching taxonomy; Circulatory / lymphatic obstruction language (notes); Digestive obstruction notes vs surgical emergency; Respiratory obstruction cues — refer urgently; Suggestions — hygiene, rest, hydro awareness (non-Rx); Suggestions — diet simplicity & elimination supports; 15-mark essay — अवरोध: types & suggestions; Viva — name three obstruction types + one stop-rule

Section-G

- Cover official निष्कासन एवं जीवनी शक्ति वृद्धि as educational supports as peers teach.
- Elimination principle — nature-cure teaching; Skin as eliminative organ — facial relevance; Lungs & open-air habit notes; Kidney & bowel elimination awareness; Rest, sleep & vitality conservation; Fasting awareness only — link to Y3; Increasing vital force — teaching wording; Integrated half-day wellness note after observation; Short note — elimination & vital force (8–10 marks); Viva — four elimination channels

Section-H

- Teach zone/chart notes used in nature-cure classrooms without organ-disease claims from the face alone.
- Face as traditional “mirror” metaphor — limits; Forehead zone notes (teaching chart); Eye / periocular soft-zone notes & caution; Nose & mid-face zone notes; Cheek / zygomatic zone notes; Mouth, lips, tongue awareness (non-lab); Chin / jaw / lower-face notes; Ear / side-face awareness (non-auriculotherapy Rx); Colour, texture, puffiness, dryness — vocabulary bank; Expression vs anatomy — muscle vs “encumbrance” talk; ... (+3 more topics in detailed map).

Section-I

- Make observation teachable as a consent-based, consent-based clinic observation station.
- Observation station setup — light, distance, privacy; Step sequence — greet → consent → observe → note → close; What to record — objective description only; What never to record as “diagnosis”; Peer observation drill (supervised); Hygiene — no invasive facial probing; Closing script — notes + refer-if; Observation sheet template (exam/internal); Viva — recite six-step observation sequence

Section-J

- Protect students and clients by hard-wiring medical/emergency referral boundaries.
- Stroke / facial droop / speech change — urgent refer; Anaphylaxis / angioedema face swelling; Meningism / severe headache with face pain cues; Skin cancer / non-healing ulcer awareness;

Jaundice / cyanosis / pallor — medical meaning; Endocrine / metabolic appearance notes (survey); Infection / contagious facial conditions; Child / pregnancy / geriatric extra caution; Case vignette bank — refer or lifestyle talk?; Viva — three red flags that stop facial notes session

Section-K

- Connect facial-expression topics to Y2–Y3 papers without overclaiming therapeutic power.
- Bridge to hydrotherapy paper (notes only); Bridge to mud & chromotherapy papers; Bridge to yoga therapy — tension expression awareness; Bridge to fasting & dietetics (Y3); Clinic visit observation form (facial notes station); Team etiquette with physicians & senior naturopaths; Centre description — accurate facial-expression scope; Capstone essay — “मुखाकृति विज्ञान with ethics”; Model viva set — twenty rapid questions

Section-L

- Consolidate exam paper shape, short notes, diagrams, and oral performance for Year-2 board style.
- Theory paper map — likely long-answer titles; Differentiation drill — facial notes vs pathology; Diagram rubric — facial zones with limits footer; Short-note pack — five × 5 marks; Internal practical marks — observation station; Mock board — 3-hour answer plan; Final viva — definition + one form + one red flag + ethics

REFERENCE BOOKS

- | | |
|---|---|
| 1. *The Science of Facial Expression* / facial diagnosis writings | Louis Kuhne (historical literacy; educational tradition) |
| 2. *Philosophy and Practice of Nature Cure* | Henry Lindlahr |
| 3. *Practical Nature Cure* | Dr. K. Laxman Sharma |
| 4. *My Nature Cure or Practical Naturopathy* | S.J. Singh |
| 5. *Everybody's Guide to Nature Cure* | Harry Benjamin |
| 6. *A Complete Handbook of Nature Cure* | H.K. Bakhru / H.R. Bakhru (centre-common editions) |
| 7. *Science of Natural Life* / *Prakritik Ayurvedigyan* | Dr. Rakesh Jindal (as prescribed locally) |
| 8. Centre SOP / MPYPCP observation & consent checklists | |
| 9. *Return to Nature* | Adolf Just (elimination / earth hygiene neighbour reading) |
| 10. Dermatological red-flag awareness leaflets (disease recognition only) | not prescribing texts) |

YEAR 3

DNYS तृतीय वर्ष का पाठ्यक्रम

5 papers / subjects in this year

SYLLABUS OF DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

YEAR 3 · DNYS तृतीय वर्ष का पाठ्यक्रम

PAPER — FASTING, NUTRITION & DIETETICS (YEAR 3)

Time allowed: 3 hours

Max Marks: 100

Section-A

- Scope of Subject 11 — fasting + nutrition + dietetics (विषय 11 क्षेत्र); Definition of fasting — bilingual exam definition (उपवास की परिभाषा); History of fasting — India (vrata/upavāsa) & abroad (इतिहास — भारत/विदेश); Fasting vs starvation; hunger vs appetite (उपवास/भुखमरी; भूख/रुचि); Pros, cons & common objections (लाभ/सीमा/आपत्तियाँ); Fasting vocabulary — definition set for exams (उपवास शब्दावली); Viva — define fasting in 90 seconds (वाईवा — परिभाषा)

Section-B

- Functional effects of fasting on the body — overview (क्रियात्मक प्रभाव — अवलोकन); CHO, fat & protein metabolism during fasting (कार्बो/वसा/प्रोटीन चयापचय); Secretions, excretions, bowel & observation myths (स्राव/मल/मिथक); Weight gain/loss patterns — educational chart (भार परिवर्तन चार्ट); Mind, senses & vitality notes — careful framing (मन/ओज — सावधान); Autolysis — traditional NC term with limits (ऑटोलिसिस — सीमा सहित); Agni concepts — sama, viṣama, manda, tikṣṇa (अग्नि विचार); Facts vs myths — deficiency extremes & “never harms” (तथ्य/मिथक); Short notes battery — physiology of fasting (लघु टिप्पणी बैटरी); Viva — fuel sequence in early fasting (वाईवा — ईंधन क्रम)

Section-C

- General classification — religious, political, therapeutic-education (सामान्य वर्गीकरण); Intermittent vs prolonged fasting — length factors (सविराम बनाम दीर्घ); Complete vs partial fasting (पूर्ण बनाम आंशिक); Dry fasting — high-risk caution (शुष्क उपवास — उच्च जोखिम); Water fasting — educational protocol outline (जल उपवास); Juice fasting & saline/lean-day awareness (रस एवं लवणीय/लीन); Fruit fasting — types & dental/GI limits (फल उपवास); Monodiet / Kalpa — grape, mango, matha, milk (एकल आहार / कल्प); Rationale of fasting in nature cure (उपवास का तर्क); Types comparison table for 10 marks (प्रकार तुलना तालिका); ... (+1 more topics in detailed map).

Section-D

- How to begin a fast — supervised checklist (उपवास कैसे प्रारंभ करें); Rules of sane & therapeutic fasting education (पालन के नियम); Symptomatology, progress & hygiene of the fast (लक्षण, प्रगति, स्वच्छता); Care / auxiliaries during the fast (उपवास काल में सहायक उपचार); Breaking the fast — stepwise method (उपवास तोड़ना); Living after the fast — 7-day educational plan (उपवासोपरांत जीवन); Fasting in special periods of life (विशेष जीवन काल); Consent, records & case-log format (सहमति, रिकॉर्ड, केस लॉग); Model answer — “How to break a fast safely” (आदर्श उत्तर); Viva station — stop rules (वाईवा — रोक नियम)

Section-E

- Hygienic auxiliaries — air, bath, clothing, water, rest, mind (स्वच्छता सहायक); Enema as named auxiliary — awareness only (एनीमा — केवल जागरूकता); Crises / उभार during fasting —

educational action tree (उभार — क्रिया वृक्ष); Physiological observation points & diet after fast (अवलोकन बिंदु); Indications of fasting — peer teaching contexts (संकेत); Contraindications of fasting — mandatory list (निषेध — अनिवार्य); Obesity & weight literacy — classroom (मोटापा); Diet, fasting & disease — integrated caution thesis (आहार-उपवास-रोग सावधानी); Results of fasting — honest appraisal (परिणाम — ईमानदार); Assessment — indication vs contraindication table (संकेत/निषेध तालिका); ... (+1 more topics in detailed map).

Section-F

- Nutrition — meaning & importance (पोषण एवं इसका महत्व); Food–nutrition–health map (आहार–पोषण–स्वास्थ्य सूची); Classification of foods & drinks (आहार एवं पेय का वर्गीकरण); Cereals, millets & pulses (अनाज, मोटे अनाज, दालें); Vegetables, fruits, nuts & oilseeds (सब्जी, फल, मेवे, तिलहन); Milk products; sugar, jaggery, honey; spices (दूध उत्पाद; शर्करा; मसाले); Nutritive values table drill — common Indian foods (पोषण तालिका अभ्यास); Human nutritional requirements overview (मानव पोषण आवश्यकताएँ); Assessment — food-group classification set (खाद्य समूह मूल्यांकन); Viva — six food groups with one nutrient each (वाईवा — छह समूह)

Section-G

- Digestion, absorption & assimilation — diploma overview (पाचन, अवशोषण, आत्मसातीकरण); Carbohydrates — types, functions, Indian sources (कार्बोहाइड्रेट); Proteins — builders vs excess caution (प्रोटीन); Fats/lipids — essentials & moderation (वसा); Vitamins & minerals map (विटामिन–खनिज सूची); Dietary fibre — effect education (आहारिय रेशा); Food combining & ways of eating (आहार संयोजन; खान-पान तौर-तरीका); What / how / how much to eat — Mitāhāra bridge (क्या/कैसे/कितना); Acidic & alkaline food tropes — critical reading (अम्लीय/क्षारीय दावे); Ayurveda dietetics terms — pathya/apathya, viruddhāhāra (पथ्य/विरुद्धाहार); ... (+2 more topics in detailed map).

Section-H

- Deficiency diseases — preventive literacy (आहार तत्व की कमी — निवारक); Artificial / ultra-processed foods & ill effects (कृत्रिम आहार एवं दुष्प्रभाव); Infective agents, toxins & food-borne illness (खाद्य संक्रमण/विष); Adulteration, additives, colours, preservatives, pesticides (मिलावट/योजक); Alcohol, tobacco & nutrition interaction (मद्य/तम्बाकू एवं पोषण); Nutrition & natural resistance to infection (पोषण एवं छूत रोग में प्राकृतिक प्रतिरोध); Public health nutrition — programmes & fortification awareness (सार्वजनिक पोषण); Nutritional screening — educational fields only (पोषण स्क्रीनिंग); Assessment — adulteration short notes (मिलावट लघु नोट्स); Viva — five food-safety rules (वाईवा — पाँच खाद्य सुरक्षा नियम)

Section-I

- Balanced diet — definition & plate model (सन्तुलित आहार); Dietetic principles in naturopathy (प्रकृति चिकित्सा आहार सिद्धांत); Wholesome diet; quality vs quantity (हितकारी आहार; गुण बनाम मात्रा); Natural qualities of foods — NC / Ayurveda / modern (आहार गुण — त्रि-दृष्टि); Sāttvika, rājasika, tāmasika foods (सात्त्विक/राजसिक/तामसिक); Mitāhāra & yogic diet rules for practitioners (मिताहार एवं योगिक आहार); Vegetarian vs non-vegetarian — classroom view (शाकाहार बनाम मांसाहार); Diet for physical labour vs mental work (श्रम बनाम मानसिक कार्य आहार); Toxic-less / mucousless diet — Ehret map (विष-रहित/श्लेष्माहीन आहार); Essay — “Mitāhāra and yogic diet in naturopathy” (निबंध); ... (+1 more topics in detailed map).

Section-J

- Importance of food — raw, sprouted & cooked forms (कच्चा/अंकुरित/पकाहार महत्व); Natural food & health — greens, fruits, local seasonal (प्राकृतिक आहार एवं स्वास्थ्य); Raw juices & special liquids — educational survey (रस/नीरा/छाछ — परिचय); Sprouts — nutritive values & safe sprouting method (अंकुर — सुरक्षित विधि); Food value table — raw vs germinated vs cooked (कच्चा/अंकुरित/पका तालिका); Hygienic cookery & satvic prep (स्वच्छ पाक एवं सात्विक सेवा); Menu planning — natural/raw & low-cost balanced diets (मेनू योजना); Assessment — sprouts practical record sheet (अंकुर रिकॉर्ड); Viva — sprouting steps & two hazards (वाईवा — अंकुरण)

Section-K

- Naturopathic hospital diet classes — survey (NC अस्पताल आहार वर्ग); Modification of normal diet — liquid, soft, full (तरल/नरम/पूर्ण); Dietary education — diabetes, renal, hypertension contexts (मधुमेह/वृक्क/रक्तचाप शिक्षा); Dietary education — anaemia, PEM, peptic/GIT comfort (रक्ताल्पता/PEM/पाचन आराम); Dietary education — liver, heart, arthritis, cancer-support contexts (यकृत/हृदय/गठिया/कैंसर समर्थन); Food allergy & dietary management education (खाद्य एलर्जी शिक्षा); Nutrition in pregnancy, lactation & infancy (गर्भावस्था/स्तनपान/शिशु); Paediatric, adolescent, adult & geriatric diets (बाल/किशोर/वयस्क/वृद्ध); Seasonal dietary patterns — Ayurveda/NC/modern (ऋतु आहार); Weight reduction/gaining plans — educational outlines (भार योजना); ... (+4 more topics in detailed map).

REFERENCE BOOKS

- | | |
|---|---|
| 1. *Fasting for Health and Long Life* | Hereward Carrington |
| 2. *The Fasting Cure and Vital Economy* | Dr. K. Lakshmana Sharma (classroom reading on fasting & vital economy) |
| 3. *Fasting Can Save Your Life* | Herbert M. Shelton (critical classroom reading; no unsupervised protocols) |
| 4. *Rational Fasting* | Arnold Ehret (historical fasting system map) |
| 5. *Scientific Fasting* | Linda Burfield Hazzard (historical; teacher-mediated critique of extremes) |
| 6. *Essentials of Food and Nutrition* | M. Swaminathan |
| 7. *Textbook of Nutrition and Dietetics* | Srilakshmi |
| 8. *Clinical Dietetics and Nutrition* | F.P. Antia |
| 9. *Normal and Therapeutic Nutrition* | Robinson & Lawler (selected chapters) |
| 10. NIN Hyderabad publications / ICMR dietary guidelines (excerpts) | |
| 11. *The Sprouting Book* | Ann Wigmore |
| 12. *Diet and Diet Reforms* / *My Nature Cure* | M.K. Gandhi (lifestyle reading) |
| 13. Teacher handout: bilingual glossary (Mitāhāra, pathya/apathya, viruddhāhāra, Agni types, sane fasting, contraindication list) | |
| 14. MPYPCP DNYS official topic list (उपवास + पोषण एवं आहार विज्ञान) | Year 3) |

SYLLABUS OF DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

YEAR 3 · DNYS तृतीय वर्ष का पाठ्यक्रम

PAPER — MANIPULATIVE TREATMENTS & ZONE THERAPY

Time allowed: 3 hours

Max Marks: 100

Section-A

- Zone therapy / reflex literacy — classroom meaning (जोन / रिफ्लेक्स); Nature-cure massage tradition vs modern licensed therapies (प्रकृति-मालिश बनाम लाइसेंस्ड थेरेपी); Consent, privacy, draping, gender sensitivity (सहमति, गोपनीयता, आवरण); Hygiene, linen, oil hygiene, hand care (स्वच्छता, लिनन, तेल, हस्त देखभाल); Myths — "massage cures all," "cracking fixes spine," zone-cures-organs (मिथक खंडन); 60-second demo intro script (परिचय पटकथा); Viva bank — scope & ethics (मौखिक — क्षेत्र एवं नैतिकता)

Section-B

- Principles of massage — contact, rhythm, pressure grading (मालिश सिद्धान्त); Aims of massage in nature-cure centres (उद्देश्य — कल्याण केन्द्र); Professional traits of the massage assistant (सहायक गुण); Classification of manipulations — overview map (क्रिया वर्गीकरण सूची); Effleurage / stroking — principle & uses (एफ्लूरेज / स्ट्रोकिंग); Petrissage / kneading — principle & cautions (पेट्रिसेज / मर्दन); Friction — circular & transverse literacy (घर्षण); Tapotement / percussion — when allowed / when forbidden (टैपोटेमेंट); Vibration & shaking — light assist uses (कंपन / शेकिंग); Passive movements & joint ROM — awareness boundary (निष्क्रिय गति — सीमा); ... (+1 more topics in detailed map).

Section-C

- Skin & subcutaneous tissue — massage relevance (त्वचा एवं अधस्त्वचीय ऊतक); Major muscle groups for assist massage (मुख्य मांसपेशी समूह); Bony landmarks — scapula, iliac crest, spinous line (अस्थि स्थलचिह्न); Circulatory awareness — veins, varicose caution (परिसंचरण जागरूकता); Lymph-node regions — educational avoid list (लसीका ग्रंथि क्षेत्र); Abdomen surface quadrants — soft rules (उदर चतुर्थांश); Neck triangles & carotid caution (ग्रीवा सावधानी); Endangerment sites poster (खतरे के स्थल पोस्टर); Short notes — landmarks for back soft-tissue assist (लघु टिप्पणी — पृष्ठ); Viva — name five endangerment sites in 60 seconds (मौखिक — पाँच स्थल)

Section-D

- Effects on skin — warmth, hygiene awareness (त्वचा पर प्रभाव); Effects on muscles — relaxation literacy (मांसपेशियों पर प्रभाव); Effects on circulation — classroom model (परिसंचरण तंत्र); Effects on digestion awareness — gentle abdomen only (पाचन तंत्र जागरूकता); Effects on nervous system — calming / alerting (तंत्रिका तंत्र); Reflex / segmental idea — educational only (रिफ्लेक्स / खंडीय विचार); Immediate vs delayed session responses (तत्काल बनाम विलंबित प्रतिक्रिया); Essay skeleton — five systems, five cautions (निबंध कंकाल); Viva — one effect + one myth per system (मौखिक — प्रभाव/मिथक)

Section-E

- Art of massage — posture, body mechanics, table height (मालिश कला — मुद्रा); Contact continuity & oil distribution craft (संपर्क निरंतरता); Pressure ladder drill — 1 to 5 scale (दाब सीढ़ी); Upper limb sequence — assist demo (ऊपरी अंग क्रम); Lower limb sequence — assist demo (निचला अंग क्रम); Back soft-tissue sequence — paravertebral caution (पृष्ठ क्रम — रीढ़ सावधानी); Face / scalp / foot comfort sequences — optional (मुख/शिर/पाद); Full-session arc — open → body → close (पूर्ण सत्र चाप); Common technique errors & fixes (सामान्य त्रुटियाँ); Station diagram — massage couch setup (स्टेशन चित्र); ... (+1 more topics in detailed map).

Section-F

- Oils & lubricants — bland base oils survey (तेल एवं स्नेहक); Essential oils — awareness & patch-test idea (ईथर तेल — जागरूकता); Powder / dry brush / abhyanga survey (चूर्ण / ड्राई ब्रश / अभ्यंग); Consent form fields & photo/video rules (सहमति प्रपत्र); Intake screen — pain, fever, meds, pregnancy, implants (प्रवेश जाँच); Draping lab — torso, pelvis, limbs (आवरण प्रयोग); Session record — SOAP-lite wellness note (सत्र अभिलेख); Aftercare — hydration, rest, delayed soreness education (पश्चात देखभाल); Demo checklist — 15-minute supervised oil massage (डेमो जाँच सूची); Short notes — oil choice & allergy protocol (लघु टिप्पणी — तेल/एलर्जी)

Section-G

- Regional massage map — when to choose limb vs back (क्षेत्र सूची); Shoulder-girdle comfort assist (स्कंध आराम सहायता); Lumbar soft-tissue comfort — no thrust (कटी कोमल ऊतक — बिना थ्रस्ट); Thoracic back — breathing comfort framing (वक्ष पृष्ठ); Cervical region — theory-first / light supervised only (ग्रीवा — सिद्धांत प्रथम); Spinal red flags — cauda equina / neuro literacy (रीढ़ रेड फ्लैग); Posture observation vs “spinal analysis diagnosis” (आसन अवलोकन बनाम निदान); Chiropractic / osteopathy / physiotherapy — named boundaries (काइरो/ऑस्टियो/फिजियो सीमा); “Bone setting” & folk cracking — risk education (हड्डी बैठाना — जोखिम शिक्षा); Comparison table — soft-tissue massage vs spinal manipulation (तुलना तालिका); ... (+1 more topics in detailed map).

Section-H

- Zone therapy — historical classroom idea (जोन थेरेपी — ऐतिहासिक विचार); Reflexology — definition & DNYS scope (रिफ्लेक्सोलॉजी — परिभाषा/क्षेत्र); Foot reflex chart — major zones map (पाद रिफ्लेक्स चार्ट); Hand reflex chart — overview (हस्त रिफ्लेक्स चार्ट); Ear / auricular zone awareness (कर्ण / ऑरिकुलर जागरूकता); Zone pressure technique — thumb walking literacy (जोन दाब विधि); Wellness contexts for zone work (कल्याण संदर्भ); Contraindications of foot/hand zone work (जोन निषेध); Zone vs acupressure vs massage — distinctions (जोन बनाम एक्युप्रेसर बनाम मालिश); Exam diagram — label foot chart safely (परीक्षा चित्र); ... (+1 more topics in detailed map).

Section-I

- Acupressure — meaning & DNYS Year-3 scope (एक्युप्रेसर — अर्थ/क्षेत्र); Point-finding literacy — cun / landmark idea (बिंदु खोज — स्थलचिह्न); Selected calming / general wellness points survey (चयनित आराम बिंदु); Method of pressure — duration, direction, stop cues (दाब विधि); Self-care vs therapist-applied — classroom split (स्व-देखभाल बनाम चिकित्सक); Limitations of acupressure (एक्युप्रेसर सीमाएं); Absolute avoid contexts — infection, bleeding risk, implants area (निषेध संदर्भ); Acupressure vs acupuncture vs zone charts (एक्यु बनाम नीडल बनाम जोन); Short notes — “विधि व सीमाएं” exam answer (लघु टिप्पणी — विधि/सीमा); Viva — three points, three limits (मौखिक — तीन बिंदु/सीमा)

Section-J

- Therapeutic uses of massage — peer indication map (मालिश के उपचारी प्रयोग); Stiffness comfort & relaxation contexts (जकड़न आराम / शिथिलीकरण); to hydro / mud / rest days (जल/मृदा/विश्राम सहायक); Pregnancy — modified rules (गर्भावस्था — रूपांतरित नियम); Children & elderly — pressure & duration adapts (बाल/वृद्ध); Athletes / post-exercise comfort literacy (खिलाड़ी आराम); Mental rest & sleep — not psychiatry (मानसिक विश्राम); Case vignette drill — choose massage / zone / refer (केस विगनेट)

Section-K

- Master contraindications of massage (मालिश — मास्टर निषेध); Master contraindications of zone / reflex work (जोन — मास्टर निषेध); Red-flag poster — emergency vs delay-OK (रेड-फ्लैग पोस्टर); action scripts — physician / physio / emergency (रेफरल पटकथा); Incident response — client distress mid-session (घटना प्रतिक्रिया); Integrated station — massage + zone micro-lab (एकीकृत स्टेशन); Capstone — “Manipulative wellness hour” plan (कैपस्टोन योजना); Revision map — principles · effects · art · zone · acu · limits (पुनरावृत्ति सूची); Model viva set — twenty-four rapid questions (आदर्श मौखिक सेट); Differentiate drill — ten pairs (भेद अभ्यास)

REFERENCE BOOKS

- | | |
|---|---|
| 1. *Philosophy and Practice of Nature Cure* | Henry Lindlahr (manipulation / nature-cure framing literacy) |
| 2. *Practical Nature Cure* | Dr. K. Laxman Sharma |
| 3. *A Complete Handbook of Nature Cure* | Dr. H.K. Bakhru / H.R. Bakhru (centre-common editions; massage chapters) |
| 4. *Massage Therapy* / manipulation chapters | J.H. Kellogg (historical survey; teacher reference) |
| 5. *Science of Natural Life* / *Prakritik Ayurvigyan* | Dr. Rakesh Jindal (as used by centre) |
| 6. *The Complete Guide to Massage* | (any sober technique manual used by centre; strokes + contraindications focus) |
| 7. *Zone Therapy* / reflexology chart atlases | **literacy only**; teach limits beside every chart |
| 8. *Ayurvedic Massage* | S. V. Govindan (abhyanga orientation survey) |
| 9. Centre SOP manual / MPYPCP practical handbook (consent, draping, massage, zone checklists) | |
| 10. Acupressure primer approved by centre (point maps with limitation pages mandatory) | |

SYLLABUS OF DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

YEAR 3 · DNYS तृतीय वर्ष का पाठ्यक्रम

PAPER — STUDY OF HATH YOGA & PATANJALI YOG SUTRA

Time allowed: 3 hours

Max Marks: 100

Section-A

- Etymology of Hatha (*ha-tha*; sun-moon / prana-apana symbolism); Definitions of Hathayoga from HYP opening verses; Definitions / framing of Hatha in Gheranda Samhita; Objectives of Hathayoga: purification, balance, steadiness; Hatha as stairway to Raja Yoga (HYP intent); Success & failure factors in Hatha (mitahara, place, time, company)

Section-B

- Overview of Sapt Sadhan; Shatkarma as first sadhana (purification); Asana as second sadhana (steadiness); Mudra as third sadhana; Pratyahara as fourth sadhana; Pranayama as fifth sadhana; Dhyana & Samadhi as sixth-seventh sadhana; Comparative map: Sapt Sadhan vs Ashtanga Yoga

Section-C

- Concept & purpose of Shat-karma (nadi / dosha / mala shuddhi); HYP list of six karmas vs Gheranda elaborations; Dhauti — types overview (HYP / Gheranda); Vamana Dhauti / Kunjal — technique, benefits, precautions; Vastra & Danda Dhauti — outline & safety; Neti — Jala Neti technique & aftercare; Sutra Neti & Ghrita Neti — precautions; Basti — types (jala / sthala), theory & precautions; Nauli — concept, preparatory conditions; Trataka — technique, benefits, eye-safety; ... (+2 more topics in detailed map).

Section-D

- Definition of asana in HYP, Gheranda & PYS (*sthira-sukham*); Classical counts: HYP four / fifteen; Gheranda eighty-four motif; Meditative asanas: Siddha, Padma, Swastika, Bhadra, Vajra; Forward / twist group: Paschimottana, Matsyendra, Vakra; Back-extension group: Bhujanga, Shalabha, Dhanura, Ushtra; Inversions / semi-inversions: Sarvanga, Sirsha, Viparita Karani; Balancing / standing & restorative: Vriksha, Trikona, Shavasana; Advanced textual asanas: Mayura, Kurma, Kukkuta (recognition); Asana benefits language & general precautions

Section-E

- Meaning of prana, ayama, and pranayama; PYS definition: *shvasa-prashvasa-gati-vichchheda*; PYS components: bahya, abhyantara, stambha vritti; PYS *desha-kala-sankhya* & *dirgha-sukshma*; HYP & Gheranda pranayama frameworks; Puraka, rechaka, kumbhaka — definitions; Ratio literacy & prerequisites (asana, mitahara, guidance); Comparative classification table (PYS / HYP / Gheranda); General pranayama contraindications

Section-F

- Nadi Shodhana — technique, benefits, precautions; Surya Bhedana — technique, benefits, precautions; Ujjayi — technique, benefits, precautions; Sheetalī & Sheetkari — technique, benefits, precautions; Bhramari — technique, benefits, precautions; Bhastrika — technique,

benefits, precautions; Kapalabhati as cleansing vs pranayama debate; Integrating PYS bahya/abhyantara/stambha into Hatha drills; Lesson-plan & emergency stop / aftercare

Section-G

- Meaning of mudra in Hatha context; HYP mudra list overview; Maha Mudra, Maha Bandha, Maha Vedha — outline; Viparita Karani — mudra/asana overlap; Khechari, Shambhavi, Kaki — recognition & teaching limits; Yoni, Ashvini, Tadagi — overview; Meaning of Bandha; Jalandhara Bandha — technique, benefits, precautions; Uddiyana Bandha — technique, benefits, precautions; Moola Bandha — technique, benefits, precautions; ... (+1 more topics in detailed map).

Section-H

- Structure of PYS: four padas overview; *Yogaś citta-vṛtti-nirodhaḥ* — central definition; Concept of Chitta (manas–buddhi–ahamkara synthesis); Five vrittis: pramana, viparyaya, vikalpa, nidra, smriti; Klishta vs aklishta vrittis; Drashta–drishya relation (seer and seen); Abhyasa & Vairagya as twin methods (intro); Short sutra paraphrase drill (5 sutras)

Section-I

- Concept of Chitta-bhumi; Kshipta & Mudha bhumis; Vikshipta bhumi; Ekagra & Niruddha bhumis; Abhyasa — definition, longevity, continuity; Vairagya — grades (yatamana → vashikara intro); Supporting qualities: shraddha, virya, smriti, samadhi-prajna; Classroom methods mirroring nirodha path; Assessment: diagnose bhumi from vignette

Section-J

- Concept of Chitta-prasadan; Maitri, Karuna, Mudita, Upeksha; Other prasadan means (overview); Concept of Yogantaraya; nine antarayas list; Sahabhuva (accompanying symptoms); Means to eradicate antarayas; Teacher role when student hits obstacle phase; Essay: "Chitta prasadan as preventive mental hygiene"

Section-K

- Concept of Pramana; Pratyaksha, Anumana, Agama; Why other "knowings" are not pramana here; Concept of Klesha; Avidya as root; Asmita, Raga, Dvesha, Abhinivesha; Klesha–karma–vipaka chain; klesha vs vritti; Concept of Ishwara; attributes; pranava japa; Ishwara-pranidhana as path & as niyama link; Karma-siddhanta; shukla–krishna; samskara–vasana; Reducing fresh klesha-karma; Gita–PYS note

Section-L

- Prakriti: triguna definition; Evolution sketch: mahat → ahamkara → tanmatra → bhuta; Purusha; samyoga; viveka-khyati; kaivalya preview; Teaching metaphor bank (mirror, dancer, spectator); Definition of Samadhi; Samprajnata ladder; Asamprajnata / Nirbija; Sabija vs Nirbija; Savikalpa / Nirvikalpa bridge; Gheranda samadhi types; Obstacles near samadhi & ethical humility; Integrated synthesis: Hatha prepares; PYS defines; Revision matrix & mock paper blueprint (3h / 100)

REFERENCE BOOKS

- | | |
|---|--|
| 1. *Hathayog Pradipika* (English) | Swami Muktibodhananda (Yoga Publication Trust, Munger) |
| 2. *Hathapradipika* (Hindi) | Swami Kuvaliyananda (Kaivalyadhama, Lonavla) |
| 3. *Gheranda Samhita* (English) | Digambarji Swami & M.L. Gharote (Kaivalyadhama, Lonavla) |
| 4. *Gheranda Samhita* (Hindi) | Swami Niranjanananda Saraswati (Yoga Publication Trust, Munger) |
| 5. *Asana Pranayama Mudra Bandha* (English) | Swami Satyananda Saraswati |
| 6. *Pranayama: The Art & Science* (English) | Dr. H.R. Nagendra |
| 1. *Four Chapters on Freedom* (English) | Swami Satyananda Saraswati (Yoga Publication Trust, Munger) |
| 2. *Patanjal Yog Darshan — Bhashyam* (Hindi) | Acharya Rajveer Shastri (Arsh Sahitya Prachar Trust, Delhi) |
| 3. *Patanjal Yog Pradeep* | Swami Omanand Tirtha (Gita Press, Gorakhpur) |
| 1. *Light on Pranayama* | B.K.S. Iyengar (technique clarity; adapt safety language) |
| 2. *Concentration & Meditation* | Swami Sivananda |
| 3. Kaivalyadhama / Bihar School teacher manuals for kriya & bandha **precautions** (institutional copies) | |
| 4. Institute DNYS practical handouts aligning Y1–Y2 skill lists with this theory paper | |

SYLLABUS OF DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

YEAR 3 · DNYS तृतीय वर्ष का पाठ्यक्रम

PAPER — HISTORY & DEVELOPMENT OF YOGIC PHILOSOPHY

Time allowed: ** 3 hours (typical centre pattern)

Max Marks: ** 100 (centre scheme)

Section-A

- Fix paper identity — what “history of yogic philosophy” means for DNYS Year-3 answers, and how to periodise without overclaiming.
- What is yogic philosophy — idea-systems vs techniques; Etymology refresh — yuj senses in historical answers; Philosophy, darśana, and sampradāya — teaching terms; Sources for history — śāstra, commentary, modern scholarship; Standard periodisation model for 10-mark answers; Continuity and change — what develops across eras; DNYS bridge — why Year-3 naturopathy students need this paper; 90-second viva — “What is history of yogic philosophy?”

Section-B

- Open the developmental narrative with cautious early contexts — ritual, tapas, mantra — without fake archaeological certainty.
- Pre-classical problem — evidence limits for exam writing; Tapas culture — austerity as proto-yogic discipline; Vedic period overview — mantra, yajña, ṛta/harmony; Inner yoga hints in Vedic literature (survey); R̥gvedic teaching pointers (1–2 traditionally taught ideas); From outer ritual to inner sacrifice — historical pivot note; Key Sanskrit terms bank — veda, ṛṣi, mantra, tapas; Short notes — “Yoga in the Vedic age” (5/10 marks); Viva — name three Vedic-era themes for yoga history

Section-C

- Show the philosophical shift from ritual primacy toward jñāna, ātman inquiry, and meditative discipline.
- Why the Upaniṣads matter for yogic philosophy history; Major Upaniṣads linked to yoga — name map; Kaṭha Upaniṣad — chariot allegory as mind-discipline map; Śvetāśvatara — meditation and īśvara themes (survey); Adhyātma vocabulary — ātman, brahman, vidyā (teaching); Guru-śiṣya transmission in Upaniṣadic culture; From Upaniṣad to classical categories — continuity line; Essay plan — “Upaniṣadic foundations of yoga” (15 marks); Viva — two Upaniṣads + one theme each

Section-D

- Place the Gītā in the Mahābhārata and show how it synthesises paths for later yoga education.
- Epic context — Mahābhārata setting of the Gītā; Bhagavad Gītā as yoga-śāstra — why central to DNYS; Historical emergence of Karma / Bhakti / Jñāna framing; Gītā definitions historically cited — samatva, kauśala; Sthita-prajña ideal — character education in history answers; Gītā and later classical yoga — bridge paragraph; Comparative — Veda / Upaniṣad / Gītā on yoga (history angle); Using Gītā Press / teaching editions for honest citation; Viva — “Why is the Gītā called a yoga-śāstra?”

Section-E

- Treat the Yogasūtra as the classical systematisation landmark in the history of yogic philosophy (not a full sūtra commentary course).
- Dating bands and authorship traditions — cautious exam language; Yogasūtra structure — four pādas by name and role; YS I.2 as classical definition landmark; Aṣṭāṅga as classical architecture (history, not drill); Abhyāsa-vairāgya and antarāya — classical problem frame; Commentarial tradition awareness — Vyāsa line (brief); Classical Yoga's world-historical contribution; Classical vs Hatha — historical differentiation table; Short notes — "Patañjali's contribution to yoga"; Viva cascade — four pādas + I.2

Section-F

- Embed Yoga-darśana in Indian philosophy history — six systems overview with Sāṅkhya dualism as intellectual neighbour.
- What is darśana in Indian intellectual history; Six systems — names and traditional anchors; Āstika framing — careful, non-polemical teaching note; Nyāya & Vaiśeṣika — brief historical roles; Sāṅkhya — puruṣa, prakṛti, three guṇas (history core); Tattva evolution map — name-only survey; Yoga paired with Sāṅkhya — similarities; Differences — īśvara and practice emphasis; Mīmāṃsā & Vedānta — closing briefs for history paper; Comparative table — Sāṅkhya vs Yoga-darśana (10 marks); ... (+1 more topics in detailed map).

Section-G

- Situate yogic philosophy beside parallel Śramaṇa streams — brief, respectful, exam-proportioned.
- Śramaṇa landscape — shared ascetic air of the age; Buddhist meditation & ethics — comparative pointers; Jain ahiṃsā and discipline — dialogue with yama culture; What to include (and exclude) in a 5-mark comparative note; Non-polemical language drill for multi-faith classrooms; Short notes — "Yoga and Buddhist/Jain streams"; Viva — one parallel + one difference

Section-H

- Trace body-prāṇa-mind ladder traditions that reshape yogic philosophy between classical and modern periods.
- Why "medieval" matters — new emphases after classical Yoga; Nātha sampradāya — Gorakhnāth overview; Hatha textual landmarks — Haṭhapradīpikā, Gheraṇḍa (survey); Hatha philosophy frame — purification ladder toward rāja/higher yoga; Success & failure factors as historical pedagogy (Hatha); Tantra streams — awareness note for diploma history; Mudrā, bandha, kriyā — conceptual historical roles only; Vernacular reach — how Hatha ideas entered popular culture; Timeline drill — classical → Nātha/Hatha → early modern; Viva — "Name two Hatha texts and one Nātha contribution"

Section-I

- Show how Bhakti reshapes access to yogic aims — love, emotion, and popular participation.

- Bhakti as historical force — inclusion and emotion; Nava-vidhā bhakti — overview for history paper; Gītā bhakti attitudes in historical synthesis; Sant traditions — selective contribution sketches; Bhakti + Karma + Jñāna — complementary history model; Pitfalls — fanaticism, intolerance, unhealthy dependency; Short notes — “Bhakti Yoga in the history of yoga”; Viva — “What did Bhakti add to yogic philosophy?”

Section-J

- Narrate how yogic philosophy re-enters reform, education, and global discourse through key teachers.
- Colonial-modern context — reform, print, and public lectures; Swami Vivekananda — life arc for history answers; Vivekananda — four yogas packaging as modern pedagogy; Practical Vedanta & global bridge contribution; Swami Sivananda — life sketch & Divine Life context; Sivananda — yoga education & literature contribution; Sri Aurobindo — Integral Yoga concept (diploma history level); Lahiri Mahasaya & householder transmission note; Other modern voices — selective awareness list; Comparative essay — Vivekananda / Sivananda / Aurobindo; ... (+2 more topics in detailed map).

Section-K

- Complete the developmental arc into the present — soft power, styles, authenticity, and DNYS professional responsibility.
- Twentieth-century export — stages of globalisation; Style brands vs classical aṣṭāṅga — language precision; Contemporary school types — awareness taxonomy; Authenticity & cultural responsibility for DNYS teachers; International Day of Yoga — symbolic modern milestone; Research & institutionalisation awareness (diploma); Essay outline — “Development of yoga in the modern world”; Myth–fact sheet — five modern misconceptions; Viva — “Name three phases of modern/global yoga”

Section-L

- Capstone — weave Units 1–11 into one teachable history map and exam performance pack for DNYS Year-3.
- One-sheet concept map — full paper; Master timeline — 12 nodes for board work; Cross-paper deferral list — what belongs elsewhere; Model 3-hour paper strategy for history essays; Internal portfolio checklist; Differentiation bank — five high-yield pairs; Capstone viva — full oral (8–10 min)

REFERENCE BOOKS

- | | |
|--|---|
| 1. *Yoga: An Introduction* | Prof. Surendra Singh; Prof. P.D. Misra;
Dr. (Mrs.) Beena Misra (Bharat Book
Centre, Lucknow) |
| 2. *Raja Yoga, Jnana Yoga, Karma Yoga & Bhakti Yoga* | Swami Vivekananda (Ramakrishna
Ashrama Publication) |
| 3. *Kalyan (Yogank)* | Gita Press, Gorakhpur |
| 4. *Synthesis of Yoga* | Sri Aurobindo (selective: Integral Yoga
historical framing) |

5. *Upanishadic Adhyatmic Vigyan*
6. *108 Upanishads* (Hindi volumes)
7. *Bharat ke Mahan Yogi*
8. *Bharat ke Sant Mahatma*
9. *Patanjal Yog Pradeep* — Omanand Tirtha (Gita Press)
10. *Bharatiya Darshan*
11. *Shrimad Bhagavad Gita*
12. *Hatha Yoga Pradipika*
13. *Autobiography of a Yogi*
14. Any standard bilingual *Yoga Sutras* classroom edition
15. Centre-issued DNYS notes / previous papers

Dr. Ishwar Bharadwaj
Shri Ram Sharma Acharya (selective loci)
Vishwanath Mukherji
Sri Ram Lal
structure/definition history only; full exegesis → Subject 3
Acharya Baldev Upadhyaya
Gita Press, Gorakhpur
intro chapters on tradition/success–failure (technique depth → Subject 3)
Paramahansa Yogananda (selective: Lahiri chapters for modern transmission context)
four-pāda map only
for local exam pattern alignment

SYLLABUS OF DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

YEAR 3 · DNYS तृतीय वर्ष का पाठ्यक्रम

PAPER — MANAGEMENT OF DISEASES, CLINICS & HOSPITALS

Time allowed: 3 hours

Max Marks: 100

Section-A

- Meaning of "Management of Diseases, Clinics & Hospitals" / रोग-क्लिनिक-चिकित्सालय प्रबंधन — अर्थ; Health vs disease — educational contrast / स्वास्थ्य बनाम रोग; Naturopathic disease perspective — teaching construct / मूल कारण दृष्टि — शिक्षण संरचना; Unity of disease / unity of treatment — careful phrasing / रोग-उपचार एकता; DNYS Year-3 scope vs ND / PGND disease papers / डीएनवाईएस बनाम एनडी-पीजीएनडी; Clinic role map — who does what / क्लिनिक भूमिका सूची; Participant under physician care — collaboration / चिकित्सक सहयोग

Section-B

- Core principles of nature-cure care / मूल सिद्धांत; Lifestyle & dinacharya as first / दिनचर्या प्रथम सहायक; Dietary principles (mitahara cues) / आहार सहायक सिद्धांत; Hydro / mud / air / sun — selection logic for centre use / पंचतत्व चयन तर्क; Rest, sleep & stress hygiene in centre programmes / विश्राम एवं तनाव स्वच्छता; Mild movement / walk & joint-sparing activity / हल्का व्यायाम; Individualisation & progressive loading / वैयक्तिकरण; Combining modalities without stacking risk / बहु-विधि संयोजन; Documentation template for treatment plans / सहायक योजना प्रलेखन

Section-C

- Types of centres — clinic, nature-cure centre, spa-adjacent education / केंद्र प्रकार; Reception, enquiry & expectation setting / स्वागत एवं अपेक्षा निर्धारण; Appointment, scheduling & visitor flow / अपॉइंटमेंट एवं प्रवाह; Clinic hygiene, linen & equipment readiness / स्वच्छता एवं उपकरण; Privacy, dignity & gender-sensitive rooming / गोपनीयता एवं गरिमा; Record-keeping & confidentiality basics / अभिलेख एवं गोपनीयता; Stock, consumables & safe storage literacy / भंडार परिचय; Closing the day — handover & supervisor report / दिन समापन एवं हस्तांतरण

Section-D

- Hospital vs nature-cure centre — roles map / अस्पताल बनाम केंद्र; Departments & care pathways literacy / विभाग एवं रेफरल पथ; Admission / discharge / OPD concepts (awareness) / प्रवेश-निर्गमन-ओपीडी जागरूकता; Multidisciplinary team — who owns what / बहु-विषयक टीम; Infrastructure basics — space, water, waste, ventilation / अवसंरचना आधार; Staff roster, duty ethics & escalation chain / स्टाफ रोस्टर एवं वृद्धि श्रृंखला; Quality, complaint handling & feedback / गुणवत्ता एवं शिकायत

Section-E

- Triage talk — educate vs defer vs emergency / ट्रायज वार्ता; General red-flag framework / सामान्य रेड फ्लैग ढाँचा; Digestive & acute abdomen red flags / पाचन एवं तीव्र उदर रेड फ्लैग; Metabolic red flags (DM / obesity context) / चयापचय रेड फ्लैग; Cardiovascular red flags / हृदय रेड फ्लैग; Respiratory red flags / श्वसन रेड फ्लैग; Skin & soft-tissue infection red flags / त्वचा रेड फ्लैग; Musculoskeletal & neuro red flags / कंकाल-पेशीय एवं तंत्रिका रेड फ्लैग; Obstetrics / gynaecology red

flags / प्रसूति-स्त्री रोग रेड फ्लैग; Mental-health red flags / मानसिक स्वास्थ्य रेड फ्लैग; ... (+5 more topics in detailed map).

Section-F

- Constipation — educational overview / कब्ज — परिचय; Constipation — lifestyle & diet / कब्ज — जीवनशैली-आहार सहायक; Constipation — clinic plan gates / कब्ज — क्लिनिक योजना एवं रेफरल; Obesity — educational concept & stigma-free talk / मोटापा — सम्मानपूर्ण शिक्षण; Obesity — diet, activity & supervised fasting / मोटापा — आहार-गतिविधि-उपवास; Obesity — red flags & sample plan / मोटापा — रेड फ्लैग एवं नमूना योजना; Diabetes mellitus — educational types overview / मधुमेह परिचय; DM — lifestyle & dietary (non-Rx) / मधुमेह — जीवनशैली-आहार सहायक; DM — session safety (hypo/hyper) & foot-care awareness / मधुमेह — सत्र सुरक्षा; DM — clearance, medication boundary & sample plan / मधुमेह — स्वीकृति एवं नमूना योजना; ... (+2 more topics in detailed map).

Section-G

- Hypertension — educational overview / उच्च रक्तचाप परिचय; Hypotension awareness & syncope stop-rules / निम्न रक्तचाप एवं सिंकोप; HTN — lifestyle & diet cues / उच्च रक्तचाप — जीवनशैली-आहार; HTN — hydro cautions & crisis red flags / जल सावधानियाँ एवं संकट रेड फ्लैग; Mild cold/cough — educational overview / हल्की सर्दी-खांसी; Asthma / COPD awareness — inhaler ownership / अस्थमा-सीओपीडी सीमा; Respiratory lifestyle & steam / श्वसन सहायक एवं भाप; Respiratory emergency pathway from clinic / क्लिनिक से श्वसन आपात पथ; Sample supervised mild-respiratory / asthma-aware plan / श्वसन नमूना योजना

Section-H

- Mild skin complaints — educational overview / हल्की त्वचा समस्याएँ; Skin hygiene & mud/sun cautions / त्वचा स्वच्छता एवं मिट्टी-सूर्य सावधानियाँ; Skin infection red flags & clinic deferral / त्वचा संक्रमण रेड फ्लैग; Mild backache / joint stiffness — educational overview / हल्की कमर/जकड़न; Ergonomic & mild mobility / आसन-स्वच्छता एवं हल्की गति; MSK red flags (incl. cauda-type awareness) / पेशीय-कंकाल रेड फ्लैग; Sample supervised MSK treatment plans / पेशीय नमूना योजना; Stress & sleep hygiene / तनाव एवं निद्रा स्वच्छता; Tension headache vs emergency headache / तनाव सिरदर्द बनाम आपात; Mild depression awareness & mental-health referral / हल्की अवसाद जागरूकता एवं रेफरल; ... (+1 more topics in detailed map).

Section-I

- Why obstetrics/gynaecology is awareness-only in DNYS / प्रसूति-स्त्री रोग क्यों केवल जागरूकता; Female reproductive anatomy — educational refresh / स्त्री जननांग रचना — पुनश्चर्या; Menstrual cycle awareness & lifestyle comfort cues / मासिक चक्र जागरूकता; Menstrual irregularity / heavy bleeding — refer first / अनियमितता-अत्यधिक रक्तस्राव — पहले रेफरल; Pregnancy — physiology awareness (non-practice) / गर्भावस्था — शरीर क्रिया जागरूकता; Antenatal & postnatal care — hospital ownership / प्रसवपूर्व-प्रसवोत्तर — अस्पताल स्वामित्व; Normal vs abnormal labour — recognition to refer / सामान्य बनाम असामान्य प्रसव — रेफरल; Mother & newborn — supportive education limits / माता एवं नवजात — सहायक शिक्षा सीमा; Pregnancy limits — heat, fasting, vigorous protocols / गर्भावस्था में वर्ज्य सहायक; Clearance checklist before any women's-health lifestyle session / स्त्री-स्वास्थ्य स्वीकृति सूची; ... (+1 more topics in detailed map).

Section-J

- Why a high-caution unit exists in clinic ops / रेफरल इकाई क्यों; Fever & infection awareness — cancel session rules / ज्वर-संक्रमण — सत्र निरस्त; Hepatic map — jaundice & diet/hydro supports / यकृत — पीलिया एवं सहायक उपचार; Renal awareness — urine / oedema cues / वृक्क जागरूकता; Inflammatory / autoimmune awareness — lifestyle map / सूजन-प्रतिरक्षा जागरूकता; Contagion hygiene in clinic during febrile season / छूत स्वच्छता; When to cancel the clinic session entirely / सत्र पूर्ण निरस्तीकरण; Sample “condition-aware” documentation from clinic desk / रेफरल-प्रथम प्रलेखन

Section-K

- Front-desk to session pathway — end-to-end drill / स्वागत से सत्र तक अभ्यास; Dual-condition case — DM + HTN awareness / मधुमेह-रक्तचाप केस; Dual-condition case — MSK + stress-sleep / पेशीय-तनाव केस; Dual-condition case — digestive + mild skin / पाचन-त्वचा केस; Pregnancy-cleared lifestyle case (limits drill) / गर्भावस्था सीमा ड्रिल; Choosing supports — include / modify / refer table / सहायक चयन तालिका; Clinic incident simulation — chest pain in waiting area / घटना सिमुलेशन — वक्ष पीड़ा

Section-L

- Long-answer skeleton — clinic/hospital management literacy / दीर्घ उत्तरीय ढाँचा — प्रबंधन; Short-note bank — ops + clusters map / लघु टिप्पणी बैंक; Viva bank — red flags across systems / मौखिक रेड फ्लैग ड्रिल; Viva bank — ethics, advertising & obstetrics limits / नैतिकता एवं प्रसूति सीमा; Closing ethics script for every clinic contact / प्रत्येक संपर्क नैतिक पंक्ति

REFERENCE BOOKS

- | | |
|--|---|
| 1. **Philosophy of Nature Cure** | Henry Lindlahr (educational principles; filter cure language). |
| 2. **Human Culture & Cure** / selected Indian nature-cure manuals used in MPYPCP centres (faculty-approved edition). | |
| 3. **Prakritik Chikitsa** texts (Hindi) | faculty shortlist for bilingual Diploma terms. |
| 4. **National Institute of Naturopathy (NIN) / CCRYN** public education materials | standards & hygiene orientation (no affiliation claim). |
| 5. Institutional **clinic / nature-cure centre operations** notes (MPYPCP) | reception, consent, records, hygiene checklists. |
| 6. **Hospital administration literacy** primers (introductory chapter level) | departments & care pathways only. |
| 7. **First aid / emergency awareness** booklet (local college) | red-flag escalation practice. |
| 8. Standard **obstetrics & gynaecology awareness** nursing/paramedic *orientation* chapters | anatomy & danger signs only; **not** a midwifery syllabus. |
| 9. **Yogic Management of Common Diseases** — Swami Karmananda | lifestyle parallels (not yoga-therapy licence). |
| 10. Compare ND Paper-III / PGND Paper-IV condition maps for exam language consistency. | |