

Format for syllabus development of Skill development course

Title of course	NATUROPATHY
Nodal Department of HEI to run course	YOGIC SCIENCE
Broad Area/Sector-	Self Employed, Hospitals, Wellness center, Teachings
Sub Sector-	Colleges, Naturopathy Centres
Nature of course - Independent / Progressive	Independent
Name of suggestive Sector Skill Council	Guidance and counselling
Aliened NSQF level	
Expected fees of the course -Free/Paid	-₹500/
Stipend to student expected from industry	-
Number of Seats	30
Course Code-.....	Credits- 03 (1 Theory, 2 Practical)
Duration	15_19 weeks(75)
Theory	15hrs
Practical	60hrs
Max Marks...100..... Minimum Marks 40	100/40
Name of proposed skill Partner (Please specify, Name of industry, company etc for Practical /training/ internship/OJT	
Job prospects-Expected Fields of Occupation where student will be able to get job after completing this course in (Please specify name/type of industry, company etc.)	The course will provide opportunity to the candidates to work with local/regional hospitals, institutions, Social services and work with Ngo's as a counselor. Skilled candidates can either work from home or they can establish their own Ngo, counseling center and dc many job opportunities in this area.

Syllabus					
Unit	Topics	General/ Skill compon ent	Theory/ Practical/ OJT/ Internship/ Training	No of theory hours (Total- 15Hours=1 credit)	No of skill Hours (Total-60 Hours=2 credits)
I	Introduction of Naturopathy History, Principle, Anatomy & Importance.			3	-
II	Five Elements Hydrotherapy: Characters & Importance of water, Different types of Bath, JAL ki pattiyani, Full Body Wrap, Anaema.			3	20
III	Mud Therapy: Importance of mud, different methods & pattiyani of mud.			3	20
IV	Massage: definition, history, Methods of massage			3	10

Suggested Readings:

PRAKRITIK AYURVIGYAN : Dr. RAKESH JINDAL

Suggested digital platform and web links:

<https://nios.ac.in/online-course-material/vocational-courses/diploma-in-naturopathy-and-yogic-science.aspx>

Suggested Continuous Evaluation Methods: External/Internals, Test, Quiz, Presentation and Practical

Course Pre-requisites: • No pre-requisite required, open to all •

To study this course, a student must have the subject NA....in class/12th/ certificate/diploma •

If progressive, to study this course a student must have passed previous courses of this series.

Notes: •

Number of units in Theory/Practical may vary as per need •

Total credits/semester-3 (it can be more credits, but students will get only 3credit/ semester or 6credits/ year • Credits

for Theory =01 (Teaching Hours = 15) •

Credits for Internship/OJT/Training/Practical = 02 (Training Hours = 60)



B. Voc. Department
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