

Revised Syllabus

For

D.N.Y

DIPLOMA IN NATUROPATHY & YOGA



**LAL BAHADUR SHASTRI HEALTH SCIENCES
AND TECHNICAL COUNCIL, INDIA**

**लाल बहादुर शास्त्री आरोग्य विज्ञान एवं प्राविधिक परिषद,
भारत**

मुख्य कार्यालय : 4वीं मंजिल, प्राइम प्लाजा, इंदरा नगर, लखनऊ

प्रशासनिक कार्यालय : द्वितीय तल, सुनील कम्पलेक्स, वेस्टर्न कचेरी रोड, मेरठ

वेबसाइट – www.lbspstc.in संपर्क सूत्र -121-4349311

Exam : March and April

(To be implemented from 2026-27 session)

Syllabus of Diploma in Naturopathy & Yoga

FIRST YEAR (1ST)

S.NO	Subject	Distribution Of Mark			
		TH	PR	Viva -Voce	Total
DNY-101	Philosophy of Yoga	100	-	-	100
DNY-102	Philosophy of Ayurveda	100	-	-	100
DNY-103	Human Anatomy	100	-	-	100
DNY-104	Fasting, Nutrition and Dietetics	100	-	-	100
DNY-PRS	Sessional Assessment (PRS)	-	75	25	100
	Total	400	75	25	500

SECOND YEAR (2nd)

S.NO	Subject	Distribution Of Mark			
		TH	PR	Viva -Voce	Total
DNY-201	Foundation of Naturopathy, Health and Nutrition	100	-	-	100
DNY-202	Methods of Nature Care	100	-	-	100
DNY-203	Fundamental Anatomy of the Human Body	100	-	-	100
DNY-204	Study of Ayurveda and Yogic Practices	100	-	-	100
DNY-PRS	Sessional Assessment (PRS)	-	75	25	100
	Total	400	75	25	500

FIRST YEAR (1ST)

DNY-101: Philosophy of Yoga

Rationale: To introduce students to the origin, philosophy, principles and importance of Yoga in daily life.

Contents:

- Introduction to Yoga: Meaning, definition, origin, history and objectives.
- Classical Yoga philosophy and Patanjali Yoga Sutras.
- Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.
- Mind, concentration, discipline and the body–mind relationship.
- Yoga for health, stress management and balanced living.

Assignment:

- ✓ Introduction to basic yoga postures.

- ✓ Demonstration of basic breathing awareness.
- ✓ Preparation of a chart on Ashtanga Yoga.
- ✓ Short presentation on the importance of Yoga.

DNY-102: Philosophy of Ayurveda

Rationale: To provide foundational knowledge of Ayurvedic philosophy and traditional principles of health and lifestyle.

Contents:

- Introduction, history, scope and objectives of Ayurveda.
- Panchamahabhuta and Tridosha: Vata, Pitta and Kapha.
- Basic concepts of Dhatu, Mala and Agni.
- Prakriti and its traditional significance.
- Dinacharya, Ritucharya, food habits, sleep and preventive health.

Assignment:

- ✓ Preparation of an Ayurvedic terminology chart.
- ✓ Study of daily and seasonal routines.
- ✓ Classroom assignment on traditional concepts of health.
- ✓ Viva-voce on basic Ayurvedic principles.

DNY-103: Human Anatomy

Rationale: To develop basic knowledge of the structure of the human body and its major organ systems.

Contents:

- Introduction to anatomy, anatomical terminology, cells and tissues.
- Skeletal system: Bones, joints and their functions.
- Muscular system: Types of muscles and major muscle groups.
- Cardiovascular system: Heart, blood and blood vessels.
- Respiratory system: Lungs, airways and breathing.
- Digestive and urinary systems.
- Nervous and endocrine systems.
- Reproductive system and basic body functions.

Assignment:

- ✓ Identification of major bones and muscles.
- ✓ Study of anatomical charts and models.
- ✓ Labelling of major organs.
- ✓ Basic observation of pulse and respiratory rate under supervision.

DNY-104: Fasting, Nutrition and Dietetics

Rationale: To provide knowledge of nutrients, balanced diets, food habits and the principles and risks of fasting.

Contents:

- Introduction to nutrition and dietetics.
- Carbohydrates, proteins, fats, vitamins and minerals.
- Water, dietary fibre and their importance.
- Digestion, absorption and energy balance.
- Balanced diet, food groups and meal planning.
- Introduction to fasting, its types and potential risks.
- Food hygiene, food safety and healthy eating habits.
- Basic nutrition requirements across different life stages.

Assignment:

- ✓ Preparation of a balanced daily diet chart.
- ✓ Identification and classification of food groups.
- ✓ Preparation of a sample meal plan.
- ✓ Maintenance of a food diary.
- ✓ Basic nutritional calculations using supplied reference values.

Safety note: Fasting can carry health risks. Students should not prescribe fasting as a treatment; individuals with medical conditions should seek qualified medical advice.

SECOND YEAR (2nd)

DNY-201: Foundation of Naturopathy, Health and Nutrition

Rationale: To introduce naturopathy, health promotion, nutrition and safe wellness practices.

Contents:

- Introduction, history, philosophy and principles of naturopathy.
- Concepts of health, disease prevention and personal hygiene.
- Nutrition, hydration and balanced dietary habits.
- Importance of sleep, physical activity, rest and relaxation.
- Lifestyle management and general health education.
- Professional ethics, communication, documentation and referral to qualified healthcare professionals.

Assignment:

- ✓ Preparation of a health-education chart.
- ✓ General lifestyle assessment using a checklist.
- ✓ Preparation of a sample wellness routine.
- ✓ Assignment on nutrition and preventive health.

DNY-202: Methods of Nature Care

Rationale: To introduce traditional nature-care methods with emphasis on safety, hygiene and appropriate professional limits.

Contents:

- Introduction to nature care and its traditional principles.
- Hydrotherapy: Basic concepts and safety precautions.

- Sunlight, fresh air, rest and relaxation.
- Mud applications: Traditional uses, cleanliness and precautions.
- Introduction to massage and relaxation methods.
- Hygiene, contraindications, safety precautions and referral.

Assignment:

- ✓ Preparation of a nature-care safety checklist.
- ✓ Demonstration of hand hygiene.
- ✓ Demonstration of a simple relaxation routine.
- ✓ Observation and documentation of supervised non-clinical demonstrations.

DNY-203: Fundamental Anatomy of the Human Body

Rationale: To strengthen knowledge of human anatomy and relate it to posture, movement and general wellness.

Contents:

- Anatomical terms, body regions and organ systems.
- Bones, joints, muscles and body movements.
- Posture and basic musculoskeletal functions.
- Cardiovascular and respiratory systems.
- Nervous system and endocrine system.
- Digestive, urinary and reproductive systems.
- Basic homeostasis and body coordination.

Assignment:

- ✓ Identification of major muscles and joints.
- ✓ Study of anatomical charts and models.
- ✓ Observation of posture and basic movement.
- ✓ Supervised recording of pulse and respiratory rate.

DNY-204: Study of Ayurveda and Yogic Practices

Rationale: To combine foundational Ayurvedic knowledge with beginner-level Yogic practices for general wellness education.

Contents:

- Review of Ayurvedic principles: Tridosha, Prakriti, Agni and daily routines.
- Introduction to Yogic practices and preparatory exercises.
- Basic asanas, alignment and posture awareness.
- Introduction to Pranayama and breathing awareness.
- Relaxation, concentration and meditation fundamentals.
- Yoga for flexibility, balance, stress management and general well-being.
- Safety precautions, practice modifications and professional ethics.

Assignment:

- ✓ Demonstration of basic warm-up exercises.
- ✓ Demonstration of selected beginner-level asanas.
- ✓ Basic breathing-awareness and relaxation exercises.

- ✓ Preparation of a daily Yoga practice schedule.
- ✓ Maintenance of a Yoga practice record.

Sessional Assessment (PRS)

Sessional assessment will be conducted during both academic years and may include:

- ✓ Written tests and assignments.
- ✓ Practical records and logbooks.
- ✓ Seminars and educational presentations.
- ✓ Attendance and classroom participation.
- ✓ Viva-voce.
- ✓ Professional conduct and continuous assessment.