

Certificate in Elementry Naturopathy & Yoga (C.E.N.Y.)

Six Months Course (formerly Pravesh)

Eligibility Criteria

Tenth class or equivalent exception can be made in the case of the personal who have an exception of Nature Cure & Yoga of atleast 10 years and have proficiency in reading and writing

Hindi/English.

Number of Papers: One

Maximum Marks: 100

Time: 3 Hrs

1. History of Naturopathy
2. Health and Nature Cure
3. Ram Nam and Nature Cure
4. Wrong Eating Habit
5. Gandhian Philosophy of Nature Cure
6. Five Elements - Space, Air, Water, Earth
7. Foreign Matters - Definition, Origin and Effects on Body
8. Raw Eating - Method and Important
9. Acute and Chronic Diseases - Definition and Clinical Features
10.
 1. Shat Karm, Yog and Pranayam
 2. Asan - Katichakrasana, Tadasana, Konasana, Padamasana, Shavasana, Paschimaotansana, Ardhmatsyenderasana, Uttranpadasana, Gomukhasana, Vajarasana, Chakrasana, Pawan Muktasana, Matasyasana, Dhanurasana, Nokasana, Halasana, Bhujangasana, Tratak, Shalabhasana, Surya Namaskar and Suksham Vyayam
 3. Pranayam Sheetali, Ujjai, Anulom - Vilon, Bhastrika, Bharamrthi, Seetkari, Suryabhedi