



Duration

Level

2 Years

Diploma After 10+2

Type

Eligibility

Diploma

10+2

Diploma in Naturopathy & Yogic Sciences (DNYS) is Diploma level Yoga and Naturopathy course. First, Yoga is a physical, mental, and spiritual discipline, originating in ancient India aiming the attainment of a state of perfect spiritual insight and tranquillity while meditating on Super soul. Second, Naturopathy is a form of alternative medicine based on a belief in vitalism, which posits that a special energy called vital energy or vital force guides bodily processes such as metabolism, reproduction, growth, and adaptation. The duration of the course is two years.

Diploma in Naturopathy & Yogic Sciences (DNYS) Eligibility

- Aspiring students should have passed their 10+2 or its equivalent exam from any recognized school boards in India.

Diploma in Naturopathy & Yogic Sciences (DNYS) Syllabus

Syllabus of Naturopathy & Yogic Sciences as prescribed by various Universities and Colleges.

Sr. No.	Subject of Study
1	Introduction of Yoga - Meaning and definition of yoga. Objective of Yoga
2	Types of Yoga, Relevance of Yoga in Modern age. Yoga in different texts – Veda, Sankhya, Upnishads, Geeta.
3	Types of Yoga
4	Life Sketch of Ancient Contemporary Yogies and yoginis of India
5	Introduction of contemporary Yog Institutes of India
6	Massage Therapy
7	Practical Paper

Diploma in Naturopathy & Yogic Sciences (DNYS) Course Suitability

- The course is suitable for those who want to open their own gyms and health clubs offer a whole variety of exercise routines such as weightlifting, aerobics, karate, kickboxing, spin cycling, yoga.
- Candidates those who want to become good instructors have bright prospects for those aiming to pursue fitness as their career.

- Trainers having the right qualification can teach just about anybody who can pay to be healthy and fit from hardworking executives to the stressed-out CEOs, the politicians, the self-conscious student, the middle-aged housewife.

How is Diploma in Naturopathy & Yogic Sciences (DNYS) Course Beneficial?

- Scope for yoga and naturopathy are both in private hospitals and health centres. They can also start their own Yoga Centres in populous places.
- As naturopathy is getting importance day by day all over the globe including India, among people who wish to escape the various side effects and symptoms, which are caused by the allopathic system of medicine. Therefore, the scope of employment in this sphere is wide.
- The instructor with excellent and good skills also can open and provide education relating this course outside India also.
- In recent time the yogic system of India is being popular day by day. Hence, they in return can get good career opportunities.

Diploma in Naturopathy & Yogic Sciences Employment Areas

- Academic Institutes
- Clinics & Hospitals
- Event & Sports Centres
- Health Clubs
- Yoga & Naturopathy Centres



Diploma in Naturopathy & Yogic Sciences (DNYS) Job Types

- Assist. Ayurvedic Doctor
- Clinical Psychologist
- Trainer/Instructor
- Yoga Aerobics Instructor
- Yoga Instructor
- Yoga Teacher

