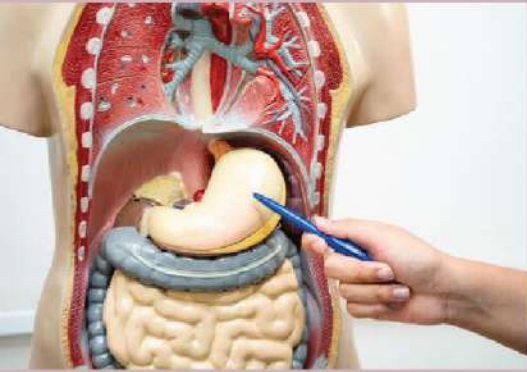


Diploma Naturopathy Therapist Comprehensive

Time Duration - 1 Year



This course provides a comprehensive foundation in natural healing practices, emphasizing a holistic approach to health. Students leave equipped with the knowledge and skills to support individuals in their journey towards optimal health and well-being through natural methods. Whether you aim to practice independently or integrate these principles into another health profession, this course offers valuable insights into the power of nature-based therapies.

Accupressure ~ Accupunture ~ Satvic Food ~ Raj Yog ~ Light Therapy ~ Music Therapy
Aromatherapy ~ Dynamic Yoga ~ Kaya Kalp ~ Body Mind Analysis



Mud Bath ~ Hydro Therapy ~ Steam & Sauna ~ Jacuzzi ~ Gut Therapy & Colon
Thai Massage ~ Reflexology ~ Shiatsu Massage ~ Swedish Massage



OVERVIEW

Foundations of Nature Cure

Philosophy of Nature Cure: Understanding the principles of natural healing, emphasizing the body's ability to restore balance.

Human Anatomy and Physiology

Basic Anatomy & Physiology: Overview of human anatomy and body systems focusing on systems relevant to health and healing.

Natural Healing Techniques

Diet and Nutrition: Study of the role of nutrition in healing, including plant-based diets, detoxification, and the importance of whole foods. **Hydrotherapy:** Use of water for healing, including baths, wraps, and compresses.



Therapeutic Modalities:

Massage and Bodywork: Techniques for physical manipulation to promote healing and relaxation. Mind-Body Techniques: Practices such as meditation, yoga, and breathing exercises that support mental and emotional well-being. Environmental Therapies: Utilizing nature, sunlight, and fresh air to enhance health.

Practical Experience

Hands-On Training: Opportunities to practice various techniques, such as hydrotherapy and massage, under supervision. Case Studies: Analyzing real-life scenarios to develop assessment and treatment planning skills.

Diploma course is designed in 5 modules. This Diploma course is designed to train the students to assist the naturopathy doctors and work as a therapist in naturopathy hospital / clinics to deliver the prescribed treatments. The delegates will get 40 credit points after completion of 5 modules.

Module	Objectives for Delegates
Module 1: Basic Naturopathy, Naturopathy Cooking, and Detoxification	- To introduce foundational concepts of naturopathy, cooking principles, and detoxification methods.
Module 2: Human Anatomy, Physiology, and Pathology	- To provide a comprehensive understanding of human anatomy, physiology, and pathology
Module 3: Hydrotherapy, Mud Therapy, and Chromotherapy	- Master basic and advanced techniques in hydrotherapy, mud therapy and chromotherapy
Module 4: Massage Techniques, Aromatherapy and Panchakarma Massages	- Develop skills in massage techniques and Panchkarma therapies.
Module 5: Enemas, Laghu Shankh Prakshalan, and Colon Hydrotherapy	- Gain expertise in detoxification techniques including enemas and colon therapies

Schedule of Modules:

Five modules will be completed in one year. Yearly two times the course will be organised. At end of each module there will be an internal assessment examination done by the institution. Candidates who are completing all six modules and completing the dissertation will be eligible to attend the external examination. The external examination will include 5 theory papers and one common practical with oral examination and dissertation presentation. The passing marks will be 50%. Those who are passing in all papers and practicals and dissertation will be awarded "Naturopathy Therapist Comprehensive" (NTC). Those who are discontinuing in the one course after completing one or two modules can join the next course. The maximum time permitted to complete the course will be two years.

COURSE FEE:

Indian Candidates:

Tuition Fee: Total fee for five Modules will be Rs. 20,000

Examination Fee Excluded

Payment Mode: Demand Draft / at par Cheque (payment should be made out to Shree Bidada Sarvodaya Trust) or online payment.