



DISTANCE EDUCATION
A Distance Edu College

PH-9176464748

**UNIVERSITY OF MADRAS
INSTITUTE OF DISTANCE EDUCATION**

P.G. DIPLOMA COURSE IN NATUROPATHY AND YOGIC SCIENCES (NON CLINICAL)

Paper	Subject	Duration (in hours)	Maximum Marks	Passing Minimum Marks	Credits
I	Principles of Yoga and Naturopathy	3	100	40	3
II	Methods of Yoga Practices and Naturopathy	3	100	40	3
III	Basic Anatomy and Physiology	3	100	40	3
IV	Physiology and Mental Well Being	3	100	40	3
V	Practicals (Asanas and Pranayama) / Project on any one of the following areas : Asanas, Pranayama, Kriyas, Bandhas, Mudras and Meditation.	3	100	40	4
Personal Contact Programme Classes [PCP] : 12 DAYS COMPULSORY					