

ALLIED & HEALTHCARE INSTITUTE, DELHI

**BACHELOR NATUROPATHY & YOGA
SCIENCES (B N Y S)**

THREE YEAR DIPLOMA COURSE

(ELIGIBILITY INTERMEDIATE (10+2) IN ANY STREAM IN ANY
RECOGNIZED BOARD)

(FIRST YEAR)

ANATOMY AND PHYSIOLOGY

1. INTRODUCTION
2. THE CELL
3. THE TISSUES
4. ORGANS AND SYSTEMS
5. SKELETAL SYSTEM
6. JOINTS OF THE SKELETON
7. BLOOD
8. LYMPHATIC SYSTEM
9. CARDIOVASCULAR SYSTEM
10. RESPIRATORY SYSTEM
11. URINARY SYSTEM
12. THE MUSCULAR SYSTEM
13. THE PHYSIOLOGY OF MUSCLE
14. CENTRAL NERVOUS SYSTEM
15. AUTONOMIC NERVOUS SYSTEM
16. ORGANS OF SPECIAL SENSES
17. SKIN AND REGULATION OF BODY TEMPERATURE
18. DIGESTIVE SYSTEM
19. ACCESSORY ORGANS OF DIGESTION
20. METABOLISM , DIET AND VITAMINS
21. ENDOCRINE SYSTEM
22. REPRODUCTIVE SYSTEM
23. PROCESS OF REPRODUCTION

B-189, 2ND FLOOR, DEOLI ROAD, KHANPUR, NEW DELHI - 110062

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(FIRST YEAR)

NATUROPATHY YOGA

1. Naturopathy: An Introduction Origin and History
2. Basic Principles of Naturopathy
3. Diet and Medicinal Plants
4. first aid
5. Right health
6. Diet and nutrition
7. Natural hygiene
8. Sky element therapy
9. Air element therapy
10. Fire element
11. Water treatment
12. Earth Element Medicine (Soil Therapy)

(FIRST YEAR)

SOCIAL AND PREVENTIVE MEDICINE

1. HEALTH EDUCATION AND COMMUNITY PHARMACY
2. IMPORTANT TERMS AND DEFINITIONS
3. CONCEPT OF HEALTH
4. NUTRITION AND HEALTH
5. DEMOGRAPHY AND FAMILY PLANNING
6. FIRST AID
7. ENVIRONMENTAL AND HEALTH
8. FUNDAMENTAL PRINCIPLES OF MICROBIOLOGY
9. COMMUNICABLE DISEASES
10. NON-COMMUNICABLE DISEASES
11. EPIDEMIOLOGY

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(SECOND YEAR) PATHOLOGY

➤ Haematology

1. Composition of Blood And Normal Erythropoiesis
2. Technique of Blood Collection
3. Estimation of Hemoglobin
4. Hematocrit
5. Selection And Registration of Donors
6. ABO Blood Grouping
7. Erythrocyte Sedimentation Rate (ESR)
8. Staining of PBF And Interpretation of Normal And Abnormal Red Cell Morphology
9. Maturation And Development of Leucocytes
10. Formation of Platelets of Leucocytes
11. Formation of Platelets and Thrombocytopenia
12. Rhesus Blood Group
13. Pretransfusion or Compatibility Testing

➤ Histopathology

1. Introduction To Histopathology
2. Light Microscopy
3. Special Light Microscopy
4. Receiving of Surgical Specimens
5. Fixation of tissues
6. Decalcification
7. Tissue Processing
8. Embedding
9. Microtome
10. Hematoxylin And Eosin Staining
11. Staining Methods To Demonstrate Special/Specific tissues
12. Metachromatic Staining
13. Lipid Stain
14. Staining Techniques For Demonstration And Identification of Microorganisms
15. Cryostat And Frozen Section

(SECOND YEAR)

NATUROPATHY & YOGE TREATMENT

1. Origin and History of Naturopathy
2. Basic Principles of Naturopathy
3. Acidic and alkaline diet
4. Compound food
5. Compound diet by season
6. Medicinal food
7. Natural hygiene
8. Sky element therapy
9. Air element therapy
10. Fire element therapy
11. Water treatment
12. Earth element therapy
13. First aid box
14. Preparation of life support solution (ORS)
15. Drowning emergency First aid in lean condition
16. First aid management in case of fracture
17. First aid management on dog bites
18. First aid management when blood comes from the nose
19. Use of blood let in emergency
20. First aid in case of ingestion of grain, worm etc. in the ear

(SECOND YEAR)

GYNNAECOLOGY

1. MENSTRUAL DISORDERS
2. DISEASES OF VULVA
3. DISEASES OF VAGINA
4. DISEASES OF CERVIX
5. DISEASES OF UTERUS
6. DISEASES OF BREAST
7. GENERA CONDITIONS

OPHTHOLMOLOGY

1. OCULAR STRUCTRES AND THEIR DEVELOPMENT
2. CORNEA, LIMBUS AND SCLERA
3. UVEA, AQUEOUS HUMOUR AND INTRAOCULAR PRESSURE
4. THE CRYSTALLINE LENS
5. VITREOUS HUMOUR
6. RETINA, VISUAL PATHWAY AND PHYSIOLOGY OF VISION
7. THE PUPIL
8. EXTRAOCULAR MUSCLES AND OCULAR MOTILITY
9. PHYSIOLOGY OF BINOCULAR VISION
10. CONJUNCTIVA, LACRIMAL APPARATUS AND FILM
11. EYEBROWS AND EYELIDS
12. BLOOD VESSELS AND OCULAR CIRCULATION
13. ORBITAL NERVES
14. THE SKULL, ORBIT AND PARANASAL SINUSES

(FINAL YEAR)

NATUROPATHY & YOGA TREATMENT

1. External heart massage
2. Fluid intake and removal chart by the patient
3. One day sample meal list for pregnant woman
4. One day sample for lactating woman Food list Constipation
5. disease Febrile
6. disease Diarrhea
7. Pandu / anemia
8. Kas disease
9. Urinary inflammation (burning sensation in urine)
10. Kidney stone
11. Dysmenorrhea (menstrual pain) Calcium
12. Dysmenorrhea (menstrual pain) 13. Calcium deficiency
14. Joint pain
15. Matapa
16. Aging (weight gain)
17. Lactating
18. women Dandruff
19. Pimples
20. Diet and Medicinal Plants

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(FINAL YEAR)

OBSTETRICTICS

1. ABORTION
2. ANTENATAL CARE
3. ANTEPARTUM HAEMORRHAGE
4. HYPERMESIS GRAVIDARUM
5. LACTATION
6. MORNING SICKNESS
7. LABOUR
8. POSTPARTUM HAEMORRHAGE
9. PUERPERAL PSYCHOSIS
10. PUERPERAL PSYCHOSIS
11. PUERPERAL FEVER
12. RETAINED PLACENTA
13. RETENTION OF URINE AFTER LABOUR
14. STERILITY
15. TOXAEMIA OF PREGNANCY

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