

ALLIED & HEALTHCARE INSTITUTE

CERTIFICATE IN NATUROPATHY & YOGA SCIENCES (C N Y S)

DURATION - ONE YEAR

(ELIGIBILITY - HIGH SCHOOL (10th) IN ANY STREAM & ANY RECOGNIZED BOARD)

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

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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)

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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PATHOLOGY & OPHTHALOMOLOGY

PATHOLOGY

➤ **Hematology**

1. Composition of Blood And Normal Erythropoietin
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

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OPHTHALMOLOGY

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