

# **N.D. (Naturopathy Diploma)**

## **Prospectus**

Yoga is a form of mysticism that developed on the Indian subcontinent in the Hindu cultural context. Its origin is impossible to trace, because it dates back to before recorded history. Yoga comes in many forms specifically designed to suit different types of people. As a result, some forms of yoga have gained significant popularity outside India, particularly in the West during the past century.

Introduction: The word Yoga originates from the Sanskrit word "Yuj" (literally, "to yoke") and is generally translated as "union" - "integration" - to yoke, attach, join, unite. Yoga is therefore the union and integration of every aspect of a human being, from the innermost to the external. According to Yoga experts, the union referred to by the name is that of the individual soul with the cosmos, or the Supreme. Yoga has both a philosophical and a practical dimension. The philosophy of yoga ("union") deals with the nature of the individual soul and the cosmos, and how the two are related. The practice of yoga, on the other hand, can be any activity that leads or brings the practitioner closer to this mystical union - a state called self-realization. Over thousands of years, special practical yoga techniques have been developed by experts in yoga, who are referred to as Yogis (male) and Yoginis (female). These Yoga techniques cover a broad range, encompassing physical, mental, and spiritual activities. Traditionally, they have been classified into four categories or paths: the path of meditation (Raja Yoga), the path of devotion (Bhakti Yoga), the path of selfless service to the Divine (Karma Yoga), and the path of intellectual analysis or the discrimination of truth and reality (Jnana Yoga). The most conspicuous form of yoga in the West, Hatha Yoga - consisting of various physical and breathing exercises and purification techniques - is actually the third and the fourth stages of Ashtanga Yoga of Yoga Sutras by Patanjali. Clients and friends enjoy Yoga as means of bringing balance into their lives. They report greater clarity in their meditations and a sense of releasing issues that hold them back. Yoga enhances every facet of physical fitness the mind/body energy exchange supports a mental clarity and concentration. The strength improves posture/alignment to support our daily activities. The flexibility helps to prevent injuries and keeps us supple and youthful. The breathing practices are the foundation and the link between the mind and the body, providing a valuable tool for releasing tension and reducing stress. The practice of yoga teaches us how to quiet the mind by placing attention on the breath, and also on the movement (stillness) of the body.

NAME OF COURSE: N.D. (Naturopathy Diploma)

QUALIFICATIONS: Secondary or Practical experience.

AGE : Minimum 18 years.

FEES: Rs. 4800/ (For Indian) & USD135 (For foreign candidate). Local training charges will be extra.

REGULAR COURSE: At KANGRA.

DURATION: 3 Months.

BY CORRESPONDENCE: You can do this course at home. Our institute will send you the literature & after completing the course, one test will be conducted. Question paper along with an answer sheet will be sent to you & you will have to deposit the answer sheet for getting your certificate.

BY INTERNET: You can do this course by internet also. We can provide you the study material on your e-mail add & you can ask your doubts by e-mail.

DURATION: 1Months

NOTE :

1. This course can be done both in English & Hindi Medium.
2. Course can be done regular, by correspondence, by Internet or in camps.
3. Application Form with your one photograph, education certificate & experience certificate are to be attached with the form.
4. You will be given a certificate after completing this course.
5. Amount may be sent in advance by M.O., D.D. in favor of "MEGHA NATURAL HEALTH CARE" payable DHARAMSALA (HIMACHAL PRADESH), (INDIA). You can pay cash in your city's STATE BANK OF INDIA in our Current Account no. 30988868221
6. Boarding & Lodging facility will not be provided.
7. If you are interested in Practical classes (for internet & Correspondence) the facility is provided at our Jodhpur center for three days on extra fees rupees Rs.1000/= (For Indian) & \$ 50 (For foreign candidate).
8. Charges for instruments, literature, charts and books will be extra.

Main features of this course:

- a) You can treat patients at home with fees or can start your self-centre.
- b) You can get job/service in any naturopathy hospital or alternative treatment therapy clinic.
- c) It can help you in (Medical) Alternative business.
- d) You can help your family as well as others by treating them free of cost.
- e) World health organization of Geneva has approved this system.
- f) You can get award, if you work excellent in this field.

**SYLLABUS :**

Definition

Natural remedies

Other alternative therapies

The payment should be made (In person or by courier/ Speed Post/ Registered Post) to the following address

**MEGHA NATURAL HEALTH CARE**

**Above Raymonds, Opp. Rajput Sabha**

**KANGRA-176001(INDIA)**

**PH:91-1892-260853, CELL; 91-9882621007, 91-9816032688**