



KAIVALYADHAMA®
Where Yoga tradition and Science meet

100
YEARS

Syllabus

| Unit 1 | Hours |
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| a) Fundamentals of Yoga and Kaivalyadham Tradition | 2 |
| b) Swami Kuvalyanand ji biography and his legacy | 1 |
| c) Fundamental principles of Naturopathy | 3 |
| Unit 2 | |
| a) Communication skills | 5 |
| • Listening | |
| • Feedback | |
| • Empathy | |
| • Respect | |
| • Confidence | |
| • Friendliness | |
| • Body language | |
| • Clarity | |
| • Emotional intelligence | |
| • Communication method | |
| • Presentation | |
| • Responsiveness | |
| • Speaking about sensible things, not suggesting therapies to patients | |
| • Etiquettes | |
| b) Grooming of the staff | 5 |
| • Confidence | |
| • Dressing | |
| • Hair | |
| • Healthy teeth | |
| • Healthy finger nails and toenails | |
| • Maintain good posture | |
| • Shower daily | |

- Personal hygiene
 - First impression
 - Self-presentation
- c) **Ethics and patients care** 3
- d) **Responsibilities of treatment attendant for participants** 3

Unit 3

- a) **Fundamental understanding of Human body** 5
- Basic understanding of Human Anatomy and physiology
 - Basic understanding of joints and different parts of the body
- b) **Naturopathic Therapies.**
- Hydrotherapy ,Packs and Baths 10
 - Massage therapy, types and techniques in massage 10
 - Mud therapy, local and general therapies 2
 - Fasting 1
 - Acupressure and reflexology 3
 - Chromo therapy 2
- c) **Magneto Therapy** 1
- d) **Basics of patient care** 4
- Assisting patients
 - Primary first aid
 - Patients on wheel chair

Practical's - 40 hrs.

Total Duration- 100 Hrs.

Practical:

1. Massages: 25
2. Case presentation :25
3. Daily duty in Naturopathy or Assigned department when theory classes are not there
4. The practical posting will be with Physician, Naturopathy dept , Acupuncture, Physiotherapy.
5. Case presentation from Hydrotherapy dept-50
6. Case Presentation from Mud therapy dept. -50

Rules and Regulation:

1. All the rules and regulations of Kdham college
2. Compulsory attendance in theory and Practical's
3. Compulsory internship in the mother institute after completing six months of course for

getting the Certificate.

4. Institute will provide first six month job to all the participants who have completed the course in Kaivalyadham mother institute or in any of the branches of Kaivalyadham.
5. The minimum intake for each batch will be 10 students. This will be combined number of 5 male and 5 female therapist.

Lectures and practical's:

1. Life sciences: Anatomy, Physiology, Dr Santosh Pandey.
2. Philosophy of Nature cure: Dr Amit
3. Fasting and nutrition: Dr Ritu
4. Hydrotherapy : Dr Santosh Pandey & Dr. Amit
5. Massage : Dr Santosh Pandey
6. Mud Therapy: Dr Amit
7. Acupuncture : Dr Ritu
8. All the Practical's will be conducted under the observation of Dept. heads (Naturopathy)
9. All the practical's records books will be signed by Dept. Head or Naturopath daily after the Practical's
10. All the other rules and regulations of the institute will be applicable for this course also.