

Diploma Courses (Six month course)

1. Introduction to Naturopathy
2. Training program in Yoga Therapy
3. Techniques in Massage Therapy
4. Basics of Yogic Philosophy
5. Ayurveda Pancha Karma Therapy
6. Yogic Diet and Nutrition Training
7. Yoga and Mental Health
8. Yoga and Human Excellence
9. Yoga Education
10. Alternative Therapy
11. Fitness and Health Management
12. Yoga Nidra and Meditation
13. Aroma Therapy
14. Glamour Therapy
15. Stroke therapy and pain management