S-VYASA
Swami Vivekananda Yoga Anusandhana Samsthana
(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

ANTTC
Ayurveda Naturopathy Therapist Training Course

SCHEME AND SYLLABUS
(With effect from January, 2012)

Address for correspondence
(City Office)
The Co-ordinator, ANTTC Course, S-VYASA
‘Eknath Bhavan’, # 19, Gavipuram Circle, K G Nagar
Bengaluru - 560 019, INDIA
Ph: 91-080-2661 2669 | Telefax: 91-080-2660 8645
e-mail: svyasa@svyasa.org
www.svyasa.org
OBJECTIVES:

- To provide intensive training in Ayurveda (Panchakarma aspects) and Naturopathy and Physiotherapy treatments.
- To impart the necessary theoretical understanding of the treatments.
- To bring about all-round personality development of therapists with holistic vision of yoga and spiritual lore.
- To train them to take care of patients and also to assist respective medical professionals.

TITLE & DURATION OF THE COURSE:
The course shall be called Ayurveda Naturopathy Therapist Training Course abbreviated as (ANTTC). The course shall be of one year duration and conducted in 2 Phases and each Phase having duration of 22 weeks.
Phase 1 – August 1st to December 30th/January 12th to July 31st
Phase 2 – January 12th to July 15th/August 1st to January 12th.

ADMISSIONS AND ELIGIBILITY:
To be eligible for admission to the ANTTC, the candidates shall have appeared/passed 10th standard (SSLC) or equivalent or more than 18 years old with ability to read and write.

REQUIREMENT OF ATTENDANCE:
Each Phase is considered as a unit and the candidate has to put in a minimum attendance of 90% in each subject with a provision of condonation of 10% of the attendance by the University authorities on the specific recommendation of the Dean on valid reasons.

FIELD TRAINING:
Field training will be provided in Prashanti Kutiram or sent to other Naturopathy Centers.

PERSONALITY ASSESSMENTS:
To achieve the objectives of education the most important aspect is the assessment and evaluation of the students. S-VYASA over the last 20 years has evolved a unique and comprehensive way of evaluating the total personality development by a combination of the ancient Gurukula
system of evaluation by the Gurus or the teachers and by the measurements of the modern era of science and technology. The students are evaluated by the following tools of assessment:

a. Achievements in Ayurveda, Naturopathy and Yoga practice skills.

b. Communication skills.

c. Theoretical comprehension of the subject

d. Transformation of the personality

e. Development of the zeal for selfless service, national awareness and spiritual growth.

f. Patients care.

g. Diet care etc.
## FIRST PHASE

<table>
<thead>
<tr>
<th>Code No.</th>
<th>Name of the Subject</th>
<th>Credits</th>
<th>IA</th>
<th>Exam</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANTTC P 101*</td>
<td>Anatomy, Physiology &amp; First Aid</td>
<td>4</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>ANTTC P 102*</td>
<td>Physiotherapy &amp; Electrotherapy</td>
<td>4</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>ANTTC P 103*</td>
<td>Principles and Practice of Naturopathy (a) Manipulative Therapy, (b) Hydro Therapy, (c) Mud Therapy (d) Chromo Therapy (e) Magneto Therapy (f) Diet and Nutrition</td>
<td>4</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>ANTTC P 104*</td>
<td>Basic Principles of Ayurveda and Chikitsa in Ayurveda – and Panchakarma</td>
<td>4</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>ANTTC P 105*</td>
<td>Communication Skills &amp; Documentation</td>
<td>4</td>
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</table>

### Practicals

<table>
<thead>
<tr>
<th>Code No.</th>
<th>Name of the Subject</th>
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</thead>
<tbody>
<tr>
<td>ANTTC P 106*</td>
<td>Asana, Pranayama, Kriyas &amp; Meditation I</td>
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</table>

### Field Works

<table>
<thead>
<tr>
<th>Code No.</th>
<th>Name of the Subject</th>
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<tbody>
<tr>
<td>ANTTC F 101</td>
<td>Maitri Milan – Bhagavad-Gita</td>
</tr>
<tr>
<td>ANTTC F 102</td>
<td>Bhajan Sandhya</td>
</tr>
<tr>
<td>ANTTC F 103</td>
<td>Krida Yoga I</td>
</tr>
<tr>
<td>ANTTC F 104</td>
<td>Karma Yoga I</td>
</tr>
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</table>

**Total: 24**

(* Theory and Practice)
# SECOND PHASE - INTERNSHIP

<table>
<thead>
<tr>
<th>Code No.</th>
<th>Name of the Subject</th>
<th>Postings to different Sections (15 days in each Section)</th>
<th>Periodical assessments will be done</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANTTC P 201</td>
<td>Asana, Pranayama, Kriyas &amp; Meditation II</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ANTTC F 201</td>
<td>Physiotherapy &amp; Electrotherapy</td>
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</tr>
<tr>
<td>ANTTC F 202</td>
<td>Principles and Practice of Naturopathy (a) Manipulative Therapy, (b) Hydro Therapy, (c) Mud Therapy (d) Chromo Therapy (e) Magneto Therapy (f) Diet and Nutrition</td>
<td></td>
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</tr>
<tr>
<td>ANTTC F 203</td>
<td>Basic Principles of Ayurveda and Chikitsa in Ayurveda – and Panchakarma</td>
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<tr>
<td>ANTTC F 204</td>
<td>Maitri Milan – Bhagavad-Gita</td>
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<tr>
<td>ANTTC F 205</td>
<td>Bhajan Sandhya</td>
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<tr>
<td>ANTTC F 206</td>
<td>Krida Yoga II</td>
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<tr>
<td>ANTTC F 207</td>
<td>Karma Yoga II</td>
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</tbody>
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ANATOMY, PHYSIOLOGY & FIRST AID
Phase: I Sub Code: ANTTC P 101
Credits: 4 Hours/Sem: 120
Exam Duration: 3 Hrs Total Marks: 100
I. Anatomy:
Basic Anatomy & Physiology.

II. First Aid:
To manage emergency during Naturopathy and Ayurveda treatments.

PHYSIOTHERAPY & ELECTRO THERAPY PRACTICALS
Phase: I Sub Code: ANTTC P 102
Credits: 4 Hours/Sem: 120
Exam Duration: 3 Hrs Total Marks: 100
Principles and practice of physiotherapy
(a) Electro therapy (b) Exercise therapy

PRINCIPLES AND PRACTICE OF NATUROPATHY (A)
MANIPULATIVE THERAPY, (B) HYDROTHERAPY, (C)
MUD THERAPY (D) CHROMO THERAPY (E) MAGNETO
THERAPY (F) DIET AND NUTRITION
Phase: I Sub Code: ANTTC P 103
Credits: 4 Hours/Sem: 120
Exam Duration: 3 Hrs Total Marks: 100
Principles and Practice of Naturopathy
(a) Manipulative Therapy, (b) HydroTherapy,
(c) Mud Therapy (d) Chromo Therapy
(e) Magneto therapy (f) Diet and Nutrition

BASIC PRINCIPLES OF AYURVEDA, CHIKITSA IN
AYURVEDA AND PANCHAKARMA
Phase: I Sub Code: ANTTC P 104
Credits: 4 Hours/Sem: 120
Exam Duration: 3 Hrs Total Marks: 100

1. CHIKITSA IN AYURVEDA - I
   I. Abhyanga Karma (Oil Massage Treatments)
a) Pizhichi, b) Njavarakizhi, c) Nijavarakizhi, d) Dahara, e) Vas, f) Sirovasthi, g) Udvarthanam, h) Abhyangam, i) Nasyam, j) Kizhi, k) Tharpanam, l) Karnapooranam

2. CHIKITSA IN AYURVEDA - II
3. TREATMENT METHODS
(a) Sneham, (b) Swedanam, (c) Vamanam, (d) Virechanam, (e) Nasyam, (f) Vasti, (g) Raktamokshanam

4. PANCHAKARMA

COMMUNICATION SKILLS AND DOCUMENTATION
Phase: I  Sub Code:  ANTTC P 105
Credits: 4  Hours/Sem: 120
Exam Duration: 3 Hours  Total Marks: 100
Smiling Face, Patience, Loving Words, Not to get angry, Seva Bhava

TRAINING IN CARE TAKING OF PATIENTS
» Guidance, bringing them to Surabhi & return.
» Bed making, cleaning of steam units, hydro therapy, massage, bathroom, enema, toilets etc.
» Taking care of treatment, diet etc.

MAITRI MILAN – BHAGAVAD GITA 1
Phase: I  Sub Code:  MS F 101
Credits: 2  Hours/Wk: 6
Total Hrs: 120  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs

BHajan Sandhya
Phase: I  Sub Code:  MS F 102
Credits: 2  Hours/Wk: 6
Total Hrs: 120  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs

KRIDA YOGA
Phase: I  Sub Code:  MS F 103
Credits: 2  Hours/Wk: 6
Total Hrs: 120  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs

KARMA YOGA 1
Phase: I  Sub Code:  MS F 104
Credits: 2  Hours/Wk: 6
Total Hrs: 120  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs

SECOND PHASE: INTERNSHIP
The student will work in all the departments by rotation.