

KONGUNADU ARTS AND SCIENCE COLLEGE
(AUTONOMOUS)
COIMBATORE - 641 029



DEPARTMENT OF BOTANY

CERTIFICATE PROGRAMME IN
NATUROPATHY AND HEALTH CARE

CURRICULUM AND SCHEME OF EXAMINATIONS
(CBCS)
(2025 - 2026 and onwards)

KONGUNADU ARTS AND SCIENCE COLLEGE
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PROGRAMME OUTCOMES (PO)

PO1

- ❖ Understand basics of naturopathy and natural healing methods.

PO2

- ❖ To develop logical thinking and understanding naturopathic treatments and demonstrate knowledge on natural healthcare.

PO3

- ❖ To know the latest developments in natural therapies and lifestyle changes for better health.

PO4

- ❖ To identify natural remedies for various health issues.

PO5

- ❖ To combine healthcare practices with naturopathy for a holistic approach.

PO6

- ❖ To apply naturopathic techniques for the treatment of common health related problems.

PO7

- ❖ Gain practical experience on naturopathic treatments and therapies.

PO8

- ❖ To apply the naturopathy in real-life situations.

PROGRAMME SPECIFIC OUTCOMES (PSO)

PSO1

- ❖ Gain knowledge on various naturopathic therapies, including the therapeutic uses of herbs in promoting health and wellness.

PSO 2

- ❖ Identify and apply natural remedies including herbs, nutrition, and lifestyle practices to address common health issues, support skin and hair health.

PSO3

- ❖ Implement traditional and naturopathic techniques, including mind-body therapies and face yoga for holistic health improvement.

PSO4

- ❖ To identify the use of medicinal herbs, safely and effectively in various naturopathic therapies.

PSO5

- ❖ Develop skills in naturopathy and healthcare entrepreneurship, including startup and managing business focused on natural healing, wellness and alternative therapies.

CNH1

KONGUNADU ARTS AND SCIENCE COLLEGE (AUTONOMOUS) COIMBATORE – 641 029

PROGRAMME NAME: CERTIFICATE PROGRAMME IN NATUROPATHY AND HEALTH CARE

Curriculum and Scheme of Examination under CBCS

(Applicable to the students admitted during the Academic Year 2025-2026 and onwards)

Semester	Subject Code	Title of the Paper	Instruction hours /cycle	Exam Marks			Duration of Exam (hours)	Credits
				CIA	ESE	Total		
	25CNH101	C.P.1- Nature Cure Therapies	2	25	75	100	3	2
	25CNH102	C.P. 2 Health Care and Herbal Remedies	2	25	75	100	3	2
	25CNH1CL	C.Pr.1 Nature Cure Therapies and Herbal Remedies	2	40	60	100	3	2
	25CNH1IT	Case Study Analysis	2	20	80	100	3	2
		Grand Total	8	-	-	400	-	8

Note:

CBCS - Choice Based Credit System

CIA - Continuous Internal Assessment

ESE - End of Semester Examinations

Tally Table:

S. No.	Subject	Marks	Credits
1.	Core-Theory	200	4
2.	Core Practical	100	2
3.	Case Study Analysis	100	2
	Grand Total	400	8

- 25% CIA is applicable for all subjects

CNH2

Components of Continuous Internal Assessment (CIA)

Components	Marks	Total
Theory		
CIA I	75	25
CIA II	75	
Assignment/ Seminar	5	
Attendance	5	
Practical		
CIA Practical	25	40
Observation Notebook	10	
Attendance	5	
Case study Analysis		
Review	15	20
Regularity	5	

BLOOM'S TAXONOMY BASED ASSESSMENT PATTERN

K1 - Remembering; **K2** - Understanding; **K3** - Applying; **K4** - Analyzing; **K5** - Evaluating

1. Theory Examination - Part I, II & III

(i) CIA I & II and ESE: 75 Marks

Knowledge Level	Section	Marks	Description	Total
K1 Q1 to 10	A (Answer all)	10 x 1 = 10	MCQ	75
K1 – K5 Q11 to 15	B (Either or Pattern)	5 x 5 = 25	Short Answers	
K2 - K5 Q16 to 20	C (Either or Pattern)	5 x 8 = 40	Descriptive / Detailed	

2. Practical Examination:

Knowledge Level	Section	Marks	Total
K3	Experiments & Record Work	50	60
K4		10	
K5			

3. Case Study Analysis :

Knowledge Level	Section	Marks	Total
K3	Case Study Report & Viva Voce	60	80
K4		20	
K5			

Programme Code: 05	CERTIFICATE PROGRAMME IN NATUROPATHY AND HEALTH CARE			
C.P.1 NATURE CURE THERAPIES				
Batch 2025-2026	Hours / Week 2	Total Hours 30	Credits 2	Entrepreneurship

COURSE OBJECTIVES

- To study about natural cure therapies.
- To prepare natural foods for healthy life.
- To implement natural way of living.

COURSE OUTCOMES

On successful completion of the course, the students will be able to

K1 ↑ ↓ K5	CO1	Refine various natural foods for good health.
	CO2	Refine various detox program.
	CO3	Preparation of natural foods.
	CO4	Apply principles and concepts on natural based health.
	CO5	Initiate natural based food business.

SYLLABUS

UNIT I: (6 hours)

Introduction to Natural cure: History and evolution of naturopathy and natural cure - philosophy of Natural Medicine - types of natural therapies - understanding body's self-healing ability - five elements of nature.

UNIT II: (6 hours)

Methodology of Nature cure: definition of fasting – water fasting – juice fasting - raw juice therapy – diet with vegetables – fruits and its importance for health – methods of food intake – intermittent fasting and their benefits.

UNIT III: (6 hours)

Nutrition and their Importance: Therapeutic values of fruits and vegetables – boilless and oilless foods - Importance of sprouts, cereals and pulses – Importance of vitamins, aminoacids and mineral source - millets in detox programs - *ways to include millets in diet.

UNIT IV:

(6 hours)

Natural Cure Therapies: Therapeutic baths – hipbath – spine bath – sunbath- mud bath - enema - color therapy and its significance – therapeutic importance of aroma therapy, magnet therapy and its significance- relaxation techniques

UNIT V:

(6 hours)

Health Care for Ailments: Definition - health ailments- acne – anemia - common cold – fever – constipation – dandruff - dysentery – hair fall – headache- migraine - insomnia - piles - sinus - stress - women related problems - menstrual disorders - menopause issues.

*** Self study**

Teaching Methods

- Smart Class Room/ Power point presentation/ Seminar/ Quiz/ Discussion/ Flipped Class/ Peer Learning/ Experimental Learning/ Blended learning

TEXT BOOKS

1. Pizzorno, J. E., & Murray, M. T. (2012). Textbook of Natural Medicine (4th ed.). Churchill Livingstone.
2. Ehret, A. (1927). The Science and Fine Art of Food and Nutrition. Health Science Press. (Note: This book has been reprinted in multiple editions over the years; newer versions may be available in various formats.)
3. Gifford-Jones, W. (1995). Naturopathic Medicine (1st ed.). Canadian Scholars' Press.
4. Bakhru, H. K. (1995). Nature Cure (5th ed.). Jaico Publishing House.
5. Tirtha, S. S. (1996). Ayurvedic Encyclopedia (1st ed.). Jain Publishers.
6. Yadav, S. R. (2016). Millets: Nutritional Value and Health Benefits (1st ed.). Springer.
7. Sharma, P. K. (2019). Millets: The Superfood of the Future (1st ed.). CRC Press.

MAPPING

CO \ PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	S	H	H	M	H
CO2	S	M	H	H	M
CO3	H	S	M	H	H
CO4	S	H	M	S	M
CO5	H	S	M	H	H

S - Strong H - High M - Medium L - Low

Programme Code: 05	CERTIFICATE PROGRAMME IN NATUROPATHY AND HEALTH CARE			
C.P. 2. HEALTH CARE AND HERBAL REMEDIES				
Batch 2025-2026	Hours / Week 2	Total Hours 30	Credits 2	Entrepreneurship

COURSE OBJECTIVES

- To study the role of herbs in health and wellness.
- To explore knowledge on principles and concepts of the nutrition and balanced diet.
- To acquire inherent knowledge on natural therapies.

COURSE OUTCOMES

On successful completion of the course, the students will be able to

K1 ↑ ↓ K5	CO1	Gain knowledge on natural Foods for Health and Disease Prevention
	CO2	Develop and Implement strategies for Detoxification
	CO3	Formulate therapeutic diets
	CO4	Acquire knowledge on Healthcare Training Programs
	CO5	Gain knowledge on Healthcare and Nutrition

SYLLABUS

UNIT I: (6 hours)

Fundamentals of Health and Wellness: Definition – physical - mental and emotional well-being - factors affecting health- diet – exercise – sleep – stress - preventive healthcare and lifestyle modifications - *role of hygiene and sanitation in health - work life balance and its impact on health.

UNIT II: (6 hours)

Human Anatomy and their Physiological Perspectives: Overview of human body systems -digestive system and nutrient absorption - cardiovascular and respiratory system in health - immune system and disease prevention - endocrine system and hormonal balance - skeletal and muscular system for mobility.

UNIT III: (6 hours)

Nutrition and Balanced Diet: Introduction – macronutrients and micronutrients - importance of hydration - dietary guidelines for different age groups - food as medicine in healing with nutrition - role of probiotics and gut health in immunity – super foods and their health benefits - nutritional deficiencies and their effects

UNIT IV:

Common Diseases and their Prevention: Lifestyle disorders - diabetes, obesity, heart disease - infectious diseases and vaccination importance - mental health disorders and stress management - geriatric health and elderly care – autoimmune diseases and their management - allergies and food intolerances

UNIT V: (6 hours)

Entrepreneurship & Business Development: Entrepreneurship guidance in natural cure & health care - current trends and market demand in the wellness industry - business plans & branding for wellness startups - pricing strategies for services and products.

* Self study

Teaching Methods

- Smart Class Room/ PowerPoint presentation/ Seminar/ Quiz/ Discussion/ Flipped Class/ Peer Learning/ Experiential Learning/ Blended learning.

TEXT BOOKS

1. Joshi, S. A. (2019). Textbook of Nutrition and Dietetics (4th ed.). Tata McGraw-Hill.
2. Kapoor, L. D. (2001). Handbook of Ayurvedic Medicinal Plants. CRC Press.
3. Sembulingam, K., & Sembulingam, P. (2021). *Essentials of Medical Physiology (8th ed.)*. Jaypee Brothers Medical Publishers.
4. Bakhru, H. K. (2001). Herbs That Heal: Natural Remedies for Good Health. Jaico Publishing House.
5. Lad, V. (2006). Foundations of Naturopathic Medicine. Motilal Banarsidass.
6. Tortora, G. J., & Derrickson, B. H. (2020). Principles of Anatomy and Physiology (16th ed.). Wiley. DU.AC.IN
7. Guyton, A. C., & Hall, J. E. (2021). Textbook of Medical Physiology (14th ed.). Elsevier.
8. Bean, A. (2022). The Complete Guide to Sports Nutrition (10th ed.). Bloomsbury Sport.
9. Caldecott, T. (2011). Food as Medicine: The Theory and Practice of Food. North Atlantic Books.

MAPPING

CO \ PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	S	H	H	M	H
CO2	S	M	H	H	M
CO3	H	S	M	H	H
CO4	S	H	M	S	M
CO5	S	M	H	H	M

S - Strong H - High M - Medium L - Low

Programme Code: 05	CERTIFICATE PROGRAMME IN NATUROPATHY AND HEALTH CARE			
CORE PRACTICAL 1: NATURAL CURE THERAPIES AND NATURAL REMEDIES				
Batch 2025-2026	Hours / Week 2	Total Hours 30	Credits 2	Entrepreneurship

COURSE OBJECTIVES

- To study the importance of natural foods
- To prepare super foods for body health
- To identify nature foods related to specific health problems

COURSE OUTCOMES

On successful completion of the course, the students will be able to

↑ K3	CO1	Understand various natural cure therapies.
	CO2	Apply contextual knowledge on principles of natural cure for various ailments.
	CO3	Practice Natural Cure Therapies.
	CO4	Develop skills on Natural Healthcare Techniques.
↓ K5	CO5	Address Health issues by Natural Cure.

SYLLABUS

LIST OF PRACTICALS

1. Plant-Based Milk and Nutritious Beverages
2. Nut and Seed-Based Health Drinks
3. Herbal Tea Formulations
4. Nutrient-Rich Salads and Healthy Breakfast
5. Fruit Salads
6. Traditional and Functional Foods for Health
7. Therapeutic Dairy-Based Preparations
8. Herbal and Functional Food Preparations
9. Energy-Boosting Traditional Sweets
10. Detoxification and Rejuvenation
11. Self-assessment of stress levels and sleep patterns.
12. Learn about basic human body functions through observations or spotters
13. To learn basic human body functions through observations.
14. Prepare diet chart plans

MAPPING

CO \ PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	S	H	S	M	S
CO2	S	M	H	S	H
CO3	H	H	M	H	H
CO4	S	H	S	M	M
CO5	H	M	H	S	H

S - Strong

H - High

M - Medium

L - Low

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**CERTIFICATE PROGRAMME QUESTION PAPER (PRACTICALS)
End of Semester Examination Question Paper Pattern
(For the candidates admitted from the academic year 2025-2026 onwards)**

Time: 3 Hours

Max. Marks: 60 Marks

BREAK UP OF MARKS

- | | | |
|----|--|-----------------|
| A. | Demonstrate the natural foods recipes | 10 Marks |
| B. | Prepare sample diet plan | 10 Marks |
| C. | Fasting methodology and its application | 10 Marks |
| D. | Spotters on therapeutic baths for various diseases | 10 Marks |
| E. | Spotters on stress management in health care | 10 Marks |
| F. | Record | 10 Marks |

Total 60 Marks

Programme Code: 05	CERTIFICATE PROGRAMME IN NATUROPATHY AND HEALTH CARE			
CASE STUDY ANALYSIS				
Batch 2025-2026	Hours / Week 2	Total Hours 30	Credits 2	Entrepreneurship

COURSE OBJECTIVES

- To explore opportunities in natural cure and healthcare system
- To recommend natural foods for various health-related concerns.
- To develop problem-solving skills in natural healthcare practices.

COURSE OUTCOME

On successful completion of the case study analysis, the students will be able to

K3 ↑ ↓ K5	CO1	Understand the latest trends in natural cure and healthcare therapies.
	CO2	Identify and document common health challenges and their natural solutions.
	CO3	Assess personal health issues using principles of natural cure.
	CO4	Combine natural cure and health care aspects for wellness.
	CO5	Examine the link between natural cure and herbal remedies for health issues.

The students shall undergo case study for a minimum period of one month during the last two months of the course and submit the report. Both the Internal and External Examiners shall jointly evaluate the report submitted by the students and marks will be awarded on the basis as mentioned below

Guidelines for the Distribution of Marks:

CIA	Case Study Review	15	20
	Regularity	5	
ESE	Case Study Report Presentation	60	80
	Viva – Voce	20	
Grand Total			100

MAPPING

CO \ PSO	PSO1	PSO 2	PSO 3	PSO 4	PSO 5
CO1	H	H	S	M	S
CO2	S	S	H	S	H
CO3	S	H	S	H	S
CO4	S	H	M	S	M
CO5	H	M	S	M	L

S - Strong

H - High

M - Medium

L - Low