

Netaji Subhas Open University

Diploma In Stress Management with Meditation

Syllabus

Course Structure (FM-600)

Module – I: Principles of Stress Management with Human Science

Module – II: Basic Meditation with Asan, Pranayam & Mudra

Module – III: Soft Tissue Manipulation for Stress

Module – IV: Chakra Yoga Practical

Module – V: Diseases & Remedial Therapy

Module – VI: Viva - Voce & Project

Duration: 1-Year; **Eligibility:** 10+2

Detailed Syllabus

Module – I: Principles of Stress Management with Human Science

Full Marks : 100

1. Concept of Stress - Eustress & Distress
2. Fight or Flight Response
3. Stressful Life Events
4. Common External causes of Stress
5. Common Internal causes of Stress
6. The main reasons that cause stress in modern life
7. Signs & symptoms of stress - Stress Reaction
8. Monkey mind symptom
9. Human Psyche with behavior and consciousness
10. The Nine Systems of the Human body
 - i. Skeletal System
 - ii. Muscular System
 - iii. Nervous System
 - iv. Endocrine System
 - v. Respiratory System
 - vi. Circulatory System
 - vii. Digestive System
 - viii. Excretory System
 - ix. Reproductive System
11. Introduction to sensory organs – Neuromuscular co-ordination

Module – II: Basic Meditation with Asan, Pranayam & Mudra

Full Marks : 100

1. Types of Meditation
2. Types of Dhyanasan
3. Pranayama (Definition with Merits & Demerits)
 - i. Definition Of Pranayama
 - ii. Lists of Pranayamas
 - A. Yogic Deep Breathing
 - i. Bajrasan Deep Breathing
 - ii. Ardha Kurmasan Deep Breathing
 - iii. Paban Muktasana Deep Breathing
 - iv. Bhujangasana Deep Breathing
 - v. Ardha Supta Bajrasana Deep Breathing
 - B. Nadi Sodhan
 - Anulom Vilom Pranayam Or Alternate Nostril Breathing
 - Nadi Suddhi Or Nadi Sodhan Pranayama
 - C. Miscellaneous:
 - Suryaveda
 - Ujjayi
 - Sitkari
 - Sitali
 - Bhastrika
 - Bhramari
 - Kapalbhati
 - Kumbhak Pradhan Pranayam
 - Bhraman Pranayam
 - Urdha – Bhraman Pranayam
 - Sahaj Pranayam – 1 To 10
 - Professor Anil Das's Bhakti Pranayam
 - Moorcha
 - Plabini
4. Mudras (Definition with Merits & Demerits)
 - Lists of Mudras & Bandhs
 - i. Ashwini Mudra
 - ii. Yoga Mudra
 - a) With Breathe-In Yoga Mudra
 - b) With Breathe-Out Yoga Mudra
 - iii. Mahabandh Mudra
 - iv. Biparit Karani Mudra
 - v. Matsya Mudra
 - vi. Mulabandh Mudra
 - vii. Shakti Chalani Mudra
 - viii. Maha Mudra
 - ix. Jalandhar Bandh Mudra

- x. Uddyan Bandh Mudra
- xi. Tri Bandh Mudra

Module – III: Soft Tissue Manipulation for Stress Full Marks : 100

1. Definition of Soft Tissue Manipulation (STM)
2. Joint Mobilization through Practice of Sukshma Vyayamas
3. List of Sukshma Vyayamas
 - i. Greeva Sanchalana (Neck Movements)
 - ii. Skandha Sanchalana (Shoulder Movements)
 - iii. Skandha Chakra(Shoulder Socket Rotation)
 - iv. Kehuni Naman (Elbow Bending)
 - v. Mushtika Bandhana (Hand Clenching)
 - vi. Manibandha Naman (Wrist Bending)
 - vii. Manibandha Chakra (Wrist Joint Rotation)
 - viii. Katishakti Vikasaka (Trunk movements)
 - ix. Shroni Chakra (Hip Rotation)
 - x. Ardha Titali Asana (Half Butterfly)
 - xi. Poorna Titali Asana (Full Butterfly)
 - xii. Janu Chakra (Knee Crank)
 - xiii. Janu Naman (Knee Bending)
 - xiv. Padanguli Naman (Toe Bending)
 - xv. Goolf Naman (Ankle Bending)
 - xvi. Goolf Chakra (Ankle Rotation)
4. Procedures of Soft Tissue Manipulation
 - i. Friction
 - ii. Vibration
 - iii. Massage Wringing
 - iv. Pulling
 - v. Hacking
 - vi. Tip Pressure
 - vii. Plucking
 - viii. Kneading
 - ix. Crab Kneading
 - x. Pounding
 - xi. Cupping
 - xii. Effleurage
 - xiii. Petrissage
 - xiv. Tapotement
 - xv. Glidding

Module – IV: Chakra Yoga Practical

Full Marks 100

1. Prakriti
2. Triguna
3. Panchatatta

4. Bodies (Sharir)
5. Panchakosha
6. Panchapran
7. Pancha-Upapran
8. Nadi
9. Kula – Kundalini
10. Postures for Chakra Yoga
11. Aim of Yoga With Sat – Chakra
 - a. Muladhara Chakra
 - b. Swadhisthan Chakra
 - c. Manipura Chakra
 - d. Anahata Chakra
 - e. Bisuddha Chakra
 - f. Ajna Chakra
 - g. Sahasrar Chakra
12. Practice of Meditation through Sat Chakra
13. Benefits of Chanting OM and other Mantras for Chakra Yoga

Module – V: Diseases & Remedial Therapy

Full Marks 100

1. The Role of Meditation with Yoga
 - i. Mental Hygiene
 - ii. Frustration, Conflicts & Psychosomatic disorders
2. Ischemic Heart Disease
3. Myocardial Infarction
4. Asthma
5. Obesity
6. Diabetes
7. Migraine
8. Acidity
9. Gastritis
10. Constipation
11. IBS (Irritable Bowel Syndrome)
12. Bronchitis with breathlessness
13. Hypo & Hyper Thyroidism
14. Fluctuation of Blood Pressure
15. Insomnia
16. Epilepsy

Module – VI: Viva - Voce & Project

Viva – Voce
Project

Full Marks 100

Marks : 50

Marks : 50