

Netaji Subhas Open University

Diploma in Yoga Education

Syllabus

Course Structure (FM-600)

Module – I: Human Science for Yogic Practice

Module – II: Yoga Introduction

Module – III: Practical of Yoga Postures

Module – IV: Practical of Pranayamas & Mudras

Module – V: Remedial Therapy of Diseases

Module – VI: Viva - Voce & Project

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

Detailed Syllabus

Module – I: Human Science for Yogic Practice **Total Marks : 100**

Anatomy

a) Abdomen:-

- i) Stomach
- ii) Liver
- iii) Gall Bladder
- iv) Pancreas
- v) Appendix
- vi) Prostate

b) Thorax:-

- i) Heart
- ii) Lungs

c) Osteology

d) Muscles

e) Skin

Physiology

- a) Cells
- b) Blood
- c) Respiratory System
- d) Digestive System
- e) Urinary System
- f) Nervous System
- g) Endocrine System

Module – II:**Yoga Introduction****Total Marks : 100**

1. Definition and types of Yoga.
2. The utility of Practice of Yoga.
3. Difference between Yogic & Physical Exercises.
4. Astanga Yoga.
5. Philosophy Of Yoga And Its Utility.
6. Yogic Diet & Food [Composition of Food, Drinking Water, Balanced Diet & Standard Diet].
7. Sat-Karma
 - i) Dhouti
 - ii) Basti
 - iii) Neti
 - iv) Tratak
 - v) Nauli
 - vi) Kapalvati
8. Upabasa [(A) With Water Intake (B) Nishi Palan]
9. Bath [(A) Abagahan Bath, (B) Tub Bath, (C) Normal Bath, (D) Ardha Bath].
10. Prakriti
11. Triguna
12. Panchatatta
13. Bodies (Sharir)
14. Panchakosha
15. Panchapran
16. Pancha-Upapran

Module– III:**Practical of Yoga Postures****Total Marks : 100****List of Asanas :-[Definition, Merits & Demerits].****Forward Bending Asanas**

- (A) Ardha Kurmasan
- (B) Vekasan
- (C) Sasangasan
- (D) Paschimottanasan
- (E) Pada Hastasan
- (F) Halasan
- (G) Navi Asan

Back Bending Asanas

- (A) Bhujangasan
- (B) Ustrasan
- (C) Dhanurasan
- (D) Ardha Chandrasan
- (E) Salavasan
- (F) Matsyasan
- (G) Eka Pada Salavasan or Ardha – Salavasan
- (H) Supta Bajrasan

- (I) Purna Bhujangasan
- (J) Setu Bandhyanasan
- (K) Chakrasan Or Ardha-Chakarasan
- (L) Sayana Sukhasan
- (M) Naukasan
- (N) Makarasan

Balancing Asanas

- (A) Brikshasan
- (B) Utkatasan
- (C) Utthita Padmasan
- (D) Tirjak Sarbangasan
- (E) Bhadrasan
- (F) Angusthasan
- (G) Tula Dandasas
- (H) Sirsasan
- (I) Mayurasan

Others i.e. Lying, Side Bending, Sitting, Spinal Twisting, Mixing Etc. & Also Dhyanasan

- (A) Bajrasan
- (B) Padmasan
- (C) Paban Muktasan
- (D) Gomukhasan
- (E) Ardha Matsyendrasan
- (F) Aakarna Dhanurasan
- (G) Utthan Padasan
- (H) Sarbangasan
- (I) Upa Bistwa Pabanmuktasan
- (J) Utthita Paschimottanasan
- (K) Parswa Chandrasan
- (L) Sayana Padmasan
- (M) Utthita Padasan By-Stages
- (N) Baddha Konasan
- (O) Sayana Paschimottanasan
- (P) Jasthiasan
- (Q) Singhasan
- (R) Bir Bhadrasan

**Module – IV: Practical of Pranayamas & Mudras
(with Chakra Yoga)**

Total Marks : 100

Pranayama (Definition with Merits & Demerits)

1. Definition Of Pranayama
2. Lists of Pranayamas

A. Yogic Deep Breathing

- Bajrasan Deep Breathing
- Ardha Kurmasan Deep Breathing
- Paban Muktasan Deep Breathing

Bhujangasan Deep Breathing
Ardha Supta Bajrasan Deep Breathing

B. Nari Sodhan

Anulom Vilom Pranayam Or Alternate Nostril Breathing
Nari Suddhi Or Nari Sodhan Pranayama

C. Miscellaneous:

Suryaveda

Ujjayii

Sitkari

Sitali

Bhastrika

Bhramari

Kapalbhati

Kumbhak Pradhan Pranayam

Bhraman Pranayam

Urdha – Bhraman Pranayam

Sahaj Paranayam – 1 To 10

Professor Anil Das's Bibhakti Pranayam

Moorcha

Plabini

Lists of Mudras & Bandhs (Definition with Merits & Demerits)

Ashwini Mudra

Yoga Mudra

1. With Breathe-In Yoga Mudra
2. With Breathe-Out Yoga Mudra

Mahabandh Mudra

Biparit Karani Mudra

Matsya Mudra

Mulabandh Mudra

Shakti Chalani Mudra

Maha Mudra

Jalandhar Bandh Mudra

Uddyan Bandh Mudra

Tri Bandh Mudra

Nadi

Kula – Kundalini

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

Module– V: Remedial Therapy of Diseases

Total Marks : 100

Alimentary System

1. Acidity
2. Gastritis
3. Constipation
4. Colitis
5. Piles
6. Indigestion

Respiratory System

1. Bronchitis
2. Bronchial Asthma

Cardio – Vascular System

1. Ischaemic Heart Disease
2. Myocardial Infarction

Endocrine System

1. Hypothyroidism
2. Hyperthyroidism

Menstrual Disorders

1. Amenorrhoea
2. Dysmenorrhoea
3. Cryptomenorrhoea
4. Menorrhagia
5. Metrorrhagia

Diseases Of Bones & Joints

1. Osteo Arthritis
2. Back Ache
3. Arthritis
4. Rheumatism
5. Sciatica
6. Spondylosis (Lumbar & Cervical)

Other Diseases

1. Sprain
2. Strain
3. Synovitis
4. Bursitis
5. Planter Fascitis
6. Tenosynovitis
7. Sub Calcaneal Bursitis
8. Rotator Cuff Impringmentation Syndrome (RCIS)
9. LBP (Low Back Pain)
10. Supra Spinatus Tendinitis
11. Deltoid Fibrosis
12. Deltoid Ligament Rupture
13. Tennis Elbow
14. Golfer's Elbow
15. Fracture & Dislocation
16. Sinusitis
17. Tonsilitis

18. Pharyngitis
19. Diabetes - Mellitus & Insipidus
20. Insomnia
21. Obesity
22. Tabes Dorsalis
23. Epilepsy
24. Parkinson Disease
25. Myasthenia Gravis
26. Friedreich's Ataxia
27. Anaemia
28. Frozen Shoulder
29. Slipped Disc
30. Blood Pressure – Low & High
31. Migraine

Module – VI:

Viva - Voce & Project

Total Marks : 100

Viva – Voce

Marks : 50

I. Oral Examination From Anatomy & Physiology

Marks : 25

ii. Oral Examination From Yoga Introduction,

Marks : 25

Yogic Diet, Sat Karma, Sat Chakra, Upabas, Bath, Pranayam, Mudra Etc.

Project

Marks : 50