

Diploma in Yoga and Naturopathy

CURRICULUM/SYLLABUS

This program is aimed at training candidates for the job of “**Yoga and Naturopathy**” Where he/she will be able to help people with disabilities, chronic illness, or cognitive impairment with activities of daily living & able to give a client medication or check the client’s vital signs under the direction of a nurse or other healthcare practitioner, in the “**Healthcare Sector Skill Council**” Sector/Industry and aims at building the following key competencies amongst the learner

This course encompasses **15** out of **15** National Occupational Standards (NOS) of “**HSS/ Q 5102 Home Health Aide**” Qualification Pack issued by “**Healthcare Sector Skill Council**”.

1. Provide routine individualized healthcare to the elderly, convalescents, or persons with disabilities at the patient's home.	2. How to perform and modify grooming tasks based on the patient's condition e.g. dementia, diabetes and paralysis.
3. Monitor or report changes in health status. Provide personal care such as bathing, dressing, and grooming of patient.	4. Record the completion of the grooming procedure on the template.
5. Maintain patient privacy by following a correct technique of undressing and dressing.	6. How to manage additional equipment like catheter or IV lines (Intravenous) while performing the dressing task.
7. Understand standard protocols for undressing and dressing the patient to prevent spread of infection.	8. Understand the organisation processes and codes for different dresses for patient.
9. Maintain the patient's privacy and promote independence by encouraging the patient to do as much as possible.	10. Follow standard precautions when performing perennal care or when bathing a patient with skin lesion and rashes.
11. How to give shower, complete bed bath, partial bed bath or tub bath to the patient.	12. How to prevent spilling of food and maintain patient's dignity and hygiene.
13. Ability to identify symptoms like choking or uneasiness while feeding and communicate them in correct language to the nurse/ physician.	14. To use equipment and techniques correctly to avoid injury or inconvenience to the patient.
15. Standard procedures to prevent the spread of infection and maintain medical asepsis.	16. The professional standards and codes of practice for his/her area of work within older people's services and how to interpret and apply.
17. The professional standards and codes of practice for the area of work within older people's services, and how to interpret and apply these standards.	18. Identify current or previous interventions that the older person may have experienced and the immediate requirements of his/her individualised care plan.
19. Role and importance of assisting other healthcare providers in delivering care.	20. The medical procedures and functioning of required medical equipment.
21. The methods for transporting and monitoring waste disposal and the appropriateness of each method to a given scenario.	22. The importance of the organisation monitoring and obtaining an assessment of the impact the waste has on the environment.
23. Understanding the Job Role of Nursing Responsibility and its Principles Development of nursing.	24. Assist the Chief Nurse in planning, setting up and supervision of Staff and Education Program of the Nursing Service.
25. Understanding of Yogic Science, therapies and Modern concept of Yoga and its classifications and Therapeutic Yoga.	26. In-Depth Understanding of Naturopathy covering Acute, Chronic and degenerative diseases and their treatments, Massage, Anatomy and Physiology, Hydrotherapy and Mud Therapy, Diet and Nutrition etc.

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S. No	Topic/Module	Duration (in Hours)	Key Learning Outcomes	Corresponding NOS Code
1	Assisting Nurse and Patient Care	50 Hrs	<ul style="list-style-type: none"> <li>Assist patient in bathing</li> <li>Assist patient in grooming</li> <li>Assist individual in dressing-up</li> <li>Support patient to eat and drink</li> <li>Assist individual in maintaining normal elimination</li> </ul>	HSS/ N 5116 HSS/ N 5117 HSS/ N 5118 HSS/ N 5119 HSS/ N 5116
2	Infection Control	20 Hrs	<ul style="list-style-type: none"> <li>Prevent and control infection in the home setting</li> </ul>	HSS/ N 5121
3	Establishing relationships, with the most effective methods of communication	50 Hrs	<ul style="list-style-type: none"> <li>Communicate with geriatric/paralytic/ immobile patient and their carers</li> <li>Enable geriatric/paralytic/ immobile patient to cope with changes to their health and well-being</li> <li>Implement interventions with geriatric/paralytic/immobile patient at risk of falls</li> </ul>	HSS/ N 5122 HSS/ N 5123 HSS/ N 5124
4	Office Culture and Protocol management aligning with Personal Efficiency and Job Requirements	60 Hrs	<ul style="list-style-type: none"> <li>Act within the limits of your competence and authority</li> <li>Work effectively with others</li> <li>Manage work to meet requirements</li> <li>Maintain a safe, healthy and secure environment</li> <li>Practice Code of conduct while performing duties</li> <li>Follow biomedical waste disposal protocols</li> </ul>	HSS/ N 9603 HSS/ N 9604 HSS/ N 9605 HSS/ N 9606 HSS/ N 9607 HSS/ N 9609
5	Philosophy of Nature Care	10 Hrs	<ul style="list-style-type: none"> <li>Definitions of Nature cure, Cause of health and disease</li> <li>Philosophy of Naturopathy (Principles, History of Naturopathy)</li> <li>Nature cure way of life</li> <li>Acute, Chronic and degenerative diseases and their treatments</li> </ul>	Additional as Required for the Job Role
6	Massage	8 Hrs	<ul style="list-style-type: none"> <li>Definition, History of Massage</li> <li>Rules and regulations applicable to massage therapist</li> <li>Oils and lubricants in Massage</li> <li>Types of Massage – Kellogs massage, Geriatric massage, Pre and Post natal massage, Powder massage, Pediatric massage</li> <li>Movements of Massage:               <ol style="list-style-type: none"> <li>Touch</li> <li>Friction</li> <li>Stroking</li> <li>Kneading</li> </ol> </li> </ul>	Additional as Required for the Job Role

			<ul style="list-style-type: none"> <li>e. Vibration</li> <li>f. Percussion</li> <li>g. Joint movements</li> <li>• Therapeutic massage</li> <li>• Effects of massage on each system</li> <li>• Indications and Contraindications</li> </ul>	
7	Anatomy and Physiology	8 Hrs	<ul style="list-style-type: none"> <li>• Musculo Skeletal System</li> <li>• Respiratory System</li> <li>• Digestive System</li> <li>• Excretory System</li> <li>• Circulatory System</li> <li>• Nervous System</li> <li>• Endocrine and Reproductive System</li> </ul>	Additional as Required for the Job Role
8	Yoga Theory and Practical Training	12 Hrs	<ul style="list-style-type: none"> <li>• Definition, History of Yoga</li> <li>• Ashtanga Yoga</li> <li>• Classifications of asanas - Basic asanas Methods, Indications, Contraindications, precautions</li> <li>• Suryanamaskara</li> <li>• Pranayama, Bandhas, Mudras, Meditation, Relaxation Techniques</li> <li>• Kriyas</li> <li>• Therapeutic Yoga (Disease Based)</li> </ul>	Additional as Required for the Job Role
9	Traditional Yoga	10 Hrs	<p>Patanjali Yog Sutra:</p> <ul style="list-style-type: none"> <li>• Definition and meaning of yoga</li> <li>• Types of vrittis</li> <li>• Different ways to achieve Raj Yog</li> <li>• Disturbance in Yogic Practices</li> </ul> <p>Swatmaram Hatha Pradipika:</p> <ul style="list-style-type: none"> <li>• Asanas</li> <li>• Pranayama</li> <li>• Kriyas</li> <li>• Nadanusandhan</li> </ul> <p>Great Philosophy of Indian Yoga Culture:</p> <ul style="list-style-type: none"> <li>• Charwak</li> <li>• Budha</li> <li>• Mahavir</li> <li>• Swami Vivekanand</li> </ul>	Additional as Required for the Job Role

10	Hydrotherapy	8 Hrs	<ul style="list-style-type: none"> <li>• Definition and Introduction of Hydrotherapy</li> <li>• Water - A universal solvent</li> <li>• Rules of Hydrotherapy</li> <li>• Properties of Water</li> <li>• Temperature and Duration, Physiological effect of cold and hot on each system</li> <li>• Action and Reaction</li> <li>• Hydrotherapeutic treatments: Method, Material requisite, Duration, Precautions, Indications, Contraindications, Types, Temperature of each treatment (packs, baths, sprays of cold and hot temperature)</li> <li>• Emergency management through Hydrotherapy</li> <li>• Efficient management of resources, equipments</li> </ul>	Additional as Required for the Job Role
11	Mud Therapy	8 Hrs	<ul style="list-style-type: none"> <li>• Definition</li> <li>• Qualities, properties of mud</li> <li>• Mud processing and purification procedure</li> <li>• Types of mud application; general and local (direct and pack)</li> <li>• Effects of mud bath, and local applications</li> <li>• Preparation of mud pack (Cold and Hot) - dimensions and duration</li> <li>• Indications and Contraindications of mud application</li> </ul>	Additional as Required for the Job Role
12	Diet and Nutrition	8 Hrs	<ul style="list-style-type: none"> <li>• Definition of diet, nutrition, and concept of balanced diet</li> <li>• Healthy Food Habits - what, when, where, how, how much, and how many times</li> <li>• Types of diet - Eliminative, Soothing, Constructive diet</li> <li>• Raw diet: Fruits, Salads and Sprouts – Practical work</li> <li>• Practical training in Naturopathic Recipes- Soups, Porridge, Daliya, Millets preparations</li> <li>• Modern Nutrition - Protein, Carbohydrate, Fats, Vitamins and Minerals</li> <li>• Cooking and Non cooking methods, selections of materials, modes of serving, importance of cleanliness and ambience</li> </ul>	Additional as Required for the Job Role
13	Fasting	8 Hrs	<ul style="list-style-type: none"> <li>• Definitions and Importance of Fasting, Fasting vs. Starvation</li> <li>• Types (Therapeutic, Religious and Political) of fasting</li> <li>• Procedure of fasting and Importance</li> <li>• Healing Crisis and Disease Crisis</li> <li>• Effects of fasting</li> <li>• Therapeutic Indications and Contraindications of fasting</li> </ul>	Additional as Required for the Job Role

14	Magneto Therapy	8 Hrs	<ul style="list-style-type: none"> <li>• Definition, properties, effects of magnets</li> <li>• Types of Magnets (Shapes and Power)</li> <li>• Mode of treatment - general and local applications</li> <li>• Indications and Contraindications for using magnets</li> <li>• Charging of water and oils and their uses</li> <li>• Electromagnetic field and health importance</li> </ul>	Additional as Required for the Job Role
15	Chromo Therapy	8 Hrs	<ul style="list-style-type: none"> <li>• Definition, Importance of Chromo Therapy</li> <li>• Effects of Colours – Indications and Contraindications</li> <li>• Charging of Water and Oil</li> <li>• Chromo Thermoleum</li> <li>• Sun Bath-Indication, contraindications, choice and time duration</li> </ul>	Additional as Required for the Job Role
16	Acupressure	8 Hrs	<ul style="list-style-type: none"> <li>• Definition, concepts and basics of acupressure</li> <li>• Local point and therapeutic application</li> <li>• Method of application - pressure and time</li> </ul>	Additional as Required for the Job Role
17	Physiotherapy	8 Hrs	<ul style="list-style-type: none"> <li>• Definition</li> <li>• Wax Bath</li> <li>• Electrotherapy</li> <li>• Gym Management</li> <li>• Normal Height, Weight, Temperature and Blood Pressure</li> </ul>	Additional as Required for the Job Role
18	Clinical Training and Nursing Care	8 Hrs	<ul style="list-style-type: none"> <li>• Basics of Nursing care and needs of patients</li> <li>• Holistic approach to nursing care</li> <li>• Basic clinical training</li> <li>• Communications skills</li> </ul>	Additional as Required for the Job Role

Total Programme Duration: **450 Hours (300 Hrs Theory & 150 Hrs OJT)**

*(This syllabus / curriculum have been approved by Healthcare Sector Skill Council (name of relevant Sector Skill Council or NSDC designated authority).*