

NSIC Training cum Incubation Programme

(A Public Private Partnership)

Training Curriculum & Learning Plan

Health & fitness (ST406)



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National Small Industries Corporation Ltd.

(A Government of India Enterprise)

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COURSE CONTENTS

Code No. : ST406
Trade : Diploma In Yoga
Duration : 12 month (1 hours per day)

Theory and Practical

1.	Natural Therapies
2.	Human Body Form & Nutrition
3.	Aerobics & Multi Gym
4.	Yoga & Meditation
5.	Personality Development i) Psychology ii) Personal Grooming
6.	Diet Cooking

Month: 1-3

Natural Therapy

Natural Therapy: To increase the blood circulation to reach face and body. For natural health exercises is necessary even a brisk walk to little distance have some value, Always try to exercises "You body will thank you for it"

Hydro Therapy: Exercise, muscles, reduces swelling and give you pain relief. Our body repair itself while we sleep, so make sure you get enough rest. Hydro bath before bed time give good sleep. Hydro therapy could deliver drag free relief from pain. This system concentrate on messaging all over the parts of your body that are most frequently going to become source of pain. Hydro therapy bath is very useful for spinal, neck, shoulder. Hydro therapy machine are more useful for hydro bath. Hydro therapy lessen your pain stress, tension, improve circulation, blood flow, results take more oxygen and nourishment to cells and tissues.

Immune system: it detoxing regular strong immune system. Stress relief, no BP, Headache, digested compliant, insomnia depression and anxiety attack.

Human Body Form & Nutrition

Human Nutrition, study of how food affects the health and survival of the human body. Human beings require food to grow, reproduce, and maintain good health. Without food, our bodies could not stay warm, build or repair tissues, or maintain a heartbeat. Eating the right foods can help us avoid certain diseases or recover faster when illness occurs.

Nutrients are classified as Essential or nonessential.

Essential Nutrients:

Essential nutrients are classified as carbohydrates, proteins, fats, vitamins, minerals and water.

Once digested, carbohydrates, proteins, and fats provide the body with energy it maintain its many functions.

Kilocalorie: the amount of energy needed to raise 1 kilogram of water 1 degree Celsius. In normal practice the term use is calorie instead of kilocalorie as the standard unit of measure in nutrition.

Non-essential Nutrients:

Nonessential nutrients are formed in the body for examples include cholesterol.

Too Little and Too Much Food

When the body is not given enough of any one of the essential nutrients over a period of time, it becomes weak and less able to fight infection.

A diet of excesses may also lead to other nutritional problems. Obesity is the condition of having too much body fat. It has been linked to life-threatening diseases including diabetes mellitus, heart problem etc.

Dietary guidelines/expert advice is to be taken for the essential nutrients.

The Balance of Good health

Eat a variety of different Foods

There are five different food groups:

1. Bread, other cereals and potatoes
2. Fruits and vegetables.
3. Milk and dairy foods.
4. Meat, fish and alternatives.
5. Foods containing fat; food containing sugar.

1. Bread, other cereals and potatoes



This group includes:

- Bread, rolls, chapattis
- Breakfast cereals, oats
- Pasta, noodles
- Rice
- Potatoes, sweet potatoes
- Dishes made from maize, millet and cornmeal
- Plantains, green bananas
- Beans and lentils

2. Fruits and vegetables

This group includes:

- All fresh, frozen and canned fruit and vegetables
- Salad vegetables
- Beans and lentils

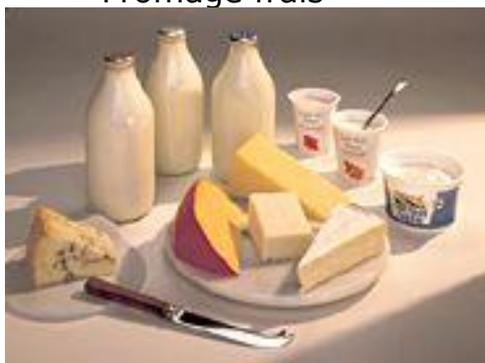


Try to eat at least five portions of fruits and vegetables each day. Include some vegetables, some salad and some fruits. Choose a wide variety.

3. Milk and Dairy Foods

This group includes:

- Milk
- Cheese
- Yoghurt
- Fromage frais

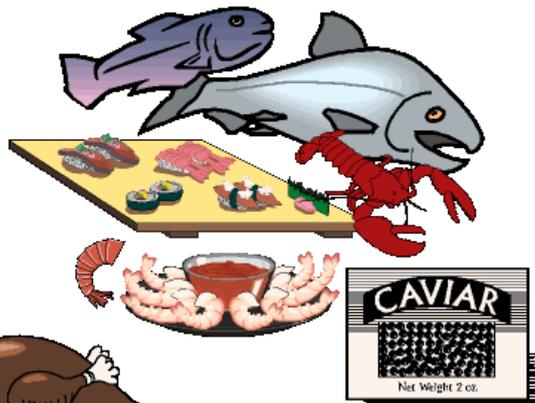


4. Meat, Fish and Alternatives

Dry Beans and Nuts



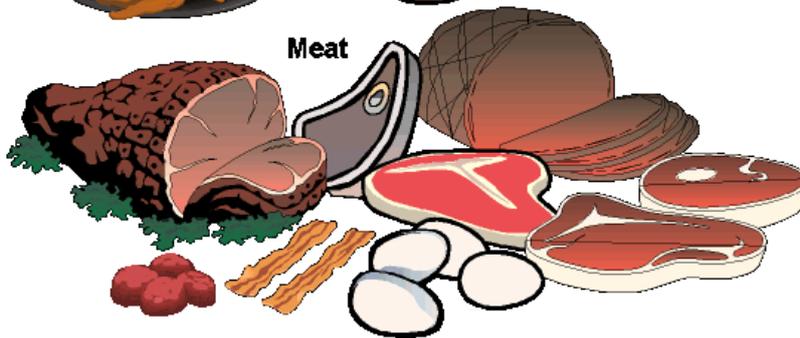
Fish & Seafood



Poultry



Meat



This group includes:

- Meat – beef, pork, bacon, lamb
- Meat products – sausages, beefburger, meat pies.
- Poultry – chicken, turkey
- Fish – fresh, frozen and canned
- Fish products – fish fingers, fish cakes
- Offal – liver, kidney
- Eggs.
- Beans and lentils – baked beans, chick-peas, lentils
- Nuts and nut products such as peanut butter.
- Textured vegetable protein and other meat alternatives.

5. Foods containing fat; Foods containing sugar

This group includes;

- Butter
- Margarine
- Low fat spreads
- Cooking oils
- Mayonnaise and oily salad dressings.

And foods we can enjoy as tests, like:

- Biscuits
- Cakes
- Puddings
- Ice-cream
- Chocolate
- Sweets
- Crisps
- Sugar
- Sweetened drinks

Try not to eat these too often and when you do, have small amounts.

Month: 4-6

Aerobic Fitness

Aerobic fitness increases the amount of oxygen that is delivered to your muscles, which allows them to work longer. Any activity that raises your heart rate and keeps it up for an extended period of time will improve your aerobic fitness.

Benefits of aerobic exercise	
Increases in:	Decreases in:
<ul style="list-style-type: none">- Heart health- Blood supply to heart and muscles- Your body's use of oxygen- Muscular endurance- Mood, self-esteem, and self-concept- Energy level	<ul style="list-style-type: none">- Risk of cardiovascular disease- Blood pressure- Cholesterol level- Shortness of breath- Risk of diabetes- Blood sugar- Risk of some cancers- Body fat- Anxiety and depression- Fatigue



As you increase your aerobic fitness, you will notice that you can do more physical activity without becoming out of breath or feeling like your heart is pounding. You will be able to do activities such as playing with children, housework, yard work, or hiking without becoming exhausted as quickly. Many forms of aerobic exercise will also strengthen your muscles and increase your flexibility.

One of the best and easiest aerobic activities is walking. You don't need special equipment, and it can be done almost anywhere. To get aerobic benefit, you must walk briskly-fast enough to increase your pulse and breathing, but not so fast that you can't talk comfortably.

Multi-Gym

A weight-training machine on which a number of different exercises can be performed. The weights are confined within a fixed frame and travel on fixed guide bars. This makes multi-gyms very safe. The trainee can assume a starting position without having to support any weights; there is no fear of losing balance or of the weights slipping; and the weights can be released without danger at any time.



Multi-gyms are also simple and convenient to use. Multiple weights enable a trainee to vary resistance almost instantaneously, and it is easy to shift from one exercise to another. Since their introduction, multi-gyms have become very popular in sports clubs, fitness clubs, and even in the home. Because of their safety, simplicity, and convenience, they are especially valuable for the beginner. However, many experienced weight-lifters prefer free weights (barbells, dumbbells etc.) which allow them to perform complex movements.

Meditation

Meditation means awareness. Whatever you do with awareness is meditation. "Watching your breath" is meditation; listening to the birds is meditation. As long as these activities are free from any other distraction to the mind, it is effective meditation.



Techniques

There are a number of meditation techniques for effective meditation.

Different cultures have different meditation techniques, but one thing is certain - meditation is universal. The different techniques are suited to different personality types. While some techniques are concentrative, involving focusing, other techniques are expansive such as 'Vipassana' meditation which allows for the free flow of thoughts and their observation.

Presented below are some of the common meditation methods. Only a brief insight is provided and meditation should be learnt under the guidance of a Guru.

Mantra Meditation:

Mantra, literally meaning 'revealed sound', means a sound or combination of sounds which develop spontaneously. In mantra meditation, specific sounds are repeated (japa) to achieve a meditative state.

Steady gaze (Trataka):

Trataka (to gaze steadily) has been followed by most religious systems including Christianity and Sufism. In Trataka, a steady gaze is performed on an object. While, it strictly comes under the category of a yoga cleansing technique, effective trataka practice takes one to the shores of meditation.

Chakra Meditation:

Chakras means "wheel" and represent the major nerve plexi which branch off the spinal cord to serve the major organs of the body. Chakras represent a different level of energy manifestation and consciousness development. There are 7 Chakras.

Vipassana Meditation

Raj Yoga Meditation

Zazen

Nada yoga

Month: 10-12

Personality Development

Personality development is the improvement of behavioral traits such as communication skills, interpersonal relationships, attitude towards life and restoring our ethics.

Psychology

Psychology is a branch of science that deals with mental processes and behavior. It is the systematic study of human and animal behaviour, mind and thought. To pursue the career of a psychologist, one should have a genuine desire to help other human beings.

Personal Grooming

Personal grooming includes activities such as showering, dressing, toileting and attention to personal presentation.

Personal hygiene and grooming aids assist people with disability to manage their personal care needs more independently at home and in the workplace. A variety of tools and aids have been designed to assist people who have difficulties with personal grooming due to reduced fine motor skills:

- personal hygiene and grooming aids
- toileting aids and appliances
- continence appliances
- showering and bathing appliances

Diet Cooking

Enjoy the balance diet 1300 to 1550 caloric on the recommendation by the doctor/experts.

Food Safety

Here are some essential guidelines on how you can help ensure that the food you eat is safe and will not cause food poisoning:

- Take chilled and frozen food home quickly, then put it in your fridge or freezer at once.
- Prepare and store raw or cooked food separately. Keep raw meat and fish at the bottom of your fridge.
- Keep the coldest part of your fridge at 0-5 degree C. Get a fridge thermometer.
- Check 'use by' dates. Use food within the recommended period.
- Keep pets away from food, dishes and worktops.
- Wash hands thoroughly before preparing food, after going to the toilet or after handling pets.
- Keep your kitchen clean. Wash worktops and utensils between handling food which is to be cooked and food which is not.
- Do not eat food containing uncooked eggs. Keep eggs in the fridge.
- Cook food well. Follow the instructions on the pack. If you reheat food, make sure it is piping hot.
- Keep hot foods hot and cold foods cold – don't just leave them standing around.

Food to be Taken in Plenty

'Green Foods' mean go

Fresh vegetables: Green leafy, vegetable, greens salads (cabbage, cucumber, green beans, lettuce, salad leaves, broccoli, burssel, sprouts, asparagus, celery).

Other vegetables: Onion parsley, raddish, sea kali, cauliflower, squash, turnip, pumpkin, ridge ground, capsicum, tomato, vegetable juice, mushrooms, lady's finger.

Fruits: Water melon, grape fruit, gooseberries, lemon, blackcurrent, blackberries, strawberries, raspberries, apple, papayas, cantaloupe (musk melon).

Drinks: Lemon water, lime soda / water, vegetable juice, tomato juice, clear soup, tea & coffee (without full cream milk & sugar).

Miscellaneous: Any sweetening agent except sucran & sorbitol, sugar free, equal, 1 up, slimmer's choice sweetener.

Pepper, vinegar, herbs, spices, gelatine,

Flavouring & colouring may be used.

Food to be Taken in Moderation

Eat yellow food with caution

Breads of all kinds (including so called slimming, starch reduced, brown or white, plain or roasted).

Breakfast cereals, porridge, cornflakes, oat, popcorn.

Fresh Fruits: Guava, peaches, pears, apricot, pomegranate, cherries, custard apple.

Low calorie biscuits: Arrowroot, Marie, Threptin, digestive Biscuits.

Vegetables: Green peas, carrots, beans, roots & tubers.

Skimmed milk and its products (curd, lassie, paneer etc.)

Chicken, fish egg white, sea foods.

Drinks: Creamy soups, fruit juices, diet drinks, coconut water, salts.

Food to be Avoided

Red Means Stop / Reduce

Sugar: (brown or white), Glucose, Sorbital, Sweets, Toffees Chocolates, Candy Jam, Marmalade, Syrup, Honey, Tinned Fruits, Bottled Fruits, Frozen fruits, Mango, Banana, Sapota (Chiku), Grapes.

Dried Fruits: Dates, figs, apricots, raisins, coconut, walnuts, cashew nuts, almonds, olive, peanuts.

Cakes, buns, pastries, pies, streamed or milk puddings, Prunes and sultanas (types of raisins).

Cereals: Parsnips, beetroot, sweet corn, haricot beans, butter beans, board beans, sweet potato, potato yam (arvi), Nuts, Ice-cream, fresh or synthetic cream, table jelly, evaporated or condensed milk.

Salad Cream: salad dressing, mayonnaise, brown sauce, white sauce or any thickening sauce.

Sweet pickles, other pickles and chutney.

Read Mutton: organ meat, pork, beef, sausages, kidneys, brains, shell fish, fish roes, egg yolk, processed cheese and other preparations.

Cooking Oils: fats, ghee, butter, margarine, peanut butter.

Thickened soups and gravies.

Sweetened fruits juices, fruits squash, soft drinks and other fizzy drinks.

Alcoholic Drinks: beer, wine sherry, spirits.

All fried foods: Vegetables samosa, pakoras, patties, chips (potato, banana, tapioca etc.) Snacks and mid meals nick-nack.

All foods must be served without thick gravies and sauces.

Go on for baked, grilled, boiled or steamed foods but not fried.

Slimmer's Choice Foods

1. Tomato Soup

Ingredients : Tomato Soup from fresh vegetable
water - 200 ml

Suggested Garnishing: Tulsi, Capsicum & Onion.

Shredded cabbage, carrots and boiled peas.
2 crushed, green chillies coriander leaves.

½ tsp cumin seeds,
½ tsp ginger and garlic paste
1 tsp grated cottage cheese (Paneer).
A sprig of mint to top

2. Chicken Noodle Soup

Ingredients : Chicken noodle soup
Water – 200 ml

Suggested Garnishing: Boiled and shredded chicken chunks (fresh) or Shredded and boiled vegetables like cabbage, carrots, capsicum etc.

½ tsp soya sauce and chillies in vinegar
Or
Few drops of tobasco or capsicum sauce.
Or
1 tsp boiled peas and ¼ tip Worcestershire sauce.
Or
1 tsp tomato chilli or tomato garlic sauce.
Egg.

3. Chocolate Cereals

Ingredients : 1 sachet chocolate
Cereal
50 ml water
To ml milk

Suggested Varieties: Milk & Water

Milk

Vanilla essence
Apple

Wheat Cereal : 1 Sachet chocolate cereal
50 ml water
50 ml milk

Minerals and Vitamins

Iron	:	Meat, poultry, legumes, fish, tofu, leafy vegetables, strawberries
Deficiency	:	Anaemia with symptoms of fatigue, listlessness, dizziness
FOLIC ACID:	:	Leafy vegetables (spinach and turnip greens), beans, peas
Deficiency	:	Diarrhea, weight loss, weakness, tongue sores, headaches.
IODINE	:	Seafood (cod and haddock) and kelp (seaweed), iodized salt
Deficiency	:	Mental retardation, hypothyroidism, stunting, goiter
ZINC	:	Oysters, meats, beans, nuts, wholegrain, seeds
Deficiency	:	Hair loss, skin lesions, diarrhea, wasting of body tissues
CALCIUM	:	Milk, yoghurt, cheese, seaweed, nuts and seeds, beans, seafood, amaranth, whole wheat, okra, broccoli
Deficiency	:	Stunting, weak bones
VITAMIN A (RETINOL)	:	Milk, liver, leafy, vegetables, eggs, carrots, mangoes
Deficiency	:	Night blindness keratomalacia, pale and dry skin
VITAMIN B1 (THIAMINE)	:	Rice and wheat bran, freshwater fish, shellfish
Deficiency	:	Weakness, fatigue, psychosis, and nerve damage
VITAMIN B2 (RIBOFLAVIN)	:	Milk, cheese, eggs, leafy vegetables, liver, yeast, legumes and nuts
Deficiency	:	Sore throat, mouth and / or lip sores, anaemia, and dermatitis
VITAMIN B3 (NIACIN)	:	Liver, chicken, fish, milk, eggs, nuts, wholegrain, legumes, leafy vegetables, tomatoes, broccoli, carrots, dates, mushrooms
Deficiency	:	Slows metabolism

- B 6 (PYRIDOXINE)** : Beans, nuts, legumes, eggs, meats, fish, grains
Deficiency : Anaemia, nerve damage, seizures, depression, skin problems
- VITAMIN B12 (COBALAMIN)** : Mean (liver and shellfish), eggs, milk, spirulina, seaweed, and human gut bacteria
Deficiency : Nerve damage with symptoms of numbness or tingling of the extremities, clumsy walk
- VITAMIN C** : Citrus fruits (Orange, lemon, grapefruit, lime), tomatoes, papaya, broccoli, Brussels sprouts, cauliflower, spinach, and capsicum
Deficiency : Loose teeth, slower healing low immunity and mild anaemia
- VITAMIN D** : Fortified food and sunlight
Deficiency : Weak bones, rickets

Assessment & Evaluation Sheet

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Assessment and Evaluation Sheet

TRADE	:	ST406 Health & Fitness				
Eligibility	:	Passed 10 th class				
Title	:	Diploma in Yoga				
Duration	:	12 months				
Teaching hour per week	:	15 hour				
Industrial training / Experience	:	3 month				
Months	Marks obtained					
	<i>Practical</i>		<i>Theory</i>		<i>Total</i>	<i>Obtained</i>
1	80		15		100	
2	80		15		100	
3	80		15		100	
4	80		15		100	

Results/Achievement Grade	Total	Out of 400 Marks	Remarks
70% and above	1 st Div. with distinction		
60% and above	1 st Div.		
50% and above	2 nd Div.		
40% and above	Passed		

***Instructor/Examine
Signature***

***Institution
Stamp & signature***