

Post-Graduate Diploma in Yoga Therapy

Course Curriculum

TEACHING HOURS AND CREDITS

SEMESTERWISE THEORY AND PRACTICAL SUBJECTS

Semester-I			
Subjects	Subject code	Credits	Total Hours
Theory subjects			
Yoga Philosophy	PGDYT T-101	04	60
Saaskātam	PGDYT T -102	04	60
Anatomy and Physiology	PGDYT T -103	04	60
Yoga therapy for common ailments	PGDYT T -104	04	60
Practical subjects			
Yoga therapy techniques	PGDYT P-101	02	60
Yoga practice for emotion culture level-7	PGDYT P -102	02	60
Yoga practice for Personality Development - level-7	PGDYT P -103	02	60
Advance Techniques	PGDYT P - 104	02	60
Hatha Yoga Asanas	PGDYT P - 105	02	60
	Total	26	540
Semester-II			
Theory subjects	Subject code	Credits	Total Hours
Patañjali Yoga Sutrās	PGDYT T-201	03	45
Hatha Yoga Pradipika	PGDYT T-202	04	60
Practical subjects			
Clinical Training - 1	PGDYT F -201	04	120
Clinical Training - 2	PGDYT F - 202	04	120
Clinical Training - 3	PGDYT F - 203	04	120
Clinical Training - 4	PGDYT F - 204	04	120
	Total	23	585