



केन्द्रीय शैक्षणिक एवम् तांत्रिक माहिती संशोधन समीती

CENTRAL EDUCATION & INFORMATION TECHNOLOGY RESEARCH COMMITTEE
AN AUTONOMOUS INSTITUTION REGD. BY THE GOVT. OF NCT OF DELHI UNDER ITA 1882 GOVT. OF INDIA
REGD. BY NCS-MINISTRY OF LABOUR AND EMPLOYMENT, GOVT. OF INDIA
REGD. AT MINISTRY OF MICRO, SMALL AND MEDIUM ENTERPRISES (MSME), GOVT. OF INDIA
An Autonomous Organization works for IT, HRD & Literacy

भारत सरकार पंजीकृत. P.G. Diploma In Yoga Science

Description

Post Graduate Diploma in Yoga is a full-time program in Yoga and Naturopathy. The program is covered in the course of 2 year covering all the major aspect of the study of Yoga. The prominence of Yoga has been on an increase across the globe, with more and more people knowing its benefits on health both in terms of physical and mental health. Along with becoming a medium of leading a healthy lifestyle, yoga has also turned to be a mode of a profession, with people opting for a career in this field. The program of Diploma in Yoga envisages to provide the required training to the aspirants who wish to undertake the further career in this field. The syllabus of Diploma in Yoga comprises of theory and practical method of teaching..

Course Content

Foundations of Yoga	Patanjali Yoga Darshan
Basic Yoga Texts	Therapeutic Yoga-I
Hatha Yoga	Therapeutic Yoga –II
Human Anatomy and Physiology	Diet and Nutrition
Practical I Yoga	Practical-I Yoga
Practical II	Practical-II
Seminar	Seminar
Assignment	Assignment
Comprehensive Viva-voce	Comprehensive Viva-voce
Yoga and Health	Applications of Yoga
Research Methodology and Statistics	Naturopathy & Ayurveda
General Psychology	Practical-I
Indian Philosophy	Practical-II
Practical-I	Dissertation
Assignment	Assignment
Comprehensive Viva-voce	Comprehensive Viva-voce



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