

Post Graduate Diploma in Yoga Teacher

Post Graduate Diploma in Yoga is Diploma level Yoga and Naturopathy course. The course helps to train and prepare deserving candidates in the exoteric aspects of Yoga, which deals with the problems of integration of personality as a first step to prepare oneself for the higher esoteric practices. The students will also be grounded fairly in the various academic aspects of the subject so that they may find themselves well equipped in these if they were to go out into the world after the course to undertake teaching work in Yoga.

Post Graduate Diploma in Yoga Syllabus

Syllabus of Yoga as prescribed by various Universities and Colleges.

Sr. No.	Subjects of Study
1	Fundamentals of Yoga
2	Principles of Raj Yoga & Hath Yoga
3	Practices of Contemporary Yogies & Alternative Therapy Methods (Based on Pt. Shri Ram Sharma Acharya)
4	Anatomy, Physiology & Related Disorders
5	Yoga Practical I
6	Yoga Practical II
7	Life Management (Creative Excellence)
8	Human Consciousness & Yoga Therapy
9	Yoga Therapy
10	Hygiene, Diet & Naturopathy
11	Acupressure, Pranic Healing & Marma Therapy



केन्द्रिय शैक्षणिक एवम् तांत्रिक माहिती संशोधन समीती

CENTRAL EDUCATION & INFORMATION TECHNOLOGY RESEARCH COMMITTEE

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सत्यमेव जयते

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12	Yoga Practical I
13	Practical II
14	Life Management (Team Building & Leadership)

