

# Symbiosis Center for Yoga

## Post Graduate Diploma in Yoga Therapy (PGDYT) Curriculum

### 1 Year

### SEM -I

#### SUBJECTS

Basics of Yoga Therapy	Principles and Application of Yoga for Wellness - I	Psychophysiology of Yogic practices	Yogic Management of Diseases- I	Yoga practicum -I
<ul style="list-style-type: none"> <li>• History and development of yoga</li> <li>• Definitions, meaning, aim and objectives, misconceptions, principles and scope of yoga</li> <li>• Basic concepts of bhakti yoga, jnana yoga,</li> </ul>	<p style="color: #E67E22;"><b>Physical wellbeing</b></p> <ul style="list-style-type: none"> <li>• Concept of positive health</li> <li>• Concept of physical wellness according to yoga and ayurveda</li> <li>• Concept of balanced prakriti as measurement tools of tridosha prakriti</li> <li>• Dietary regulation</li> <li>• Wellness measurement tools- GHQ, WHOQL</li> </ul>	<p style="color: #E67E22;"><b>Psychophysiology of asanas</b></p> <ul style="list-style-type: none"> <li>• Physiology of asanas.</li> <li>• Types and categories of asana</li> <li>• Musculoskeletal system</li> <li>• Comparison of physiological effects of exercise and asanas</li> </ul>	<p style="color: #E67E22;"><b>Disease specific yoga therapy</b></p> <ul style="list-style-type: none"> <li>• Musculo-skeletal disorders</li> <li>• Gastro intestinal disorders and excretory system</li> <li>• Cardio-vascular disorders</li> <li>• Respiratory disorders</li> </ul>	<ul style="list-style-type: none"> <li>• Shatkarmas</li> <li>• Asanas (yogic postures)</li> <li>• Breathing practices (for rectification of breathing pattern)</li> <li>• Yoga therapy techniques for neurological and muscular diseases</li> <li>• Yoga therapy for gastro intestinal</li> </ul>

<p>karma yoga – and raja yoga</p> <ul style="list-style-type: none"> <li>• Definition, importance and dimensions of health</li> <li>• Yogic concept of body &amp; mind</li> <li>• Stress mechanism and adaptation and management.</li> </ul>	<p><b>Psychological wellbeing</b></p> <ul style="list-style-type: none"> <li>• Definition of mind and its facets;</li> <li>• yoga &amp; psychological wellbeing;</li> <li>• yoga for enhancing cognitive abilities</li> <li>• Measurement tools and tests for psychological wellbeing</li> </ul>	<p><b>Psychophysiology of pranayama and mudras</b></p> <ul style="list-style-type: none"> <li>• Concept of panchaprana and its relation to health</li> <li>• Concepts of nadis, chakras and meridians-</li> <li>• Vital-energy model</li> <li>• Psychophysiological effects of pranayamas</li> <li>• Bioenergy measurement tools</li> </ul>		<p>disorders and excretory system</p> <ul style="list-style-type: none"> <li>• Yoga therapy for cardio-vascular disorders</li> <li>• Yoga therapy for respiratory disorder:</li> </ul>
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