

SYMBIOSIS CENTER FOR YOGA
Post Graduate Diploma in Yoga Therapy (PGDYT) Curriculum
1 year
SEM -II

Principles and Application of Yoga for Wellness – II	Theory-Yogic Management of Diseases- II	Yoga practicum -II	Project & Internship
<p>Emotional Well being</p> <ul style="list-style-type: none"> • Concept of emotional personality and emotion culture • Concept of Kama, Prema and devotion • Yoga and Stress Management • Yoga for Anger Management • Laziness management • Greed management • Measurement tools for emotional wellbeing and emotional quotient 	<p>Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications, and literature review of the publications on yoga for the disease)</p> <ul style="list-style-type: none"> • Neuro-muscular disorders • Endocrinological and metabolic disorders • Obstetrics and gynecological disorders • Psychological and psychiatric disorders 	<p>Yoga therapy for</p> <ul style="list-style-type: none"> • Neurological disorders • Endocrinological and metabolic disorder • Obstetrics and gynecological disorders • Psychological and psychiatric disorder <p>Meditation Practices for:</p> <ul style="list-style-type: none"> • Healing at the Physical Level • Healing at the Prana Level • Healing at the Mental level • Healing at the Conscious level 	<p>Internship at Aarogydhama at SVYASA/Symbiosis University Hospital & research center</p>

**Social and Spiritual
Wellbeing**

- Concept microcosm & macrocosm
- Happiness Analysis
- Social and global harmony through yoga
- Social adaptation- Interpersonal relationship as a measure of social health
- Role of Satsang & Bhakti Yoga measurement of consciousness field through REG