

Diploma Course in Yoga

Topics	Semester 1	Semester 2
Yoga	<ul style="list-style-type: none"> • Theory & Practical of the following: -Yoga: Etymology, definitions, aim, objectives and misconceptions -Yoga: Its Origin, history and development - Rules and regulations to be followed by Yoga Practitioners - Veda & Upanishad in relation to yoga -Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjali, Hatha) - Four streams of yoga - Eight limbs of Ashtang yoga -Introduction to Yoga Texts - Introduction and study of Patanjali - Yoga Sutra including memorization of selected Sutras (P.Y.S. 1/2,14,2/1,27,29, 46,47,49) -Introduction and study of Bhagavad Gita including memorization of selected Slokas (B.G. 2/47,48,50 3/13) - Career opportunities in Yoga -Introduction to Yoga practices -Shatkarma: Meaning, purpose and their significance in Yoga Sadhana -Introduction to Yogic Sukshma Vyayama,Sthula Vyayama and Surya Namaskar -Introduction to Yogasana: Meaning, 	<ul style="list-style-type: none"> • Theory & Practical of the following: - Describe the benefits of Yoga on human body -Concept of Aahara (Diet) according to Yogic texts - Significance of Hath Yoga practices in Health promotion - Concept of mental well being according to Patanjali Yoga -Yogic practices of Patanjali Yoga: Bahiranga and Antaranga Yoga - Concept of healthy living in Bhagwad Gita - Importance of subjective experience indaily Yoga Practice -Dincharya and Ritucharya with respect to yogic life style - Holistic approach of Yoga towards Health and Diseases -Introduction to First aid and CPR -Yogic management of stress and its consequences -Yoga in prevention of common disease -Yoga and Personality development - Advanced Hatha Yoga: Yama and Niyama - Advanced Bal Yoga - Advanced Mahila Yoga
Communication & Management	<ul style="list-style-type: none"> • Communication Skills • Maintain Health & Safety at worplace • Prepare & maintain workarea • Personal Grooming • Client Handling • Employbility Skills • Green Skills • Gender Sensitivity 	<ul style="list-style-type: none"> • Basic Financial Management • Team Management • Anger Management • Yoga Centre Management • Entrepreneurial Skills • Session Planning