



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 Therapy

Description

Post Graduate Diploma in Yoga Therapy involves the study of yoga science and ancient healing therapies. Yoga Therapy is defined as the science of development, cultivation, production and marketing of Yoga in medical Techniques and Exercise. PGD Yoga Therapy includes introduction of yoga, imparting knowledge from the experts, promoting positive health, prevention of stress related health problems.

Course Content

- Yoga Therapy
- Yoga Therapy Techniques
- Hitopadesa
- Introduction to Psychology
- Field Study and Thesis
- History of Yoga
- Anatomy of Human Body
- Spoken Sanskrit and English
- Healing Techniques
- Healing Through Yoga
- Design of Experiments
- Ergonomics
- Origin Of Yoga
- Psychology in vivid environment

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