

## **Post Graduate Diploma in Yoga Therapy (PGDYT) for Medicos and Para-medicos**

- The course is designed to teach medical professionals to integrate Yoga therapy in their medical practice for prevention and treatment of lifestyle diseases.
- To orientate paramedical and medical Graduates of any system of medicine to learn and administer Yoga therapy modules for lifestyle related common ailments.
- To introduce holistic principles of Indian Systems of Medicine to medical professionals.
- To orient the medical professionals on the psycho-physiological mechanisms of Yogic practices.
- The course is designed to promote awareness for positive health and personality development in the student through Yoga.

### **Eligibility:**

- Any Medical/ Para-Medical/ Physiotherapy (minimum 4 years or more) Graduate with minimum 50% marks from the recognized University or Institutions approved by regulatory body.
- A candidate should be medically fit. A Medical Fitness Certificate in this regard issued from the Medical Officer of the Institute shall be produced. Candidates suffering from any chronic disease are advised not to seek admission to this course. Format of medical certificate is enclosed herewith.
- **Intake Capacity:** 20

**Duration:** The course will be of 1 year (2 semesters) duration.