

**REGULATIONS- Certificate Course in Yoga Studies - (C.Y.S.)**

**PREAMBLE:**

Yoga is an integral part of Indian culture and spiritual heritage. The science of Yoga promotes Physical, Mental and Spiritual health and also helps an individual to lead a happy life, thus bring harmony and peace in the society. In the modern days the techniques of Yogic science are extremely useful in the management of stress and stress related disorders and to promote positive health of an individual.

**Objectives:**

- 1) To impart yoga education and training for promotion of positive health and also overall personality development of an individual.
- 2) To impart scientific training in yogic studies (both theoretical and practical) to those desirous making a carrier in the professional field of yogic teaching and to promote professional yoga teachers.
- 3) To train the students to undertake higher training and research in various aspects of yogic science.
- 4) To organize short term yoga training and yoga therapy courses or camps, lecturers, workshops and seminars on yoga for the benefit of students, teachers, ministerial staffs of the university and all sections of the society to promote positive health.
- 5) To promote and also to propagate the importance of yogic science in modern days and take it to the Society.

**Eligibility for admission:**

A female candidate who has passed SSLC or 10<sup>th</sup> standard of Government of Karnataka or its equivalent is eligible for admission.



Post Graduate Diploma in Yoga

Syllabus



**KARNATAKA STATE AKKAMAHADEVI WOMEN'S UNIVERSITY, VIJAYAPURA  
DEPARTMENT OF STUDIES IN PHYSICAL EDUCATION AND SPORTS SCIENCES**

**Post Graduate Department of Yoga Studies**

**REGULATIONS- Post Graduate Diploma in Yoga Studies - (P.G.D.Y.S.)**

**Title:**

The course shall be called "Post Graduate Diploma in Yoga Studies"-(P.G.D.Y.S.)

**Duration:**

This is a full time course and it is extended over a period of one academic year comprising of two semesters.

**Objectives:**

- 1) To introduce yoga and yogic practices to holistic health of an individual
- 2) To impart scientific training in yogic studies (both theory and practical) to those desirous making a carrier in the professional field of yogic teaching and to provide professional yoga teachers to all levels of training.
- 3) To provide intensive training in theory, practice and teaching techniques of yoga studies as are necessary to develop the basic knowledge, skill techniques and attitudes in students to work with individuals groups and communities.
- 4) To organize short term yoga training and yoga therapy courses or camps, lecturers, workshops and seminars on yoga for the benefit of students, teachers, ministerial staffs of the university and all sections of the society to promote positive health.
- 5) To introduce the fundamentals of yoga therapy and also to provide new avenues to the students to learn, practice and propagate the techniques of this ancient science.
- 6) To train the students to undertake higher training and research in various aspects of yogic science.

**Eligibility:**

- 1) A candidate who has passed Bachelors degree examination in any faculty of Akkamahadevi Women's University or any recognized University in India or abroad shall be eligible for admission to the "Post Graduate Diploma in Yoga Studies" course and preference will be given to those who have successfully completed.
- 2) A candidate should be medically fit. A medical fitness certificate in this regard issued from the Health center, Karnataka State Akkamahadevi Women's University or from a Registered