

DEPARTMENT OF YOGA & VEDIC SCIENCES

GSL Health Care Institutions

Rajahmundry.

Yoga is an invaluable gift of India's ancient tradition. Yoga is 5,000-year-old system purely originated in India, which aims to transform both body and mind and is very much relevant even today. Yoga is a comprehensive methodology evolved by the ancient seers, which embodies physical, psychological, moral and spiritual dimensions of human life. Yoga is an advanced science with the strength of rigorous theoretical framework supported by scientifically proved practical techniques.

Yoga is a scientific system that fosters healthy development of the physique and balanced development of the psyche. Yoga helps in promoting positive health, prevention of stress related health problems and rehabilitation. It also gives an integral approach to common ailments. Yoga also sharpens ones mental faculties improving attention and concentration. Its miraculous benefits for health, concentration, will power, stress management, personality development, human values, interpersonal relations, and spiritual evolution are being highly appreciated now by all sections of the society all over the world.

Today yoga is being accepted as a system of Complimentary Alternative Medicine and as a Lifestyle Management Program. As a result, there is lot of demand in the society to learn yoga. This demand has further increased due to the recent awareness created due to the celebration of the first International Day of Yoga, 2015 Department of Yogic Sciences started Diploma in Yogic Science Course from the Academic Year 2017-18 with a motto to provide the necessary knowledge of the theory and practice of yoga so that the students learn to practice and also to teach yoga to all age groups for promoting their health and effectiveness, and to give them a basic understanding of yoga, human anatomy & physiology, philosophy and psychology relevant to the theory and practice of yoga to help them gain the theoretical and scientific perspective on yoga.

The course duration shall be of one academic year. The classes will be conducted from Tuesday to Friday with one hour theory and one hour for yoga practices. Practical classes for kriyas will be conducted on Fridays. The medium of instruction shall be English. The method of instruction shall comprise of lectures and demonstration.



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Admission Notification in to Diploma in Yogic Sciences

Duration: One Year

Academic Schedule: Tuesday to Friday 4.00 pm to 6.00 pm

Method of Instruction:

- Lecture Demonstrations
- Yoga Practice

Eligibility: Intermediate (10+2), any qualifying examination other than Intermediate examination equivalent to Intermediate Board

** Diploma in Yogic Sciences (DYS) can be pursued as a part time course

For Queries Contact:

COLLEGE OF PHYSIOTHERAPY,
GSL Health Care Institutions, Rajahmundry.

Cell: 9885070075, 9912636112

Course Fees
Rs.10, 000/-

