

# Department of Yoga & Vedic Sciences

## College of Physiotherapy

### Rajamahendravaram

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.

In this regard, we would like to bring to your kind notice that on 11<sup>th</sup> Dec 2014, the United Nations General Assembly declared 21<sup>st</sup> June as the International Yoga Day. The declaration came after the call for the adoption of 21<sup>st</sup> June as International Yoga Day by Honorable Indian Prime Minister, Sri Narendra Modi during his address to UN General Assembly on September 27, 2014. It indicates the global recognition and importance of Yoga. There is huge demand for qualified Yoga Teachers. Due to a dearth of experienced and professionally qualified yoga teachers, there is a necessity for Professional Training Institutes and Courses.

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.

Due to recent advances in Science and Technology, the lifestyles of the modern people have drastically changed to such an alarming extent that, this very lifestyle being adopted is leading to innumerable health problems, mental stresses and strains, family problems and social tensions and pressures. We are happy to note that, *State Council of Educational Research & Training, UGC, AICTE*, and other such National bodies have made Yoga training mandatory in higher educational institutions.

Department of Yoga & Vedic Sciences, College of Physiotherapy, GSL Medical College started Diploma in Yogic Science Course (Affiliated to Adikavi Nannaya University, Rajamahendravaram) 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.

## **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.

**Affiliation:** Adikavi Nannaya University, Rajamahendravaram

**Course Fees:** Rs.10, 000/-

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