

POST GRADUATE DIPLOMA IN YOGA THERAPY (PGDYT)

Admission Procedure

Dear Learner,

It gives us immense pleasure to know about your interest in Yoga. We are running distance education program for students who are interested in PGDYT. The following detail about the course will be helpful to you.

Admission Intake: January and July, every Year.

Type of PCP	Induction Program	Evaluation Program
First Intake (1st January Every Year)	First Week of January (1 st -7 th January)	Second Week of subsequent January (8 th -15 th January)
Second Intake (1st July Every Year)	First Week of July (1 st -7 th July)	Second Week of subsequent July (8 th - 15 th July)

How to Apply:

Application form to be filled online <https://svyasa.iweb.online>

Duration: The Minimum duration of the course is 15 months and the maximum is 3 years.

Eligibility: Bachelor's degree (any discipline) with a min 45% pass percentage YIC from SVYASA University is mandatory.

Documents to be Uploaded along with Application:

1. Higher secondary (S.S.C),
2. Senior Secondary (PU),
3. Marks sheet and certificate of Graduation,
4. Medical fitness certificate,
5. Y.I.C certificate,
6. Photographs /passport size (jpg, jpeg 500kb)
7. Aadhar card
8. Passport and Visa (Non-Indians)

9. The name on your application form should be as you would want it printed on your degree certificate. If this is different (due to, say, a name change after marriage) from your name on your earlier certificates and documents that you are submitting to us, then you need to submit an affidavit for the same.

10. Note to foreign students - if your certificates are in a language other than English, please send a translation of the same in English.

Application Last date:

January intake: Applications should be filled out and payment should be made by December 20

July intake: Applications should be filled out and payment should be made by June 20

What happens next?

Your application will be either rejected or conditionally accepted or accepted.

If you do not meet the eligibility criteria, a rejection email will be sent to you within a week of us receiving the application.

If you meet the eligibility criteria, but if your documentation is not complete, depending upon what document is missing; your application will be either rejected or conditionally accepted. In the latter case you will be requested to supply the missing documents within a week. Your registration can be confirmed only after those documents are submitted. If you fail to produce the documentation, application will be rejected.

Once you have completed the application process, within a week you will receive an auto generated email after the verification process is completed. And you will be allowed to go through the subsequent steps of registration i.e. payment of fees.

Course fee should be paid only after receiving confirmation email from us.

Three Phase Learning Cycle



PGDYT Programme Frame Work

1st PCP: 7 days

1st to 7th Jan/July every year we conduct Counselling Session for a week. During which course materials, Assignments and Unit Tests will be given. There will be theory+ practical sessions and Arogyadhama orientation.

Phase- 1:

Assignment 1 and Unit Test 1: to be submitted within the first three months,
Assignment 2 and Unit Test 2: to be submitted within the next three months.
After successful submission of the Assignments and Unit Tests, you will be allowed to take Arogyadhama Internship Training.

Phase – 2:

Arogyadhama Internship Training Duration: 3 Months

Initial 16 days of In-house Arogyadhama Training at SVYASA (compulsory) and the remaining practice may be continued at your home town. A total of 40 case reports have to be submitted for successful completion of the training.

2nd PCP: Second week of Jan/ July is the Examination Program for one week.

Phase- 3:

Externship

After the completion of your exam, you are required to provide free voluntary service at a hospital/ clinic for three months, 4 hours daily. A service certificate, issued by the clinic may be submitted to prove the same.

Following the Externship, you will be awarded the PGDYT certificate.

For any query feel free to write.

Syllabus

Post Graduate Diploma in Yoga Therapy (PGDYT)

Subject Code	Name of the Subject	Credits
PGDYT T 101	Anatomy & Physiology	4
PGDYT T 102	Yoga Therapy Principles and Applications	4
PGDYT T 103	AYUSH	4
PGDYT T 104	Common Ailments	4
PGDYT T 105	Yoga Texts	4
PGDYT T 106	Research Methodology	2
PGDYT T 107	Teaching Techniques	2
PGDYT P 101	Yoga Therapy Training	4
PGDYT P 102	Advanced Yoga Techniques	4
PGDYT F 101	Arogyadhama Training	16
Total		48

For Any query contact,

Mrs. Rashmi Bapat

9870489477

Yoga Therapy Program Coordinator

Ph: 080-22639901/02/03

Email: pgdyt@svyasadde.com

PGDYT Course Details