

Post Graduate Diploma in Yogic Science (PGDYS)

The Post Graduate Diploma in Yogic Science (PGDYS) is a specialized programme designed to provide comprehensive knowledge and practical training in Yoga, meditation, holistic health, and Indian philosophical traditions. The programme aims to develop professionally skilled yoga practitioners, wellness educators, and researchers capable of promoting physical, mental, and spiritual well-being in society.

The curriculum combines theoretical understanding with practical application, enabling learners to explore the scientific, therapeutic, and educational dimensions of Yoga. The programme is suitable for students, teachers, health professionals, fitness trainers, and individuals interested in holistic living and wellness education.

PROGRAMME HIGHLIGHTS

- Comprehensive study of Yogic Science and Philosophy
- Practical training in Yoga Asanas, Pranayama, and Meditation
- Focus on holistic health and stress management
- Experienced faculty and practical sessions
- Opportunities for higher studies and professional growth
- Skill development for wellness and yoga instruction

DURATION : 1 Year

INTAKE: 20 Seats

ELIGIBILITY

Candidates who wish to take the Post Graduate Diploma in Computer Applications (PGDCA) course must have completed and passed their Graduate in any discipline.

ADMISSION PROCEDURE:

First come First Serve basis or any other selection process as per the policy of the State Government/ the University.

FEES

The institution shall charge only such fee as prescribed by the affiliating body / State Govt concerned in accordance with provisions of University, as amended from time to time and shall not charge donations, capitation fee etc from the students.

.