

Diploma in Yoga & Teacher Training (DYTT)

Duration: 1 Year (2 Semesters)

Semester – I

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	DYTT101	1DYTT1	Introduction to Yoga & Philosophy
2	DYTT102	1DYTT2	Human Anatomy & Physiology
3	DYTT103	1DYTT3	Yoga Practices – I (Asanas & Pranayama)
4	DYTT104	1DYTT4	Teaching Methodology of Yoga

Course Details (Semester – I)

- **Introduction to Yoga & Philosophy** – Origin, history and philosophy of Yoga, importance in modern life.
 - **Human Anatomy & Physiology** – Basics of body systems related to yoga practices.
 - **Yoga Practices – I** – Fundamental asanas and pranayama techniques.
 - **Teaching Methodology of Yoga** – Lesson planning, yoga pedagogy, and class management.
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Semester – II

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	DYTT201	2DYTT1	Patanjali Yoga Sutra & Bhagavad Gita
2	DYTT202	2DYTT2	Yoga Therapy & Naturopathy

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
3	DYTT203	2DYTT3	Yoga Practices – II (Advanced Asanas, Mudra, Bandha, Meditation)
4	DYTT204	2DYTT4	Practical Training / Teaching Practice

Course Details (Semester – II)

- **Patanjali Yoga Sutra & Bhagavad Gita** – Study of selected sutras and yogic philosophy.
- **Yoga Therapy & Naturopathy** – Yogic healing, therapeutic practices, natural health methods.
- **Yoga Practices – II** – Advanced asanas, mudras, bandhas and meditation practices.
- **Practical Training / Teaching Practice** – Supervised teaching sessions and practical exposure.