

Syllabus For
Post Graduate Diploma In Medical Yoga Therapy
(Comprehensive Medico Yogic Approach)
(Dip MYT)

1. Name of the Certification- Diploma in Medical Yoga Therapy (Dip MYT)
2. Requirement/Eligibility
 - a. Yoga Professionals
 - b. Any degree holder
3. Brief role description-
 - Will play a significant role in Integrated Health OPDs in Government & Private Hospitals.
 - Can work independently to help the society for Health care.
 - Can work along with a certified physician or certified Yoga Consultant to give Yoga Therapy on all disorders.
4. Minimum age- No age limit
5. Personal Attributes- The job requires individual to have
 - a. Thirst for knowledge
 - b. Eagerness to understand Medical details
 - c. Compassion for the patients
 - d. Long term perseverance to help the patients for Palliation and restoration
 - e. Dedication for handling the case with thorough knowledge
 - f. Skill to connect with person in front for comforting him/her
 - g. Credibility is to be valued
6. Duration of course- 12 months -1000 hours (Teaching hours + Self-study + Assessment + Field Visit + Internship)



Theory Syllabus

This course consists of 4 parts -

- Part 1 - Classical Yoga - 3 months
- Part 2 - Medical Yoga - 4 Months
- Part 3 - Applied Yoga - 3 Months
- Part 4 - Internship - 1 Month
- Preparation for Examination - 1 Month

1. Classical Yoga -

A)

- Patanjali Yog Sutra - Recitation, Understanding, Meaning & Application
- Bhagavad Geeta - Recitation, Understanding, Meaning & Application ● Yog Vashitha - Recitation, Understanding, Meaning & Application B)
- Prayers , Hymns , mantras , Pranav - Concept and significance in application.
- Recitation of HP & GS Shlokas
- Hatha Yoga Pradipika- Chaturanga Yoga principles, Techniques & Therapeutic applications.
- Gheranda Samhita- Saptanga Yoga principles, Techniques & Therapeutic applications
- Ayurveda & other Indian Traditional Systems. i.e., Naturopathy, Siddha System ● Ahara in Hatha Yoga and Bhagavad Geeta

2. Medical Yoga -

- Anatomy of the Human Body with major muscles for their position and action and correlation with Yogic Postures .
- Physiology of the Human Body with their functional significance in Homeostasis.
- Pathophysiology symptoms, Signs, Investigations of Selective Diseases ● Conventional Medical Management
- Medico-Yogic Approach & Protocol

3. Applied Yoga -

- Western Psychology concepts
- Nutrition - Modern concepts
- Hatha Yoga & Ashtanga Yoga & Modern Medicine (Pratyahar, Pranayam, Dharana)
- Selective additional Diseases & Yogic Science
- Preparation & Submission of Project Report.
- Research Orientation

4. Internship -

- Hands on Experience with patients at Gnosis Medical Yoga Foundation , Ayurveda Clinic



Practical Syllabus

1. Classical Yoga -

- Daily Recitation of Selective Patanjali sutras, shlokas from Hatha Pradipika, Gherand Samitha, Bhagavad-Gita & Yoga Vasistha
- Prayer & Shanti Mantra- meaning, purpose & application
- Sukshma Vyayam
- Sthula Vyayama
- Surya Namaskar
- YogaAsanas
- Ashtakumbhak by HP & GS
- Mudra Dashakam from Hatha Pradipika
- Panchvinshati mudras from Gherand Samitha
- Shat Kriyas as described in Hatha Pradipika & Gherand Samhita
- Various Meditation Techniques
- Introduction of Shat Chakras

2. Medical Yoga -

- Understanding Muscles, Joints while practising Yogic Postures
- Stretching Postures
- Strengthening Postures
- Conscious relaxation of muscles
- Yogic Postures for metabolic rate, bone density, glycemic control , HDL cholesterol , neurotransmitters in CNS, posture
- Types of Breathing
- Muscles used in breathing
- Involuntary & Voluntary aspects of breathing
- Conscious deep breathing
- Guided breathing
- Breathing & Mind , energy metabolism



3. Applied Yoga -

- Revision of Classical Yoga Practical
- History taking of patient/ candidate
- Know the significance of age , sex, occupation, personality, habits , present situation.
- Various measurements record
- Record of Asanas , Breathing Techniques Pranayam, Mantra chanting on heart rate
- Brief about - ECG, EEG, Spirometry
- Measurement of strength, flexibility & VO2 max with Yogic Postures Practice
- Kinesiology of Yogic Postures
- Project Review & Data collection for Research

For e.g - Record effects/results of Asanas , Breathing Techniques Pranayam, Mantra chanting on Heart Rate

Assessment

1. Weekly MCQs & One liner questions on Theory
2. Weekly Practical assessment
3. Periodic Assessments in the form of Seminars & Practical understanding and application
4. 1st Assessment – end of 2 & ½ month
5. 2nd Assessment – end of 3 & ½ month
6. 3rd Assessment – end of 5th month
7. 4th Assessment – end of 6 & ½ month
8. 5th Assessment – end of 8th month
9. 6th Assessment – end of 10th month
10. Internship, Field visits in 11th month
11. Exam Preparation – Self study with online support from faculty

