



P.B. SIDDHARTHA COLLEGE OF ARTS & SCIENCE

Siddhartha Nagar, Vijayawada – 520 010

Autonomous - Re-accredited at 'A+' Grade by the NAAC - ISO 9001 - 2015 Certified

College with Potential for Excellence-Phase-II (Awarded by the UGC)

Diploma in Yoga Education at PB Siddhartha College: Your Path to a Healthier, Balanced, and Rewarding Future

Course Overview

The Diploma in Yoga Education (D.Y.Ed) at P.B. Siddhartha College of Arts & Science is a comprehensive one-year program designed to impart both theoretical and practical knowledge of yoga. The program aims to train students to practice and teach yoga, promoting health and effectiveness for all age groups. It covers various aspects including human anatomy, physiology, Indian philosophy, psychology, and classical yoga texts, providing scientific and theoretical foundation for yoga practices.

Importance of Yoga Education

In today's fast-paced world, yoga serves as a powerful tool for achieving physical health, mental clarity, and emotional balance. The Diploma in Yoga Education is not merely about learning postures but understanding the profound philosophy and science behind yoga.

This course aims to:

- The curriculum addresses the integration of personality, preparing students for higher esoteric practices.
- Emphasis is placed on the complete well-being of individuals, blending physical postures with mental and spiritual practices.
- Students gain a thorough understanding of human anatomy, physiology, Indian philosophy, and psychology, providing a scientific perspective on yoga.

Objectives

The primary objectives of the D.Y.Ed program are:

- To provide necessary knowledge of yoga theory and practice, enabling students to practice and teach yoga to different age groups.
- To offer a basic understanding of human anatomy, physiology, Indian philosophy, and classical yoga texts relevant to yoga.
- To prepare students to teach Hatha yoga practices and meditation with a secular and scientific orientation

Admission Requirements

Candidates must meet the following criteria:

- A pass in a two-year Intermediate (10+2) or Pre-University program (PUC)/12th standard, or a three-year Polytechnic Diploma.

- Admissions are conducted by the Directorate of Admissions, P.B. Siddhartha College, with a total of 50 seats available.
- Candidates must be in good physical and mental health, certified by a physician.
- Employed applicants must provide a 'no-objection certificate' from their employer.

Discipline and Attendance

Students are expected to maintain high standards of discipline and regular attendance, with a minimum of 80% attendance required to benefit fully from the course.

Dress Code

Students are required to wear appropriate uniform designed by the department, ensuring comfort during practical sessions

Course Structure

The D.Y.Ed. program is divided into two semesters, each consisting of three theory papers and one practical paper:

First Semester:

1. Yoga Theory & Yoga Practice (YOGT11)
2. Human Anatomy, Physiology & Effect of Yogic Practices on Systems (YOGT12)
3. Classical Yoga Sutras & Hata Yoga (YOGT13)
4. Methodology of Yoga Practice-I (YOGP11)

Second Semester:

1. Yoga and Mental Health (YOGT21)
2. Scientific Studies on Yoga (YOGT22)
3. Therapeutic Yoga & Nutrition (YOGT23A)
4. Methodology of Yoga Practice-II (YOGP21)

Students will learn about:

- Historical and Philosophical Foundations:
- Explore the origins and evolution of yoga through various historical periods and philosophical schools.
- Human Anatomy and Physiology:
- Understand the structure and functions of the human body and the effects of yogic practices on different systems.
- Practical Yoga Training: Engage in regular practice of asanas, pranayama, mudras, bandhas, and meditation, building a robust practical foundation.
- Mental Health and Stress Management: Learn the psychological implications of yoga, stress management techniques, and the integration of personality through yogic practices.

Grading and Examination

To pass, students must secure at least 40% in each paper, comprising both internal assessments and end-semester exams. Grades range from 'O' for scores above 85% to 'E' for scores between 40% and 49%. Failing to meet the minimum required marks necessitates re-examination.

Each paper includes internal assessments and end-semester exams, with a total of 400 marks per semester

Yoga Practice and Evaluation

Students engage in regular practice of Kriyas, asanas, bandhas, pranayama, mudras, and meditation. They must maintain a detailed record of their practices, which is evaluated during practical exams. Internal assessment for yoga practice includes performance, viva-voce, and record-keeping.

Benefits of Joining the Course:

1. Regular practice of yoga improves flexibility, strength, balance, and overall physical fitness.
2. Yoga practices reduce stress, enhance mental clarity, and promote emotional stability.
3. Adopting a yogic lifestyle leads to improved well-being and a balanced life.
4. Graduates are equipped to teach yoga with a secular and scientific orientation, making yoga accessible to diverse populations.
5. The course improves personal growth, self-awareness, and a deeper understanding of oneself and others.

Job Opportunities

The completion of the Diploma in Yoga Education opens various rewarding career paths, like:

- Yoga Instructor: Teach yoga in schools, colleges, fitness centers, and private studios.
- Wellness Consultant: Work in wellness centers, spas, and health resorts, guiding clients toward holistic health practices.
- Corporate Trainer: Provide stress management and wellness programs in corporate settings.
- Researcher and Writer: Contribute to the field of yoga through research and writing on various aspects of yoga education and practice.
- Yoga Therapist: Use yoga techniques to help individuals with specific health issues, under professional guidance.

Why Choose PB Siddhartha College?

- Learn from highly qualified and experienced faculty members dedicated to providing a comprehensive yoga education.
- Benefit from excellent facilities that support both theoretical learning and practical training.
- Join a vibrant community of yoga practitioners and build a professional network that supports your career growth.
- Embrace a curriculum that balances traditional yoga wisdom with modern scientific insights.

Enrolling in the Diploma in Yoga Education at PB Siddhartha College is a transformative step towards a fulfilling career and a balanced lifestyle. This course not only equips you with the skills to teach and practice yoga but also fosters personal development and well-being. Join us to embark on a journey of self-discovery, professional growth, and holistic health.