

FACULTY OF YOGA

Yoga is a physical, mental and spiritual practices or disciplines originated in ancient India. Since 1980, Yoga has become popular as a system of exercise across the world. In Indian tradition it is more than physical exercise as it has a meditative and spiritual core. The PGDY programme of one year duration prepares the student with a rising feeling of power, clarity in heart and unmistakable sense and they are able to understand themselves first and then teach effectively to others. The students develop greater skill, insight and technical proficiency through intensive practice as laid in the curriculum.



