

Advanced Diploma in Yoga & Teacher Training (ADYTT)

Duration: 1 Year (2 Semesters)

Semester – I

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	ADYTT101	1ADYTT1	Advanced Yoga Philosophy & Scriptures
2	ADYTT102	1ADYTT2	Human Anatomy & Physiology (Advanced)
3	ADYTT103	1ADYTT3	Advanced Yoga Practices – Asanas & Pranayama
4	ADYTT104	1ADYTT4	Yoga Teaching Methodology & Pedagogy

Course Details (Semester – I)

- **Advanced Yoga Philosophy & Scriptures** – In-depth study of Upanishads, Hatha Yoga Pradipika, and Gheranda Samhita.
 - **Human Anatomy & Physiology (Advanced)** – Nervous system, endocrine system, and yoga's effect on physiology.
 - **Advanced Yoga Practices – I** – Advanced asanas, pranayama, kriyas.
 - **Yoga Teaching Methodology & Pedagogy** – Advanced yoga teaching techniques, pedagogy, and class handling.
-

Semester – II

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	ADYTT201	2ADYTT1	Patanjali Yoga Sutra & Advanced Bhagavad Gita Concepts
2	ADYTT202	2ADYTT2	Yoga Therapy for Special Diseases
3	ADYTT203	2ADYTT3	Advanced Yoga Practices – Mudra, Bandha, Meditation
4	ADYTT204	2ADYTT4	Research Methodology & Practical Training

Course Details (Semester – II)

- **Patanjali Yoga Sutra & Advanced Bhagavad Gita Concepts** – Deeper yogic philosophy and practical wisdom.
- **Yoga Therapy for Special Diseases** – Yoga practices for diabetes, hypertension, stress, obesity, etc.
- **Advanced Yoga Practices – II** – Mudras, bandhas, dharana, dhyana, samadhi practices.
- **Research Methodology & Practical Training** – Basics of yoga research, supervised teaching, and internship.