PGDY S2 06
Exam Code : YTP

Yoga Therapy in Practice

Second Semester

DIPLOMA IN YOGA

KRISHNA KANTA HANDIQUI STATE OPEN UNIVERSITY

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COURSE INTRODUCTION

Yoga theory in practice is the second course of second semester of diploma in yoga. This is a very important course of yoga. In this course you will get the knowledge of various disease and couses of those diseases. There are five units in this course. These are–

Unit 1 - Concept and Etiology of Disease

Unit 2 - Yoga Practice for Non-communicable Diseases

Unit 3 - Relevance of Yoga Therapy with Modern Medical Science

Unit 4 - Yoga Therapy for Common Diseases

Unit 5 - Yoga Therapy for Mental Illness

While going through a unit, you will notice some along-side boxes, which have been included to help you know some of the difficult, unseen terms. Again, we have included some relevant concepts in 'LET US KNOW' along with the text. And, at the end of each section, you will get 'CHECK YOUR PROGRESS' questions. These have been designed to self-check your progress of study. It will be better if you solve the problems put in these boxes immediately after you go through the sections of the units and then match your answers with 'ANSWERS TO CHECK YOUR PROGRESS' given at the end of each unit.

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		Pages
UNIT 1 :	**Concept and Etiology of Disease** The Concept of Disease; Etiology of Disease; Yogic Concept of Disease.	**5 - 16**
UNIT 2 :	**Yoga Practice for Non-communicable Diseases** The Key Facts about Non-communicable Diseases; Non-communicable Diseases; Yoga Practice for Non-communicable Diseases.	**17 - 32**
UNIT 3 :	**Relevance of Yoga Therapy with Modern Medical Science** Principles of Yoga Therapy; Three Components of Yogic Approach; Relevance of Yoga Therapy with Modern Medical Science.	**33 - 48**
UNIT 4 :	**Yoga Therapy for Common Diseases** Yoga for Arthritis; Yoga for Asthma; Yoga for Backache; Yoga for Constipation; Yoga for Menstrual Disorders.	**49 - 62**
UNIT 5 :	**Yoga Therapy for Mental Illness** Yoga for Anxiety; Yoga for Stress; Yoga for Depression.	**63 - 75**