



Diploma in Yoga

07-12-2015.

The Department of Comparative Dravidian Literature and Philosophy has started the Course – Diploma in Yoga during the Academic Year 2015-16. The Executive Council of Dravidian University has given approval to start the above course. In obedience of the approval of E.C. the Vice –Chancellor of Dravidian University Prof. E. Sathyanarayana, has taken initiation and assigned this course to Prof. S. Penchalaiah, Head & Dean, Department of Comparative Dravidian Literature and Philosophy (CDL & Philosophy).

On 7th December, 2015 the above said Course has been inaugurated by Sri N. Madhava Naidu, Registrar I/c and the Co-ordinator Prof.S. Penchalaiah, Head & Dean, Department of Comparative Dravidian Literature and Philosophy (CDL & Philosophy) addressed the gathering and delivered about the importance and advantages of Yoga.

There are 40 students and Teaching faculty were admitted in the course. It is a One Year course. There are 600 marks for both theory and practice in the Syllabus of the course.

The main Objectives of Yoga: 1.Health care, 2.Physical Development, 3. Intellectual Development, 4. Personality Development, 5. Spiritual Growth, 6. Yoga for the phases of man's life, 7.Real Road of life, and 8. Attainment of salvation.

Advantage of Yoga are as follows:

- 1.Reduced violence, accidents, disease, and suicides.
2. Physiological changes like, reduced metabolic activity, increased brain orderliness and integration indicated by EEG, and increased cerebral blood flow.
3. Reduced stress, such as increased skin resistance, reduced plasma cortisol, reduced arterial blood lactate, and improve muscle tone.
4. Reduced hypertension, improved exercise tolerance and more oxygenation of the heart muscle in coronary patients.
- 5 .Reduced risk factors of various ailments health care and medical expenses.
6. Reduced psychological distress.
7. Reduced psychiatric hospital adds missions.
8. Increased self actualization, mental health, and personality development.
9. A more stable, balanced, emotional maturity, and enhances out look.
10. Improved academic performance, moral maturity, orientation towards positive values, and more develops self-esteem in college students.
