



Guruji Dr. Satish Prakash ji
Founder of MDG (USA & GUYANA)

Become a certified Yoga (Gou-Prana) therapist in pulmonary health from MDG (USA) and Vedamrita (India)

**(Collaboration with leading institute in Yoga
from India)**

ABOUT

Chronic respiratory diseases (CRDs) are diseases of the airways and other structures of the lung. Some of the most common are chronic obstructive pulmonary disease (COPD), asthma, occupational lung diseases and pulmonary hypertension. In addition to tobacco smoke, other risk factors include air pollution, occupational chemicals and dusts, and frequent lower respiratory infections during childhood. In the world 235 million people are suffering from Asthma. The situation is much worse in this time of pandemic. Modern Treatment system is trying to tackle this problem; but is failed to do so, due to so many complications and side-effects of different drugs used to treat respiratory disorders.

Yoga is becoming popular day by day and has becoming a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic approach for treating the respiratory disorders. During the course the student is taught the concept of yoga and alternative medicine in a methodic way for the treatment and prevention of various Respiratory dysfunctions. This course

looks at training the enthusiasts to become yoga pulmonologist's assistant so that they could instruct yoga under the supervision of doctor and trained Yoga therapist for Health and Healing.

OBJECTIVES OF THE COURSE:-

To train the student as world class Yoga therapist for pulmonary health.

To make the students prepare for Yoga Pulmonologist.

To train students in yoga therapy for respiratory disorders so as to enable the students to become well versed in yoga therapy for pulmonary health.

To produce the yoga therapy assistant to work in hospitals , spa , wellness centre and yoga centre, Naturopathy hospitals and health clubs etc.

Eligibility:- 12th Std.

Language:- English, Hindi

Course Duration:- 7 days , 1 hours of practical and 3 hours of theory/day(Monday to Saturday), completely online classes.

*There will be only 2 hrs classes on Sunday.

Timing:- 5 to 7 am (IST)

5 to 7 pm (IST)

Starts on : 10th February, 2022 (English)

20th February, 2022 (Hindi)

Course fees :- For national students 2900 INR, For international students 50 USD

Job Opportunities:-

(Our objective of this course is not to provide job but the true knowledge of yoga and yoga therapy by which we can contribute for humanity by reducing the health burden throughout the globe).

According to the requirements therapist may get several opportunities:-

- a).** Placement through MDG Cell (USA & GUYANA) in different countries.
- b).** Yoga therapist in Vedamrita online & offline platform (India)
- c).** Yoga therapist in Arogyam Kendra sikkar (India)
- d).** Yoga therapist in Impassive yoga society (India)

THEORY AND PRACTICAL SUBJECTS

Subjects	Subject code	Tot Hr s	Lectur e	Tutoria l	Practica l	Field Work
Theory and practical subjects						
Evidence based Yoga therapy for respiratory disorders	VDYT -101	06	06	0	0	<p>For updation of your name in our official website as our registered therapist, you need to treat atleast 3 respiratory disorder cases and send the results on our mail :- scienceofyt@gmail.com With photo/medical report/ video or any other authentic record. (You have to upload within 3 months, after your course)</p>
Anatomy and physiology	VDYT -102	06	06	0	0	
Practical of Yoga therapy	VDYT -103	06	0	0	06	
Therupatic diet and alternate therapies	VDYT -104	06	03	0	03	
Research tools for Respirator y Disorder	VDYT -105	02	01			

SYLLABSE:-

EVIDENCE BASED YOGA THERAPY FOR RESPIRATORY DISORDERS (VDYT-101)

- i. Introduction to Respiratory disorders
 - a. Brief classification – Obstructive, Restrictive, infectious and inflammatory
 - b. Introduction to Pulmonary function tests and their principles
- ii. Bronchial Asthma
 - a. Definition, Pathophysiology, Classification, Clinical Features,
 - b. Medical Management
 - c. Yogic Management
- iii. Allergic Rhinitis & Sinusitis
 - a. Definition, Pathophysiology, Classification, Clinical Features,
 - b. Medical Management
 - c. Yogic Management
- iv. COPD
 - a. Chronic Bronchitis
 - a. Definition, Pathophysiology, Classification, Clinical Features,
 - b. Medical Management
 - c. Yogic Management

- b. Emphysema
 - a. Definition, Pathophysiology, Classification, Clinical Features,
 - b. Medical Management
 - c. Yogic Management
 - v. Infectious Disorders
 - a. Tuberculosis
 - a. Definition, Pathophysiology, Classification, Clinical Features,
 - b. Medical Management
 - c. Yogic Management
 - b. Pneumonia
 - a. Definition, Pathophysiology, Classification, Clinical Features,
 - b. Medical Management
 - c. Yogic Management
 - c. Interstitial Lung Disease / Idiopathic pulmonary fibrosis
 - a. Definition, Pathophysiology, Classification, Clinical Features
 - b. Medical Management
 - c. Yogic Management
 - d. Evidence based Yoga therapy for respiratory disorders

ANATOMY AND PHYSIOLOGY OF RESPIRATORY SYSTEM (VDYT-102)

Mechanism of Breathing, Exchange of gases Pulmonary function tests-lung volumes - Control of respiration.

PRACTICAL OF YOGA THERAPY FOR RESPIRATORY DISORDERS (VDYT-103)

- 1.Kriya
2. Loosening practices
- 3.Breathing practices
4. Asanas
- 4.Pranayama
5. Qrt, Drt and Vedic Meditation.

THERUPATIC DIET AND ALTERNATE THERAPIES (VDYT-104)

- a. Concept of food in yogic scriptures
- b. Concept of therupatic diet
- c. Therupatic diet for respiratory disorders
- d. Panchgavya therapy for respiratory disorders
- e. Naturopathy techniques in in pulmonary Dysfunction
- f. Aayurvedic remedies for pulmonary relief.
- g. Accupressure

RESEARCH TOOLS FOR RESPIRATORY DISORDERS (VDYT-105)

Our world class Teachers team in the guidance of Guruji Dr Satish Prakash ji

1:- Shri Neeraj Medharthi ji (Ph.D Yoga)

2:- Shri Shubham Barwala ji (Ph.D Yoga)

3:- Shri Bikas Kumar Purohit ji (Ph.D Yoga)

4:- Smt. Anuj Kumari ji (Ph.D Yoga)

5:- Dr. Subhash ji (BNYS, Accupuncture specialist)

6:- Dr. Sujata ji (BAMS)

7:- Shri Arvind Matwa ji (Founder, Aarogyam Yoga Kendra)

8:- Shri Surender Arya ji (Founder, Impassive Yoga Society, Head of Yoga Deptt., Vedamrita)