

## Course Structure

- Certificate course in Yoga Studies*

S. No.	Paper No.	Title of the Paper	Total Marks	Hours of Instruction	Duration of Exam.
1	Paper -I	Foundations of Yoga	100	4 hrs/week	3 hrs
2	Paper -II	Yoga and Health	100	4 hrs/week	3 hrs
3	Practical	Practical Training in Yoga	100	8 hrs/week	4 hrs

- P. G. Diploma in Yoga Studies*

S.NO.	PAPER NO.	TITLE OF THE PAPER	TOTAL MARKS	HOURS OF INSTRUCTION	DURATIN OF EXAMIATION
1.	Paper-I	Traditional Yogic Texts	100	4hrs./week	3 hrs.
2.	Paper-II	Philosophical Foundations of Yoga	100	4hrs./week	3 hrs.
3.	Paper-III	Human Biology & Psychology	100	4hrs./week	3 hrs.
4.	Paper-IV	Applied Yoga	100	4hrs./week	3 hrs.
5.	Practical-I	Practical Training in Yoga	150	12hrs./week	3 hrs.
6.	Practical-II	Teaching Methods for Yogic Practices	50	4hrs./week	30 <sup>per</sup> Minutes student
7.	Practical-III	Project work and Journal	50	----	----
8.	Practical-IV	Study Tour	50	----	----

- M. A in Yoga Studies*

### Semester-I

Paper code	Title of the Paper	Max. Marks	Internal Assessment	Total Marks	Credits	Teaching Hrs. Per Week
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			Marks			
	<b>Compulsory Papers</b>					
P 1.1	Philosophy of Yoga	75	25	100	4	4 Hrs
P 1.2	Anatomy and Physiology	75	25	100	4	4 Hrs
P 1.3	Patanjal Yoga Sutra	75	25	100	4	4 Hrs
P 1.4	Elementary Sanskrit in Yoga	75	25	100	4	4 Hrs
P 1.5	Yoga Practicals (Pract-I)	75	25	100	4	4 Hrs Men - Women 4 Hrs- 4Hrs
	<b>Core Paper</b>					
P 1.6	Dhashoponishads	75	25	100	4	4 Hrs
	<b>Total</b>	<b>450</b>	<b>150</b>	<b>600</b>	<b>24</b>	<b>24</b>

### Semester-II

Paper code	Title of the Paper	Max. Marks	Internal Assessment Marks	Total Marks	Credits	Teaching Hrs. Per Week
	<b>Compulsory Papers</b>					
P 2.1	Human Consciousness	75	25	100	4	4 Hrs
P 2.2	Yoga Psychology	75	25	100	4	4 Hrs
P 2.3	Hatayoga Pradipika and Gheranda Samhita	75	25	100	4	4 Hrs
P 2.4	Yoga Vashista	75	25	100	4	4 Hrs
P 2.5	Yoga Practicals (Pract-II)	75	25	100	4	4 Hrs Men - Women 4 Hrs- 4Hrs

	<b>Open Elective Paper</b>					
P 2.6	Yoga and Holistic Health	75	25	100	4	4 Hrs
	<b>Total</b>	<b>450</b>	<b>150</b>	<b>600</b>	<b>24</b>	<b>24</b>

### Semester-III

Paper code	Title of the Paper	Max. Marks	Internal Assessment Marks	Total Marks	Credits	Teaching Hrs. Per Week
	Compulsory Papers					
P 3.1	Research Methodology for Yogic Science	75	25	100	4	4 Hrs
P 3.2	Yoga, Spiritualism and Global Peace	75	25	100	4	4 Hrs
P 3.3	Shivasamhita	75	25	100	4	4 Hrs
P 3.4	Yoga Practicals (Pract-III)	75	25	100	4	4 Hrs Men - Women 4 Hrs- 4Hrs
P 3.5	Yoga Therapy (Diagnosis)	75	25	100	4	4 Hrs
	<b>Open Elective Paper</b>					

P 3.6	Yoga and Spiritualism	75	25	100	4	4 Hrs
	<b>Total</b>	<b>450</b>	<b>150</b>	<b>600</b>	<b>24</b>	<b>24</b>

### Semester-IV

Paper code	Title of the Paper	Max. Marks	Internal Assessment Marks	Total Marks	Credits	Teaching Hrs. Per Week
	<b>Compulsory Papers</b>					
P 4.1	Bhagavdgeeta	75	25	100	4	4 Hrs
P 4.2	Yoga Therapy (Treatment)	75	25	100	4	4 Hrs
P 4.3	Yoga Practicals (Pract-III)	75	25	100	4	4 Hrs Men - Women 4 Hrs- 4Hrs
P 4.4	i) Educational Tour Report	50	00	50	2	2 Hrs
	ii) Yoga Camp Report	50	00	50	2	2 Hrs
P 4.5	i) Project Dissertation	80	00	80	4	4 Hrs
	ii) Viva-Voce	20	00	20	00	00
	<b>Core Paper</b>					
P 4.6	Yoga and World Peace	75	25	100	4	4 Hrs
	<b>Total</b>	<b>450</b>	<b>150</b>	<b>600</b>	<b>24</b>	<b>24</b>