

# **Kurukshetra University, Kurukshetra**

(Established by the State Legislature Act-XII of 1956)

("A++" Grade, NAAC Accredited)



## **Scheme of Examination for Post Graduate Programme**


### **Post Graduate Diploma in Yoga as per NEP 2020**

**Curriculum and Credit Framework for Postgraduate Programme  
with Internship and CBCS-LOCF With effect from the  
Session 2024-25**

**DEPARTMENT OF PHYSICAL EDUCATION  
FACULTY OF EDUCATION**

**KURUKSHETRA UNIVERSITY, KURUKSHETRA -136119  
HARYANA, INDIA**

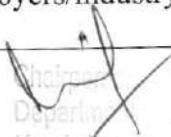
  
Physical Education  
Kurukshetra University  
Kurukshetra - 136119

  
Dean  
Faculty of Education  
Kurukshetra University  
Kurukshetra - 136119

**Programme Learning Outcomes(PLOs) for PG Programmes**  
**as per NEP-2020**

**PLOs for P.G. Diploma in Yoga**

PLOs	Post Graduate Diploma in Yoga
	<b>After the completion of Post Graduate Diploma in Yoga the student will be able to:</b>
PLO-1: Knowledge and Understanding	Demonstrate the fundamental and advanced knowledge of the subject and understanding of recent developments and issues, including methods and techniques, related to the <b>Yoga</b> .
PLO-2: General Skills	Acquire the general skills required for performing and accomplishing the tasks as expected to be done by a skilled professional in the fields of <b>Post Yoga</b> .
PLO-3: Technical/ Professional Skills	Demonstrate the learning of advanced cognitive technical/professional skills required for completing the specialized tasks related to the profession and for conducting and analyzing the relevant research tasks indifferent domains of the <b>Yoga</b> .
PLO-4: Communication Skills	Effectively communicate the attained skills of the <b>Yoga</b> in well-structured and productive manner to the society at large.
PLO-5: Application of Knowledge and Skills	Apply the acquired knowledge and skills to the problems in the subject area, and to identify and analyze the issues where the attained knowledge and skills can be applied by carrying out research investigations to formulate evidence-based solutions to complex and unpredictable problems associated with the field <b>Yoga</b> or otherwise.
PLO-6: Critical thinking and Research Aptitude	Attain the capability of critical thinking in intra/inter-disciplinary areas of the <b>Yoga</b> enabling to formulate, synthesize, and articulate issues for designing of research proposals, testing hypotheses, and drawing inferences based on the analysis.
PLO-7: Constitutional, Humanistic, Moral Values and Ethics	Know constitutional, humanistic, moral and ethical values, and intellectual property rights to become a scholar/professional with ingrained values in expanding knowledge for the society, and to avoid unethical practices such as fabrication, falsification or misrepresentation of data or committing plagiarism.
PLO-8: Capabilities/qualities and mindset	To exercise personal responsibility for the outputs of own work as well as of group/team and for managing complex and challenging work(s) that requires new/strategic approaches.
PLO-9: Employability and job-ready skills	Attain the knowledge and skills required for increasing employment potential, adapting to the future work and responding to the rapidly changing demands of the employers/industry/society with time.

  
 Director  
 Department of Education  
 Kurukshetra University  
 Kurukshetra, Haryana

# Kurukshetra University, Kurukshetra

## Scheme of Examination for Postgraduate Programme: Post Graduate Diploma in Yoga as per NEP 2020 Curriculum and Credit Framework for Postgraduate Programmes (CBCS LOCF) with effect from the session 2024-25 Framework-2 (Scheme-P)

Semester	Course Type	Course Code	Nomenclature of course	Theory (T)/ Practical (P)	Credits		Contact hours per week				Internal Assessment Marks	End Term Examination Marks	Total Marks	Examination hours
					Total	L	T	P	Total					
1	CC-1	M24-YGA-101	Foundation of Yoga	T	4	26	4	0	0	4	30	70	100	3
	CC-2	M24-YGA-102	Anatomical and Physiological Aspect of Yoga	T	4		4	0	0	4	30	70	100	3
	CC-3	M24-YGA-103	Hatha Yoga	T	4		4	0	0	4	30	70	100	3
	CC-4	M24-YGA-104	Research Methodology in Yoga	T	4		4	0	0	4	30	70	100	3
	PC-1	M24-YGA-105	Demonstration of basic Asana	P	4		0	0	8	8	30	70	100	4
	PC-2	M24-YGA-106	Basic Pranayamas and Shudhi Kriya	P	4		0	0	8	8	30	70	100	4
	SEMINAR	M24-YGA-107	Teaching of Yoga	S	2		0	0	0	2	0	50	50	1
2	CC-5	M24-YGA-201	Traditional Yoga	T	4	26	4	0	0	4	30	70	100	3

CC-6	M24-YGA-202	Heath aspect of Yoga	T	4	4	0	0	4	30	70	100	3
CC-7	M24-YGA-203	Applied Psychology in Yoga	T	4	4	0	0	4	30	70	100	3
CC-8	M24-YGA-204	Applied Statistics	T	4	4	0	0	4	30	70	100	3
PC-3	M24-YGA-205	Demonstration of Asana	P	4	0	0	8	8	30	70	100	4
PC-4	M24-YGA-206	Paranayamas and Shudhi Kriya	P	4	0	0	8	8	30	70	100	4
CHM	M24-CHM-201		T	2	2	0	0	2	15	35	50	3
Internship	M24-INT-200	An internship course of 4 Credits of 4-6 weeks duration during summer vacation after IInd semester is to be completed by every student. Internship can be either for enhancing the employability or for developing the research aptitude.							50	50	100	

Note: There will be only one group in Practical.

Total Work Load = 34 Hours per week per semester

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