

# **Kurukshetra University, Kurukshetra**

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

("A++" Grade, NAAC Accredited)



## **Syllabus 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**

  
Chairperson  
Department of Physical Education  
Kurukshetra University  
Kurukshetra-136119

  
Dean  
Faculty of Education  
Kurukshetra University  
Kurukshetra-136119

# Syllabus of Examination

## Programme: P.G. Diploma in Yoga 1<sup>st</sup> Semester

as per NEP 2020 Curriculum and Credit Framework for Postgraduate Programme with Internship and CBCS-LOCF With effect from the

Session 2024-25

Core Course – 1

Session: 2024-25

### Part A - Introduction

Name of Programme	P.G. Diploma in Yoga		
Semester	1 <sup>st</sup> Semester		
Name of the Course	Foundation of Yoga		
Course Code	M24-YGA-101		
Course Type	Core Course		
Level of the course	400 - 499		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	<p>CLO 1: Describe the concept of yoga in ancient and modern time, principles and misconceptions of yoga in modern society.</p> <p>CLO 2: Explain different yogic schools like Vedanta Tradition, Patanjali, Hatha Yoga, Swara Yoga and Mantra Yoga.</p> <p>CLO 3: Illustrate yogis such as Sri T. Krishnamacharya, Swami Shivanada Saraswati, Swami Rama of Himalayas, Maharshi Mahesh Yogi, Guru Ghoraksh Nath, Swami Vivekanand etc. and their contribution in the development of yoga.</p> <p>CLO 4: Describe Ashtang yoga, Vedas, Types of Vedas, Upanishads, Prasthanatrayee, Purushartha Chatushtaya and Chakras.</p>		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		

### Part B- Contents of the Course

**Instructions for Paper- Setter:** The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.

Unit	Topics	Contact Hours
I	<b>INTRODUCTION AND EVOLUTION OF YOGA:</b> <ul style="list-style-type: none"> <li>Meaning &amp; Definitions of Yoga according to various schools of thoughts. Aims and Objectives of Yoga</li> <li>Historical Background and Development of Yoga,</li> </ul>	15

	<ul style="list-style-type: none"> <li>• True Nature and Principles of Yoga</li> <li>• Misconceptions about Yoga in Modern Society.</li> <li>• General introduction to Shad-darshanas with special emphasis on Samkhya and Yoga Darshana,</li> <li>• Yoga in Vedanta, Yoga in Ramayana, Yoga in Mahabharata</li> </ul>	
II	<b>SCHOOLS OF YOGA</b> <ul style="list-style-type: none"> <li>• Introduction to Schools (Streams) of Yoga: Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana),</li> <li>• Yoga Schools with Samkhya-Yoga Tradition (Yoga of Patanjali) and Yoga Schools with Tantric Tradition (Hatha Yoga, Swara Yoga and Mantra Yoga).</li> <li>• Elements of Yoga and Yogic practices in Jainism, Buddhism and Sufism.</li> <li>• Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints, Yoga in Narada Bhakti Sutras</li> </ul>	15
III	<b>FAMOUS YOGIES</b> <ul style="list-style-type: none"> <li>• Brief Biography, their Yoga Paramparas and Yogic contribution of Sri T. Krishnamacharya, Swami Shivanada Saraswati, Swami Rama of Himalayas and Maharshi Mahesh Yogi.</li> <li>• Brief Biography and Yogic Traditions of Ramakrishna, Swami Vivekananda, Shri Aurobindo, Maharshi Ramana and Swami Dayanand Saraswati</li> </ul>	15
IV	<b>Ashtang, Vedas, Upanishads and Chakras</b> <ul style="list-style-type: none"> <li>• Meaning of Ashtang yoga, Steps of Ashtang yoga and their relevance in modern life.</li> <li>• Introduction to Vedas, Types of Vedas: Rigveda, Samaveda, Yajurveda, and Atharvaveda. Yoga in these Vedas.</li> <li>• Introduction to Upanishads, Prasthanatrayee and Purushartha Chatushtaya.</li> <li>• Meaning of Chakras, Types, Location and Significance of Chakras.</li> </ul>	15
<b>Total Contact Hours</b>		60


#### Suggested Evaluation Methods

<b>Internal Assessment: 30</b>		<b>End Term Examination: 70</b>	
➤ <b>Theory</b>	<b>30</b>	➤ <b>Theory:</b>	<b>70</b>
• Class Participation:	5	Written Examination	
• Seminar/presentation/assignment/quiz/class test etc.:	10		
• Mid-Term Exam:	15		

#### Part C-Learning Resources

##### Recommended Books/e-resources/LMS:

Aggarwal MM (2010): *Six Systems of Indian Philosophy*, Chowkhamba Vidya Bhawan, Varanasi.  
 Sharma, J.P. D (2007) *manav jivan & yog friends publication*, New Delhi  
 Swami Bhuteshananda (2009) *Nararad Bhakti, Advaita Ashrama Publication Dept. Kolkata II Edition.*  
 Hiriyanna M (2009), *Outlines of Indian Philosophy*, Motilal Banarsidass, New Delhi.  
 Hiriyanna M (2008), *Outlines of Indian Philosophy*, Motilal Banarsidass, New Delhi.  
 Parmanik T.N. D(2017) *Yogkla, sports publication New Delhi*  
 Bhargav, G.M. D (2019) *Yoga Education, Sports Publication, New Delhi*  
 Pritam Amrita (2007) *Yoga Prichya and parampara, Khel Sahitya Kendra, New Delhi*  
 Yogender D. (2010) *Yoga shiksha khel Shitya Kendra, New Delhi*  
 Shukla Atul, D. (2007) *Yoga sadna, Khel Shitya Kendra, New Delhi*  
 Parmanik, T.N. D(2018) *yoga education sports publication, New Delhi.*

  
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 Kurukshetra  
 Kurukshetra

# Syllabus of Examination

## Programme: P.G. Diploma in Yoga 1<sup>st</sup> Semester


as per NEP 2020 Curriculum and Credit Framework for Postgraduate Programme with  
Internship and CBCS-LOCF With effect from the

**Session 2024-25**

**Core Course – 2**

<b>Session: 2024-25</b>			
<b>Part A - Introduction</b>			
Name of Programme	P.G. Diploma in Yoga		
Semester	1 <sup>st</sup> Semester		
Name of the Course	Anatomical and Physiological Aspect of Yoga		
Course Code	M24-YGA-102		
Course Type	Core Course		
Level of the course	400 - 499		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLO 1: Describe the anatomy, physiology, cell and musculoskeletal systems. CLO 2: Explain basic anatomy, physiology and effect of yoga on digestive and excretory system. CLO 3: Illustrate basic anatomy, physiology and effect of yoga on Cardiovascular and respiratory system. CLO 4: Describe basic anatomy, physiology and effect of yoga Nervous and Endocrine System.		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
<b>Part B- Contents of the Course</b>			
<b>Instructions for Paper- Setter:</b> The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
Unit	Topics		Contact Hours
I	<b>Introduction of anatomy, physiology, cell and musculoskeletal systems:</b> <ul style="list-style-type: none"> <li>• Meaning and Definition of Anatomy and Physiology</li> <li>• Structure and functions of Cell and Tissue</li> <li>• Meaning and Types of bones, joints and muscles,</li> <li>• Gross and Microscopic structure of Skelton Muscle,</li> <li>• Mechanism of Muscle contraction, Effect of Yoga Asana on Bones and Muscles</li> </ul>		15
II	<b>Introduction of digestive and excretory system:</b> <ul style="list-style-type: none"> <li>• Basic Anatomy of Digestive system, Gastric secretion, Pancreatic secretion, Gastric motility-digestive peristalsis Gastrointestinal hormones</li> </ul>		15

446

Director  
 Department of  
 Yoga Education  


	<ul style="list-style-type: none"> <li>• Structure and functions of kidney and Nephrons.</li> <li>• Mechanism of urine formations</li> <li>• Effect of Yoga on Digestive and Excretory system</li> </ul>	
III	<b>Introduction of Cardiovascular and respiratory system:</b> <ul style="list-style-type: none"> <li>• Circulatory system- Functional anatomy of the heart, Properties of cardiac muscles, Conducting system of the heart, types of blood circulations. Meaning of Stroke Volume, Heart Rate, Cardiac Output, Blood Pressure, Cardiac Reserve Capacity.</li> <li>• Respiratory system- Anatomy of the Respiratory System, Mechanism of breathing, Ventilation, Regulation of respiration, Transport of gases,</li> <li>• Effect of yoga on Circulatory and Respiratory System.</li> </ul>	15
IV	<b>Introduction of Nervous and Endocrine System</b> <ul style="list-style-type: none"> <li>• Basic anatomy of Nervous system, subdivisions of nervous system and their functions, Structure and properties of neurons, Functions of Sensory and Motor nervous system</li> <li>• Meaning and Types of glands exocrine glands: Pituitary, Thyroid, Parathyroid, Pancreas and Adrenal glands their secretions and functions.</li> <li>• Effect of yoga on nervous and endocrine System.</li> </ul>	15
<b>Total Contact Hours</b>		60

**Suggested Evaluation Methods**

**Internal Assessment: 30**

**End Term Examination: 70**

➤ **Theory**

• Class Participation:	30
• Seminar/presentation/assignment/quiz/class test etc.:	5
• Mid-Term Exam:	10
	15

➤ **Theory: 70**

Written Examination

**Part C-Learning Resources**

**Recommended Books/e-resources/LMS:**

Clarke, D.H. (1975). *Exercise Physiology*. New Jersey: Prentice Hall Inc., Englewood Cliffs.

David, L Costill. (2004). *Physiology of Sport and Exercise*. Human Kinetics.

Fox, E.L., and Mathews, D.K. (1981). *The Physiological Basis of Physical Education and Athletics*. Philadelphia: Sanders College Publishing.

Guyton, A.C. (1976). *Textbook of Medical Physiology*. Philadelphia: W.B. Sanders co.

Richard, W. Bowers. (1989). *Sport Physiology*. WMC: Brown Publishers.

Sandhya Tiwaji. (1999). *Exercise Physiology*. Sport Publishers.

Shaver, L. (1981). *Essentials of Exercise Physiology*. New Delhi: Subject Publications.

Vincent, T. Murche. (2007). *Elementary Physiology*. Hyderabad: Sport Publication.

William, D. Mc Aradle. (1996). *Exercise Physiology, Energy, Nutrition and Human Performance*. Philadelphia: Lippincott Williams and Wilkins Company.

Gupta, A. P. (2010). *Anatomy and physiology*. Agra: SumitPrakashan.

Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science*. Delhi: Swaran Printing Press.

Guyton, A.C. (1996). *Textbook of Medical Physiology, 9th edition*. Philadelphia: W.B.Saunders.

Karpovich, P. V. (n.d.). *Philosophy of muscular activity*. London: W.B. Saunders Co.

Lamb, G. S. (1982). *Essentials of exercise physiology*. Delhi: Surjeet Publication.

Moorthy, A. M. (2014). *Anatomy physiology and health education*. Karaikudi: Madalayam Publications.

Morehouse, L. E. & Miller, J. (1967). *Physiology of exercise*. St. Louis: The C.V. Mosby Co.

Pearce, E. C. (1962). *Anatomy and physiology for nurses*. London: Faber & Faber Ltd.

Sharma, R. D. (1979). *Health and physical education*, Gupta Prakashan.

Singh, S. (1979). *Anatomy of physiology and health education*. Ropar: Jeet Publications.

# Syllabus of Examination

## Programme: P.G. Diploma in Yoga 1<sup>st</sup> Semester

as per NEP 2020 Curriculum and Credit Framework for Postgraduate Programme with  
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**Session 2024-25**

**Core Course – 3**

Session: 2024-25			
Part A - Introduction			
Name of Programme	P.G. Diploma in Yoga		
Semester	1 <sup>st</sup> Semester		
Name of the Course	Hatha Yoga		
Course Code	M24-YGA-103		
Course Type	Core Course		
Level of the course	400 - 499		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLO 1: Describe the Aim, objectives, misconceptions, Rules & Regulations of Hatha Yoga CLO 2: Explain Classifications, Benefits, precautions, and contraindications of Asanas CLO 3: Illustrate Meaning, Types, Benefits and contraindications of Pranayama CLO 4: Describe definition, Benefits, precautions and contraindications of Bandha and Mudras.		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B- Contents of the Course			
<b>Instructions for Paper- Setter:</b> The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
Unit	Topics		Contact Hours
I	<b>Introduction of Hatha Yog:</b> <ul style="list-style-type: none"> <li>• Meaning and Definition of Hatha Yoga, Hatha Yoga According to various texts: . Siddhasiddhanta paddhati, Hatha Pradeepika, Gheranda Samhita, Hatha Ratnavali and Shiva Samhita.</li> <li>• Aim &amp; objectives of Hatha Yog, Misconceptions about Hatha Yoga.</li> <li>• Prerequisites of Hatha Yoga (dasha yama and dasa niyama),</li> <li>• Concept of Shodhana kriyas in Hatha Yoga, Importance of Shodhana kriyas in health and disease.</li> <li>• Rules &amp; Regulations to be followed by Hatha Yoga Sadhakas.</li> </ul>		15
II	<b>Asanas in Hatha Texts:</b>		15

	<ul style="list-style-type: none"> <li>• Definition, pre requisites and special features of Yoga-asana</li> <li>• Asanas in Hatha Pradeepika, Hatha Ratnavali, Gheranda Samhita.</li> <li>• Classifications of Asanas: As per Utility ( Cultural, Meditative &amp; Relative) and As per pre-position (Standing, Sitting, Spine, Prone, Balancing, Forward bending, backward bending, Twisting and Inversion)</li> <li>• Benefits, precautions, and contraindications of different Asanas.</li> </ul>	
III	<b>Pranayama in Hatha Texts:</b> <ul style="list-style-type: none"> <li>• Meaning and Types of Pranayama, Concept of Prana &amp; Ayama,</li> <li>• Pranayama its phases and stages; Prerequisites and Principles of Pranayama in Hatha Yoga Sadhana;</li> <li>• Pranayama in Hatha Pradeepika, Hatha Ratnavali &amp; Gheranda Samhita;</li> <li>• Benefits and contraindications of Pranayama.</li> </ul>	15
IV	<b>Bandha, Mudra and other practices:</b> <ul style="list-style-type: none"> <li>• Meaning, definition and Types of Bandha and Mudras in Hatha Pradeepika, Hatha Ratnavali and Gheranda Samhita;</li> <li>• Benefits, precautions and contraindications of Bandha and Mudras</li> <li>• Definition, benefits and Techniques of Pratyahara, Dharana and Dhyana in Gheranda Samhita;</li> <li>• Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, Four Avasthas (stages) of Nadanusandhana;</li> <li>• Relationship between Hatha Yoga and Raja Yoga;</li> </ul>	15
<b>Total Contact Hours</b>		60
<b>Suggested Evaluation Methods</b>		
<b>Internal Assessment: 30</b>		<b>End Term Examination: 70</b>
➤ <b>Theory</b>	<b>30</b>	➤ <b>Theory:</b> <b>70</b>
• Class Participation:	5	Written Examination
• Seminar/presentation/assignment/quiz/class test etc.:	10	
• Mid-Term Exam:	15	
<b>Part C-Learning Resources</b>		
<b>Recommended Books/e-resources/LMS:</b>		
<p><i>Swami Satyananda (1998) hathyog pradipika, munger publications Bihar</i></p> <p><i>Pancham Singh, the hathyog pradipika, Dev Publisher</i></p> <p><i>Hathyog Pradipika, by swami swatma ram, Kaivalya Dham, Lonavla Pune.</i></p> <p><i>Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications.</i></p> <p><i>Asana Pranayama Mudra Bandha– Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar.</i></p> <p><i>Hatha Yoga Pradipika– Swami Muktibodhananda, Yoga Publication Trust, Munger, Bihar.</i></p> <p><i>Gheranda Samhita– Swami Nityananda Saraswati, Yoga Publication Trust, Munger, Bihar.</i></p> <p><i>Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of yoga publications. Munger, 2001 2. Swami Niranjanananda Saraswati: Dharana Darshan; ; Bihar school of yoga publications. Munger, 2001 BOOKS FOR REFERENCES 1. Basavaraddi I. V. &amp; Others : Teachers Manual for School Teachers, MDNIY, New Delhi, 2010 2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi.</i></p>		

# Syllabus of Examination

## Programme: P.G. Diploma in Yoga 1<sup>st</sup> Semester

as per NEP 2020 Curriculum and Credit Framework for Postgraduate Programme with  
Internship and CBCS-LOCF With effect from the

**Session 2024-25**

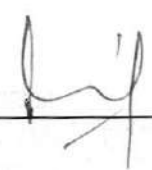
**Core Course – 4**

Session: 2024-25			
Part A - Introduction			
Name of Programme	P.G. Diploma in Yoga		
Semester	1 <sup>st</sup> Semester		
Name of the Course	Research Methodology in Yoga		
Course Code	M24-YGA-104		
Course Type	Core Course		
Level of the course	400 - 499		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLO 1: Describe the meaning and types of Research, Explain the concept of Research Problem, limitation, delimitation and Variables, CLO 2: Explain methods of researches : Historical, Philosophical, Survey Studies, Experimental and survey. CLO 3: Illustrate Concept of Sampling, Hypothesis and Survey of Related Literature. CLO 4: Describe the concept of Research Proposal and Research Report in detail.		
Credits	Theory	Practical	Total
	4	0	4
Teaching Hours per week	4	0	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		

### Part B- Contents of the Course

**Instructions for Paper- Setter:** The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 4 parts covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.

Unit	Topics	Contact Hours
I	<b>Introduction of Research Methodology</b> <ul style="list-style-type: none"> <li>• Meaning and Definition of Research.</li> <li>• Types of Research in Yoga: Analytical, Descriptive, Experimental, Qualitative and Meta Analysis.</li> <li>• Meaning and Definition of Research Problem, Location of research problem, criteria for Selection of Research Problem.</li> <li>• Delimitation and limitations of research problem</li> <li>• Variables: Meaning of Variables, types of variables: Dependent,</li> </ul>	15







*Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi*  
*Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam*  
*Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc*  
*Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication*  
*Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi.*  
*Thomous J R, Nelson J S & Silverman S, (2005) Research Methodology in Physical Activity by Humen Kinetics, 5th Ed.*  
*Kothari C R (2004) Research Methodology Methods and Techniques, new age international (p) limited, publishers, 2nd ed.,*

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# Syllabus of Examination

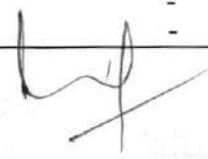
## Programme: P.G. Diploma in Yoga 1<sup>st</sup> Semester

as per NEP 2020 Curriculum and Credit Framework for Postgraduate Programme with  
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**Session 2024-25**

**Practicum – 1**

<b>Session: 2024-25</b>			
<b>Part A - Introduction</b>			
Name of the Programme	P.G. Diploma in Yoga		
Semester	1 <sup>st</sup> Semester		
Name of the Course	Demonstration of basic Asana		
Course Code	M24-YGA-105		
Course Type	Practicum Course		
Level of the course	400-499		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLO 1: Demonstrate basic standing asanas CLO 2: Demonstrate basic sitting asanas CLO 3: Demonstrate basic Supine and prone Lying asanas CLO 4: Demonstrate Suryammaskar		
Credits	Theory	Practical	Total
	0	4	4
Teaching Hours per week	0	8	8
Internal Assessment Marks	0	30	30
End Term Exam Marks	0	70	70
Max. Marks	0	100	100
Examination Time	0	4 hours (or as decided by PGBOS)	
<b>Part B- Contents of the Course</b>			
<b>Practical</b>			<b>Contact Hours</b>
<b>Demonstration of Basic Asana:</b> <ul style="list-style-type: none"> <li>• Five Basic Standing Asanas</li> <li>• Five Basic Sitting Asanas</li> <li>• Five Basic Supine Lying Asanas</li> <li>• Five Basic Prone Lying Asanas</li> <li>• Surya Namaskar</li> </ul>			120
<b>Suggested Evaluation Methods</b>			
<b>Internal Assessment: 30</b>		<b>End Term Examination: 70</b>	
➤ <b>Practicum</b>	<b>30</b>	➤ <b>Practicum</b>	<b>70</b>
• Class Participation:	5	Five Basic Standing Asanas	- 10
• Demonstration of Asanas	10	Five Basic Sitting Asanas	- 10
• Mid-Term Exam:	15	Five Basic Supine Lying Asanas	- 10
		Five Basic Prone Lying Asanas	- 10
		Surya Namaskar	- 10
		Practical File	- 10
		Vivo Voce	- 10



# Syllabus of Examination

## Programme: P.G. Diploma in Yoga 1<sup>st</sup> Semester

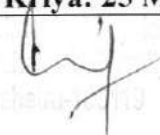
as per NEP 2020 Curriculum and Credit Framework for Postgraduate Programme with  
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**Session 2024-25**

**Practicum – 2**

<b>Session: 2024-25</b>			
<b>Part A - Introduction</b>			
Name of the Programme	P.G. Diploma in Yoga		
Semester	1 <sup>st</sup> Semester		
Name of the Course	Basic Paranyamas and Shuddhi Kriya		
Course Code	M24-YGA-106		
Course Type	Practicum Course		
Level of the course	400-499		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLO 1: Demonstrate basic Paranyama CLO 2: Demonstrate basic Shuddhi Kriya		
Credits	Theory	Practical	Total
	0	4	4
Teaching Hours per week	0	8	8
Internal Assessment Marks	0	30	30
End Term Exam Marks	0	70	70
Max. Marks	0	100	100
Examination Time	0	4 hours (or as decided by PGBOS)	
<b>Part B- Contents of the Course</b>			
<b>Practical</b>			<b>Contact Hours</b>
<b>Demonstration of Basic Paranyamas:</b> <ul style="list-style-type: none"> <li>• Anuloma Viloma,</li> <li>• Bhastrika</li> <li>• Bhramari</li> <li>• Sheetli &amp; Sitkari,</li> <li>• Ujjayi</li> <li>• Kapalbhathi</li> </ul>			120
<b>Demonstration of Basic Shuddhi Kriya:</b> <ul style="list-style-type: none"> <li>• Basti</li> <li>• Neti</li> <li>• Nauli</li> </ul>			
<b>Suggested Evaluation Methods</b>			
<b>Internal Assessment: 30</b>		<b>End Term Examination: 70</b>	
➤ <b>Practicum</b>	<b>30</b>	➤ <b>Practicum</b>	<b>70</b>
• Class Participation:	5	<b>Demonstration of Basic Paranyamas: 25 Marks</b> • Anuloma Viloma, Bhastrika, Bhramari, Sheetli & Sitkari, Ujjayi and Kapalbhathi <b>Demonstration of Basic Shuddhi Kriya: 25 Marks</b>	
• Demonstration of Asanas	10		
• Mid-Term Exam:	15		

454

  
 P. G. Diploma in Yoga  
 1<sup>st</sup> Semester  
 Practicum - 2

# Syllabus of Examination

## Programme: P.G. Diploma in Yoga 1<sup>st</sup> Semester

as per NEP 2020 Curriculum and Credit Framework for Postgraduate Programme with Internship and CBCS-LOCF With effect from the  
Session 2024-25

## Seminar

Session: 2024-25	
Name of the Programme	<b>P.G. Diploma in Yoga</b>
Semester	<b>1<sup>st</sup> semester</b>
Name of the Course	<b>Teaching of Yoga</b>
Course Code	<b>M24-YGA-107</b>
Course Type: (CC/DEC/PC/Seminar/CHM/OEC/EEC)	<b>Seminar</b>
Level of the course	400-499
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	CLOs: Develop the skill to teach different aspects of Yoga.
Credits	Seminar 2
Teaching Hours per week	2
Max. Marks	50
Internal Assessment Marks	0
End Term Exam Marks	50
Examination Time	1 hour
<b><u>Instructions for Examiner:</u></b> Each Student is required to present 5 Seminars on the different aspects of yoga during the whole semester. Final Seminar will be evaluated two Internal Teachers and the parameters of evaluation will be decided by the staff council.	



Kurukshetra University