

MAHARSHI DAYANAND SARASWATI UNIVERSITY,
AJMER

पाठ्यक्रम

SYLLABUS

SCHEME OF EXAMINATION AND
COURSES OF STUDY

FACULTY OF SCIENCE

PGDYEHS

(Post Graduate Diploma in
yoga education and human science)

(w.e.f. 2017-18)



ALKA PUBLICATIONS

Purani Mandi, Ajmer

Paper No.	Name	Maximum Marks	Minimum Marks
I (Th)	Foundation of Yoga & its Application.	100	40
II (Th)	Concept of Health, According Yoga, Naturopathy and Ayurveda.	100	40
III (Th)	Anatomy and Physiology.	100	40
IV (Th)	Yoga therapy for common Ailments	100	40
V (Th)	Sanskrita and Bhagvad Gita	100	40
VI (Th)	Yoga therapy Through Patanjali Yoga Sutra, Vasistha & Hatha Yoga.	100	40
	Practical		
I Paper	Surya Namaskar, Kriyas, Sukshma Vyayama, Asana	100	40
II Paper	Pranayama, Bandha & Mudras, Omakar Meditation, IRT+QRT+DRT	100	40
III Paper	Chanting , Yoga game, Emotions culture through Music, Patriotic, Service related songs and / Karma Yoga Modules presentation.	100	40
IV Paper	Advance Asana & advance Kriyas. Cyclic meditation, Report Writing+Presentation.	100	40
V Paper	LAYT for common ailments. Personality Assessment. Practical training in Hospital. (Practical Experience and Residential camp.)	100	40
VI Paper	(i) Clinical Project works (Case study & Parameters)(Min. 8 to 10 Cases) Presentaion, 45 Days Practical Training / Internship	100	40

PRACTICAL

100 Marks

**Min.
Pass Marks(40)**

I Paper

- | | |
|-----------------------|----|
| 1. Surya Namaskar | 25 |
| 2. Kriyas (Shatkarma) | 25 |
| 3. Sukshma Vyayama | 25 |
| 4. Asana. (Basic set) | 25 |

II Paper

100 Marks

- | | |
|---------------------|----|
| 1. Pranayama | 25 |
| 2. Bandhas & Mudras | 25 |
| 3. Omker Meditation | 25 |
| 4. IRT+QRT + DRT | 25 |

III Paper

100 Marks

- | | |
|---|----|
| 1. Chanting | 25 |
| 2. Yoga game | 25 |
| 3. Emotions culture through Music
Patriotic, Service,- related songs | 25 |
| 4. Karma Yoga Modules Presentation | 25 |

IV Paper

100 Marks

- | | |
|------------------------------------|----|
| 1. Advance Asana, & advance Kriyas | 25 |
| 2. Cyclic meditation | 25 |
| 3. Report Writing | 25 |
| 4. Report Presentation | 25 |

V Paper

100 Marks

- | | |
|---|----|
| 1. LAYT for common ailments. | 25 |
| 2. Personality Assessment | 50 |
| 3. Practical training in Hospital. | 25 |
| *Practical Experience and Residential camp 8 - 10 Days* | |

VI Paper

100 Marks

- | | |
|---|----|
| 1. Clinical project works (Case study & Parameters)
(Min. 8 to 10 Cases) | 50 |
| 2. Presentation | 25 |
| 3. 45 Days Practical Training/Internship | 25 |

Note :- Enclosed Practical Details Appendix - I

Appendix - 1

ADVANCE ASANA

- | | |
|-----------------------------|-------------------|
| 01. Kroncaasana | 02. Virbhadrasana |
| 03. Setubandha Sarvangasana | 04. Karnapidasana |