



MAHARAJA CHHATRASAL BUNDELKHAND UNIVERSITY, CHHATARPUR (M.P.)

PHYSICAL EDUCATION DEPARTMENT

**Syllabus of Yoga P.G. Diploma In Yoga Therapy
(01 Year Course)**

Program outcome and course outcome

PG Diploma In Yoga (1 Year)
Sem I

Code	Paper Name	MM	Ex.M.	Internal/External Assessment
PG 101	Yoga Parichay	50	30	20
PG 102	Patanjal Yoga Sutra	50	30	20
PG 103	Anatomy & Physiology	50	30	20
PG 104	Yoga Counseling & Psycho Therapy	50	30	20
PG 105	Yoga Practical	100	70	30
	Total	300		

Sem II

Code	P.G. Diploma Paper Name	MM	Ex.M.	Internal/External Assessment
PG 201	Yoga & Mental Health	50	30	20
PG 202	Yoga Chikitsa	50	30	20
PG 203	Patanjali Yoga Sutra	50	30	20
PG 204	Teaching Practice	50	30	20
PG 205	Yoga Practical	50	30	20
Internship		50		
	Total	300		

Maximum Mark of semester I & II will be 600 Marks.

Scheme for paper setting

1. Objective type question - $1/2 \times 4 = 02$
 2. Short Answer type question - $2 \times 4 = 08$
 3. Long Answer type question - $4 \times 5 = 20$
- Total = 30**