

DEPARTMENT OF YOGIC SCIENCE

GURUKULA KANGRI (Deemed to be University), HARIDWAR

CERTIFICATE IN YOGA

SYLLABUS

(w. e. f. 2021-22)

| S.N. | Subject Code | Subject Title | Periods per week | | | Evaluation Scheme | | | | Subject Total |
|-----------------------------|--------------|---------------------------|------------------|---|---|-------------------|-----------------|----|-----|---------------|
| | | | L | T | P | Sessional | | | ESE | |
| | | | | | | Credit | CT | TA | | |
| CORE | | | | | | | | | | |
| 1 | CYS -C101 | Fundamental of Yoga | 4 | - | - | 4 | 20 | 10 | 70 | 100 |
| 2 | CYS -C102 | Hathyoga | 4 | - | - | 4 | 20 | 10 | 70 | 100 |
| ELECTIVE (ANY TWO) - | | | | | | | | | | |
| 3 | CYS -E103 | Health Management & Yoga | 4 | - | - | 4 | 20 | 10 | 70 | 100 |
| 4 | CYS -E104 | Yoga & Sankhya Philosophy | 4 | - | - | 4 | 20 | 10 | 70 | 100 |
| 5 | CYS -E105 | Marma Therapy | 4 | - | - | 4 | 20 | 10 | 70 | 100 |
| 6 | CYS -E106 | Yoga & Vaidik Therapies | 4 | - | - | 4 | 20 | 10 | 70 | 100 |
| PRACTICAL | | | | | | | | | | |
| 7 | CYS -C151 | Practical-1 | - | - | 8 | 4 | 20 | 10 | 70 | 100 |
| 8 | CYS -C152 | Practical-2 | - | - | 8 | 4 | 20 | 10 | 70 | 100 |
| | | | | | | 24 | TOTAL | | | 600 |
| TOTAL CREDITS | | | | | | 24 | G. TOTAL | | | 600 |

L = Lecture T = Tutorial P = Practical CT = Cumulative Test TA = Teacher Assessment