

Department of Yogic Science
Gurukula Kangri (Deemed to be University), Haridwar
P.G. DIPLOMA IN YOGIC SCIENCE
SYLLABUS (w. e. f. 2021-2022)

S. N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
			L	T	P	Seasonal			ESE	
						Credit	CT	TA		
Semester – I										
1	DYS-C101	Introduction to Yoga and Human Consciousness	4	-	-	4	20	10	70	100
2	DYS -C102	Hath Yoga	4	-	-	4	20	10	70	100
3	DYS -C103	Yogic Text	4	-	-	4	20	10	70	100
4	DYS -C104	Human Anatomy, Physiology and Yoga	4	-	-	4	20	10	70	100
5	DYS -C151	Practical-1 Yoga	-	-	12	6	20	10	70	100
6	DYS -C152	Practical-2 (Comp. Lab & HP Lab)	-	-	4	2	20	10	70	100
						24	TOTAL			600
Semester – II										
CORE										
1	DYS -C201	Patanjal Yogsutra	4	-	-	4	20	10	70	100
2	DYS -C202	Yoga and Health	4	-	-	4	20	10	70	100
ELECTIVE (ANY TWO)						-				
3	DYS -E203	Yoga in Upanishads	4	-	-	4	20	10	70	100
4	DYS -E204	Teaching Methodology in Yoga								
5	DYS -E205	Yoga and Vaidik Therapies	4	-	-	4	20	10	70	100
6	DYS -E206	Yoga Skills Development	4	-	-	4	20	10	70	100
PRACTICAL										
7	DYS -C251	Practical-1 Yoga	-	-	12	6	20	10	70	100
8	DYS -C252	Practical-2 (HP Lab, Yoga camp. & Project Work)	-	-	4	2	20	10	70	100
						24	TOTAL			600
TOTAL CREDITS						48	G. TOTAL			1200

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