

Post Graduate Diploma in Yoga (PGDY)

Duration: 2 Years (4 Semesters)

Semester – I

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	PGDY101	1PGDY1	Introduction to Yoga Philosophy
2	PGDY102	1PGDY2	Human Anatomy & Physiology
3	PGDY103	1PGDY3	Fundamentals of Yoga Practices (Asanas, Pranayama)
4	PGDY104	1PGDY4	Teaching Methodology of Yoga

Course Details (Semester – I)

- **Introduction to Yoga Philosophy** – History, streams of Yoga.
 - **Human Anatomy & Physiology** – Body systems and yoga.
 - **Fundamentals of Yoga Practices** – Basic asanas and breathing exercises.
 - **Teaching Methodology** – Lesson planning & yoga pedagogy.
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Semester – II

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	PGDY201	2PGDY1	Patanjali Yoga Sutra & Gita
2	PGDY202	2PGDY2	Yoga Therapy Basics
3	PGDY203	2PGDY3	Advanced Asanas & Pranayama
4	PGDY204	2PGDY4	Practical Training & Teaching

Course Details (Semester – II)

- **Patanjali Yoga Sutra & Gita** – Key sutras and verses.
 - **Yoga Therapy Basics** – Yoga in prevention & management of diseases.
 - **Advanced Asanas & Pranayama** – Intermediate practices.
 - **Practical Training** – Teaching and class practice.
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Semester – III

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	PGDY301	3PGDY1	Upanishads & Hatha Yoga Texts
2	PGDY302	3PGDY2	Yoga Psychology
3	PGDY303	3PGDY3	Meditation & Concentration Techniques
4	PGDY304	3PGDY4	Research Methodology in Yoga

Course Details (Semester – III)

- **Upanishads & Hatha Yoga Texts** – In-depth yogic scriptures.
 - **Yoga Psychology** – Yogic view of mind, consciousness.
 - **Meditation & Concentration** – Dhyana, Dharana techniques.
 - **Research Methodology in Yoga** – Tools for yoga research.
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Semester – IV

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	PGDY401	4PGDY1	Advanced Yoga Therapy
2	PGDY402	4PGDY2	Ayurveda & Naturopathy in Yoga
3	PGDY403	4PGDY3	Yoga for Stress Management & Lifestyle Diseases

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
4	PGDY404	4PGDY4	Dissertation / Internship

Course Details (Semester – IV)

- **Advanced Yoga Therapy** – Therapeutic yoga for chronic diseases.
- **Ayurveda & Naturopathy in Yoga** – Integration of AYUSH with yoga.
- **Yoga for Stress Management** – Lifestyle, relaxation, meditation for wellness.
- **Dissertation / Internship** – Practical research and training.