

## (2) POST-GRADUATE DIPLOMA IN YOGIC STUDY (PGDYS): Structure and Brief Syllabi of PGDYS

**Objective:** Human beings are made up of three components—body, mind and soul corresponding these there are three needs—health, knowledge and inner peace. Health is physical need, knowledge is our psychological needs and inner peace is spiritual need when all three are present then there is harmony.

Yoga gives us relief from countless ailments at the physical level. The practice of the postures (asans) strengthens the body and creates a feeling of wellbeing. From the psychological view point, yoga sharpens the intellect and aid in concentration; it steadies the emotions and encourages a caring for others.

The objective of the PGDYS Course is to acquaint the students with Yoga as a science--that is, as a practical, methodical, and systematic discipline or set of techniques that have the lofty goal of helping human beings to become aware of their deepest nature. In fact, yoga, with its powerful techniques for creating a sense of inner peace, harmony, and clarity of mind, is absolutely relevant to the modern world. Given the increasing pace and conflict present in modern life, with all its resulting stress, one could say that yoga has become an essential tool for survival, as well as for expanding the creativity and joy of our lives.

**Eligibility Criteria for Admission:**– Graduate in any discipline

**Scheme of Examination** - PGDGS course is of one year duration. It will be necessary for students admitted in this course to pass in each paper of the course separately, securing atleast 33% of marks in each paper. To determine 33% of marks in each paper, the marks obtained by the students, both in term end theoretical written examination and assignment / practical, as the case may, will be clubbed and counted together to determine the aforesaid pass percentage. However, if a candidate has failed to appear or secured zero mark in written examination and / or assignment /practical work in any paper, he/she will be deemed of have failed in that paper. Failure in one paper will mean failure in that Part of the examination. Hence, students must strive hard to pass individually in all the papers.

The course consists of three theory papers and two practical papers, each carrying 100 marks, divided between written examination, home assignment and practical work as below :

Paper	Title of the paper	Distribution of Marks between Theory and Assignment		Minimum Marks required to pass the examination (written exam. + practical/ Assignment taken together)
		Written exam	Assignment / Practical	
1.	Basic Concept of Yoga	80	20	33
2	Structure and Functioning of Body Metabolism	80	20	33
3	Yoga and Mind	80	20	33
4	Practical	XX	100 Practical	33
5	Practical	XX	100 Practical	33
<b>Total</b>		<b>240</b>	<b>260</b>	<b>165</b>