

P.G. DIPLOMA IN YOGA (OLD COURSE)
Running Under Yoga Study and Practice Center
of
Department of Philosophy
D.D.U. Gorakhpur University, Gorakhpur

1. **Name of Programme:** P.G. Diploma in Yoga (Old)
2. **Name of Department:** Department of Philosophy
3. **Duration:** 1 year (2 semesters)
4. **Eligibility :** Minimum qualification for the admission in the above mentioned course shall be-

- A minimum of 45% marks in Graduation from any recognized University.

5. **Process of Admission:** Admission will be on the basis of Interview

The admission and the other fees should be as follows:

Admission Fee : As Per University Laws

Besides the above dues the other expenses like practical training, field study and tour shall be borne by the students.

Tuition Fee: Rs **7700.00** (INR Per Semester and 15400 Two Semester)

Examination Fee : 1000 Per Semester

6. **Number of Seats : 60**

7. Examinations and Declaration of Results : The system of examination and declaration of results , pass mark and marks for first . second and third division shall be in accordance with the PG Examination of University. The Candidate has to pass in both in theory and practical examinations, securing pass marks separately.

8. Attendance : It is necessary for every student to attend at least 75% of classes in the academic year and to complete all assignments. Students having less than 75% attendance shall not be allowed to appear in term end examination.

- In all other matters, the students shall be governed by the rules and regulations of the University /State Government/UGC.
- Medium of Instruction : English & Hindi.

Semester-1st

Code No.	Name of Papers	Core/Elective	Credit	Marks		Total Marks
				Written	Internal Assessment	
PGDY 101	Foundations of yoga		04	70	30	100
PGDY 102	Basic Yoga Texts		04	70	30	100
PGDY 103	Yoga and Philosophy		04	70	30	100
PGDY 104	Modern Yogis		04	70	30	100
	Practical & Viva-Voce		04	60	40	100
			20			500

- Each paper will be of 4 Credit. Total credit in each Semester will be 20. Each paper will be of 100 marks in which 70 marks for written Exam and 30 marks for internal evaluation.
- One seminar 10 Marks
- One Test 10 Marks
- Attendance and overall performance 10 Marks

Semester-2nd

Code No.	Name of Papers	Core/Elective	Credit	Marks		Total Marks
				Written	Internal Assessment	
PGDY 105	Yoga and Health	Elective	04	70	30	100
PGDY 106	A yogic perspective on Anatomy and Physiology		04	70	30	100
PGDY 107	Aasana, Pranayama, Mudra & Bandh, Shatkarma		04	70	30	100
PGDY 108	Dhyana yoga		04	70	30	100
	Practical & Viva-Voce		04	60	40	100
			20			500

- Each paper will be of 4 Credit. Total credit in each Semester will be 20. Each paper will be of 100 marks in which 70 marks for written Exam and 30 marks for internal evaluation.
- One seminar 10 Marks
- One Test 10 Marks
- Attendance and overall performance 10 Marks