

Post Graduate Diploma in Yoga Therapy [PGDYT]

(Two Years Course)

Scheme of examination

The examination shall consist of three parts namely:

Part I : Theory

Part II : Yoga Practical

Part III : Project Work

A. The examination under **Part – I Theory**, shall be divided into two sections:

Section I : Annual Examination

Section II: Sessional work.

In Section I, there shall be two papers of 100 marks each for first year P.G.D.Y.T. as mentioned below:

Paper I: Foundation of Yoga.

Paper II: Basis Relevant of Yogic Therapy

And in final year there will be two papers of 80 marks each as mentioned below:

Paper – I: Integral approach to Yoga Therapy

Paper – II: Philosophy and Practice of Yoga Therapy.

In Section II: there shall be sessional work for first and final PGDYT of 20 marks [assignments, terminal examinations, attendance and discipline] in each paper.

B. The examination under **Part - II : Practical** shall be divided into two sections for both the years.

PGDYT First Year: Practical

(200 Marks)

Section – I:

(100 Marks)

(i) Asana

(50 Marks)

(ii) Pranayama

(20 Marks)

(iii) Mudra

(20 Marks)

(iv) Practical Record Book on Asana, Pranayama and Mudra.

(10 Marks)

Section – II:

(100 Marks)

(i) Shatkarma

(40 Marks)

(ii) Dhyana

(10 Marks)

(iii) Yogic Sukshma, Sthula Vyayam & Surya Namaskar

(40 Marks)

(iv) Practical Record Book on Shatkarma, Dhyana

(10 Marks)

and Yogic Sukshma, Sthula Vyayam & Surya Namaskar.

PGDYT Final Year Practical

(200 Marks)

Section – I:

(100 Marks)

Traditional Method of Yoga with
necessary modification.

(50 Marks)

Yogic Practices with Mechanical Aids

(50 Marks)

Section –II:

(100 Marks)

Use of Scientific Instruments

(20 Marks for each Instrument)

C. Part III: Project Work

The examination under **Part - III: Project Work** shall be divided into two sections of 50 marks each i.e. 100 marks per year for first and final PGDYT as mentioned below:

Section – I: Internal Assessment

(50 Marks)

Section – II: Viva-Voce based on Project Record

(50 Marks)