

# Ch. Devi Lal University Sirsa

SCHHEME OF EXAMINATION FOR PG DIPLOMA IN YOGA  
w.e.f. Session 2021-22P

Course	Nomenclature	Max. Marks		
		Total	Theory	Internal Assessment
<b>Semester-1</b>				
PGDYSC-101	Fundamental of yoga	100	70	30
PGDYSC-102	Hath Yoga	100	70	30
PGDYSC-103	Shrimadbhagvad Geeta & Samkhyakarika	100	70	30
PGDYSC-104	Human Anatomy and Physiology	100	70	30
PGDYSC-151	Practical -1	100	70	30
PGDYSC-152	Practical -2 (Lesson Plan)	100	70	30
<b>Semester-2</b>				
PGDYSC-201	Patanjal Yoga Sutra	100	70	30
PGDYSC-202	Yoga Therapy	100	70	30
PGDYSC-203	Naturopathy	100	70	30
PGDYSC-204	Alternative Therapy	100	70	30
PGDYSC-251	Practical -1	100	70	30
PGDYSC-252	Practical -2	100	70	30

  
Ashok Malik

  
Monika Verma

  
MS Chauhan

  
Ashok Sharma

04/05/22

PG Diploma in Yoga  
1st semester  
PGDYSc-101 Fundamental of yoga

[Total Marks: 100= External 70+ Internal 30]

Note: Question No. 1 will have a total of 5 questions carrying 2 marks out of the entire syllabus. Apart from this, answer a total of four questions by answering 1 from each unit, all questions carrying 15 marks.

UNIT 1

Meaning and definitions of yoga. Origin and Development From the Vedic period till the present Form of Yoga in various scriptures Discussion of the nature of Yoga in Vedas, Upanishads, Gita, Buddhist, Jain, Sankhya and Vedanta.

UNIT 2

Yoga methods: Jnana Yoga, Karma Yoga, Bhakti Yoga, Ashtanga Yoga, Hatha Yoga, Tantra Yoga and Mantra Yoga

UNIT 3

Introduction to various yogis - Maharishi Patanjali, Gorakshanath, Maharishi Dayanand Swami Vivekananda, Maharishi Arvind Paramahansa Yogananda, Swami Sivananda, Swami Kuvalyananda.

UNIT 4

General introduction to the texts of yoga- Patanjali Yogasutra, Srimad Bhagavad Gita, Hatha Yoga Pradipika, Gherandaa Samhita, Bhaktisagar

Bibliography

Yoga Vigyan - Swami Vigyanand Saraswati  
Indian Philosophy- Acharya Baldev Upadhyay  
Yoga in the Vedas - Swami Divyanand Kalyan  
Yoga Tattvank- Gita Press Gorakhpur  
Kalyan Yogank- Geet Press, Gorakhpur  
Great Yogi of India- Vishwanath Mukherjee  
Sant Mahatma of India- Ramlal

*Amal*  
*M*  
*Swami*  
*Moulik*

**PG Diploma in Yoga**  
**1st semester**  
**PGDYSC-102 Hath Yoga**

[Total Marks: 100- External 70+ Internal 30]

Note: Question No. 1 will carry an aggregate of 2 marks out of the entire syllabus. Apart from this, answer a total of four questions by answering one each from each unit, all questions carrying 15 marks.

**UNIT 1**

**Hatha Yoga Pradipika :** Definition of Hatha Yoga Proper place for practice, season, time, dietary instructions for yoga practice Seeker and obstacles in practice Characteristics of Hatha Siddhi Usefulness of Hatha Yoga Ritual benefits of asanas described in Hatha Yoga Pradipika Definition, types, methods and benefits of pranayama, pranayama Utility of,

**UNIT 2**

Patkarma description Dhauti, Basti, Neti Nauli, Tratak and Kapalbhati method and benefits of bonding Mudra description Mahamudra, Mahavedh, Mahabandha Bechari, Uddiyan pure Jalandharabandha original bunch, Viparitakarni, Boli, Shaktichalini Samadhi, Nadanusandhan, the nature of Kundalini and the measures of awakening.

**UNIT 3**

**Gherand Code**

The seven means, the ritual bringing of the six karmas described in the Gherandaa Samhita, Dhiti Basti, Nati, Nauli, Trataka, Kapalabhati. Explanation of asanas, pranayama postures, pratyahara, meditation and samadhi described in Gherandaa Samhita.

**UNIT 4**

**Bhaktisagar**

Description of Shatakarma and Ashtanga Yoga according to Bhakti Sagar by Swami Charandas.

**References:** Hatha Yoga Pradipika - Publisher Kaivalyadham Lonawala

Gherandaa Samhita-Publisher Kavalyadham, Lonaval

Goraksha Samhita - Gorakshanath

Bhaktisagar- Swami Charandas

Yogasana Science - Swami Dharendra Brahmachari

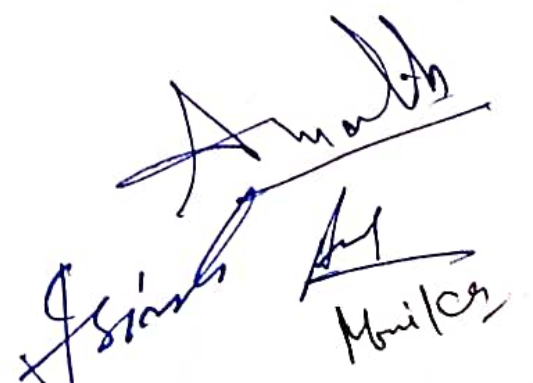
Introduction to Yoga - Pitambar Jha

Simple Yogasan - Dr. Ishwar Bharadwaj

Asana Pranayama - Devvrata Acharya

Asana, Pranayama, Mudra Bunch - Swami Satyanand

Bahiranga Yoga - Swami Yogeshwarananda

  
Swami Charandas  
Swami Yogeshwarananda



1st semester

PGDYSE-102

Hath Yoga

[Total Marks: 100 External 70+ Internal 30]

Note: Question No. 1 will consist of total questions of 2 marks out of the entire syllabus. Apart from this, answer a total of four questions by answering one each from each unit, all questions carrying 15 marks.

UNIT 1

Hatha Yoga Pradipika Definition of Hatha Yoga Proper place for practice, season, time, dietary instructions for yoga practice, seeker and obstacle elements in sadhana Characteristics of Hatha Siddhi, usefulness of Hatha Yoga Method and benefits of asanas described in Hatha Yoga Pradipika Definition, types, methods and Benefits Usefulness of Pranayama.

UNIT 2

Shatakarma Darshan- Method and benefits of Dhوتي, Basti, Neti, Neeli Drama and Kapalabhati Bandha Mudra Description Mahamudra, Mahavedha Mahabandh Khechhari, Uddiyan Bandha, Jalandhar Bandha, Mool Bandha, Viparitkarani Vajroli Shaktichalini, Description of Samadhi Nadanusandhan, Nature of Kundalini and Awakening Remedies.

UNIT 3

Gherand Code

Sapta Sadhana, Shatakarma Ghauti Basti, Neti Nauli, Trataka Kapalabhati described in Gherandaa Samhita. Method and Benefits Explanation of Asana, Pranayama, Mudras, Pratyahara, Dhyana and Samadhi described in Gherandaa Samhita.

UNIT 4

Bhaktisagar

Description of Shatakarma and Ashtanga Yoga according to Bhakti Sagar by Swami Charandas.

**References:-** Hatha Yoga Pradipika - Publisher Kaivalyadham Lonawala

Gherandaa Samhita- Publisher Kaivalyadham, Lonawala

Goraksha Samhita - Gorakshanath

Bhaktisagar- Swami Charandas

Yogasana Science- Swami Dharendra Brahmachari

Simple Yogasana - Dr. Ishwar Bhardwaj

Asana Pranayama - Devvrat Acharya

Asana, Pranayama, Muda Bandha - Swami Satyananda

Bahirang Yoga - Swami Yogeshwarananda

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## 1st semester

### PGDYSC-103 Shrimadbhagavad Geeta & Samkhyakarika

[Total Marks: 100 External 30+ Internal 30]

**Note:** Question No. 1 will consist of total questions carrying 2 marks out of the entire syllabus. In addition, 1 from each unit Answer four questions in total, all the questions are of 15 marks.

#### UNIT 1

Bhagavad Gita - General Introduction According to the Gita, the nature of the soul lies in the various characteristics of yoga. Wisdom, Karma theory, Tradition of the cycle of creation, Public collection.

#### UNIT 2

Tradition of Karma Yoga, Nature of Yajna, Fire of Knowledge, Unity of Sankhya Yoga and Karma Yoga Nature of Sanyas Usefulness of Sanyas in Moksha, Characteristics of Karma Yogi, Means of Brahmjnana Practice and Renunciation, Nature and Maya Triguna Vivechan, Devasura Sampada Division, Trividha Shraddha.

#### UNIT -3

Sankhya Darshan-Introduction The nature of suffering according to Sankhyakarika Introduction of twenty-five elements Proof analysis, Satkaryavad Causes of unavailability, Expressed-Implicit analysis.

#### UNIT-4

According to the Sankhyakarika, the nature of the qualities, the analysis of the Purusha, the characteristics of intelligence and the thirteenth Karana, the astral body, the analysis of the creation from the Dharma ego.

#### reference text -

- |                             |   |                             |
|-----------------------------|---|-----------------------------|
| 1. Sankhyatattvakaumudi     | : | Vachaspati Mishra           |
| 2. Sankhyapravachana Bhasya | : | Vijnanabhikshu              |
| 3. Sankhyakarika            | : | Ishwar Krishna              |
| 4. Srimad Bhagavad Gita     | : | Maharshi Vedavyasa          |
| 5. Srimad Bhagavad Gita     | : | Acharya Shankara            |
| 6. Shrimad Bhagavad Gita    | : | Lokmanya Tilak              |
| 7. Srimad Bhagavad Gita     | : | Satyabrata Siddhantalankara |

*Singh*  
*Amal*  
*H*  
*Hoites*

**PG Diploma in Yoga**  
**1st semester**  
**PGDYSC-104 Human Anatomy and Physiology**  
[Total Marks: 100 = External 70 + Internal 30]

**Note:** The candidates are required to attempt five questions in all. Question number 1 (8 questions of 2 marks each) is compulsory. In addition to question number 1, candidates are required to attempt four questions by selecting one question from each unit.

**UNIT-I**

Brief Introduction of Anatomy and Physiology in the field of Physical Education. The arrangement of the skeleton, Function of the skeleton, Ribs and Vertebral column and the extremities, joints of the body and their types.

**UNIT-II**

Anatomy of heart. Circulation of blood. Stroke Volume-Cardiac Output-Heart Rate-Factors Affecting Heart Rate- Effect of Yog training on the Cardio vascular system.

Introduction of Cell and Tissue. Types of muscles. Effect of Yog training on the muscular and skeletal system.

**UNIT-III**

Mechanics of Breathing-Respiratory Muscles, Minute Ventilation-Ventilation at Rest and During Exercise. Diffusion of Gases-Exchange of Gases in the Lungs-Exchange of Gases in the Tissues-Oxygen Debt-Lung Volumes and Capacity. Effect of Yog training on the respiratory system.

**UNIT-IV**

**The Digestive system:** Structure and functions of the digestive system, Digestive organs, Metabolism

**The Excretory system:** Structure and functions of the kidneys and the skin.

**REFERENCES:**

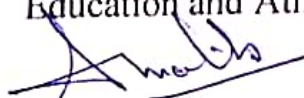
Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.

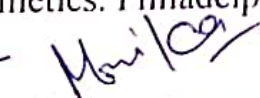
Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.

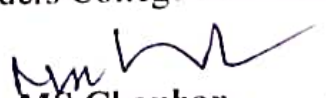
Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.

David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.

Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.

  
Ashok Malik

  
Monika Verma

  
MS Chauhan

  
Ashok Sharma



**PG Diploma in Yoga**  
**1st semester**  
**PGDYSC-151**  
**Practical-1**

[Total Marks: 100]  
15 Marks

**SELECTED KRIYAS**

1. Jalneti
3. Gajakarani
5. Agnisara

2. Sutraneti
  4. Dand Dhauti
  6. Kapalbhati--Vatkram, Sheetkram
- 10 Marks

**II. PRANAYAMAS**

1. Nadishodhan
3. Ujjayi
5. Shetalee

**a. In Hathyoga**

2. Suryabhedan
4. Sheetkari

**b. In Yoga Sutra**

2. Abhyantaravartti

1. Bahyavritti
3. Stambhvritti

**III. ASANAS**

1. Surya Namaskar with Mantra
3. Uttanpad Asan
5. Matsya Asan
7. Bhujangasan
9. Naukasana
11. Makarasan
13. Utkatasan
15. Janushirshasan
17. Pashchimottanasan
19. Siddhasan
21. Padmasan
23. Vyaghrasana
25. Kagasana
27. Parshvachakrasan
29. Urdhva Hastottanasan
31. Gaumukhasan
33. Supt Vajrasan
35. Uttan Kurmasan
37. Uttan Mandukasan
39. Shashankasan
41. Vrikshasan
43. Sinhasan

40 Marks

2. Pawanmuktasana series 1-2-3
4. Tadasan
6. Halasan
8. Shalabhasan
10. Viprit Naukasana
12. Dhanurasan
14. Chakrasan
16. Kandharasan
18. Akarna Dhanurasan
20. Swastikasan
22. Marjariasan
24. Udrakarshanasana
26. Katichakrasana
28. Vakrasan
30. Konasana
32. Vajrasan
34. Padhastasana
36. Mandukasan
38. Ushtrasan
40. Dandasana
42. Trikonasan

**IV. MUDRAS & BANDHAS**

1. Moolabandha
3. Uddiyanbandha
5. Mahamudra
7. Ashvani mudra
9. Kaki mudra
11. Vipreetkarni mudra

10 Marks

2. Jalandharbandh
4. Mahabandh
6. Mahavedha Mudra
8. Tadagi mudra
10. Shambhavi mudra

**V. MEDITATION - 20Minute**

**VI. Viva Voce**

05 Marks  
20 Marks

  
Ashok Malik

  
Monika Verma

  
MS Chauhan  
2/1/22

  
Ashok Sharma

PG Diploma in Yoga  
1st semester

PGDYSC-152  
Practical-2 (Lesson Plan)

ASSIGNMENT / TEACHING PRACTICE / VIVA-VOCE

[Total Marks: 100]

1. Assignment (Teaching Practice Note Book). Each student has to prepare and deliver 15 Lesson plans (Nine Asanas +Three Pranayams+Three Shatkriyas) during the session.  
30 Marks

2. Teaching Practice  
30 Marks

3. Mantra  
20 Marks

(Gayatri Mantra Sandhya Mantra, Prarthana Mantra, Mrityunjay Mantra, Sangathan Sukta, Pratah-Sayankaleen Mantra, Swasti Mantra, Shanti Path Mantra and Japa.)

4. Viva-Voce  
20 Marks

  
Ashok Malik

  
Monika Verma

  
MS Chauhan  
21/12/22

  
Ashok Sharma



**PG Diploma in Yoga**  
**2nd Semester**  
**PGDYSC-201 Patanjali Yoga Sutra**  
[Total Marks: 100- External 70+ Internal 30]

Note: Question 1 will consist of total 5 questions carrying 2 marks out of the entire syllabus. Apart from this, answer a total of four questions answering 1 from each unit, all questions carrying 15 marks.

**UNIT 1**

Definition of Yoga, Fields of the mind, Vrittis of the mind, Yogantraya, Concept of God, of Chitta Prasadana

Remedy (practice and dispassion, one element practice, dharana, meditation, practical measures) states of samadhi.

**UNIT 2**

Rimbhara Pragya and its lands,

The nature of Kriya Yoga, Panchaklesh, Karmashaya, Chaturvyuhavada, Vivekakhyati.

**UNIT 3**

Concept of Ashtanga Yoga (Yama, Niyama, Asana, Pranayama, Pratyahara Dharana, Dhyana and Samadhi). Nature of Mahavrata, Discussion Explanation I Concept of Bahirang Yoga, Yama, Niyama, Asana, Pranayama and Pratyahara Meaning, Definitions, Method, Fruits and Utilities Concept of Inner Yoga, (Dharana, Dhyana and Samadhi) Meaning, Definitions, Method Fruits and Utilities Samyama, Result of Chitta Vibhuti and its differences, Nature of Kaivalya.

**UNIT 4**

Nirman Chitta, Nature of Karma, Differences between Karma, Differences between Drishta and Drishya Siddhi, Eight Siddhis, Five Means of Siddhi, Dharmamegha Samadhi.

**Reference Text**

1. Yoga Darshan Swami Ramdev
2. Yoga Sutra Vachaspati Mishra
3. Yoga Sutra Rajmartand Bhojraj
4. Patanjali Yoga Pradeep Omanand Teerth
5. Patanjali Yoga Discussion: Vijaypal Shastri
6. Meditation Yoga Prakash Lakshmanand
7. Yogdarshan Rajveer Shastri
8. Patanjali Yoga Darshan Swami Satyapati Parivrajak

*Amal*  
*Monica Joshi*

PG Diploma in Yoga  
2nd Semester  
PGDYSC-202 Yoga Therapy

[Total Marks: 100 External 70 + Internal 30]

Note: Question 1 will have a total of 5 questions of 2 marks out of the entire syllabus. Apart from this, answering 1 from each unit is a total of four questions, all of them carrying 15 marks.

UNIT 1

Compound human structure and physiology, the concept of the five koshas and the three bodies, the physical, mental and psychosomatic consequences of their awakening and distortion, yogic pathology diagnosis 1) phonetics, 2) prana and 3) breathing for physical, mental and psychosomatic daily problems. Relationship with the relationship of the cycle with the nerve reticulum and endocrine glands Health and wellness Meaning, definition, symptoms and discussion of organs (with reference to Yoga and WHO)

UNIT 2

Meaning, Definition, Purpose, Basic Principles, Organs, Effects of Yoga Therapy

Importance of Yoga therapy for health promotion, prevention, treatment and longevity. Qualities of a Yoga practitioner, Difference between Yoga therapy and Allopathic medicine, Contemporary generality and contextuality of Yoga therapy, Limitations of Yoga therapy.

UNIT 3

Yoga therapy for common ailments

Diseases of the bone and muscular system Back pain, Sciatica, Cervical sinusitis, Rheumatoid and Osteoarthritis, causes, signs, symptoms, diagnosis and yoga therapy. Respiratory Diseases: Causes, Signs, Symptoms, Diagnosis, Asthma, Pneumonia, Catarrh & Sinusitis and yoga therapy.

Syndrome, colic, jaundice, colitis, causes of hemorrhoids, signs, symptoms, diagnosis and yoga therapy. Blood transport system related hypertension, low blood pressure, heart artery obstruction causes of angina, signs, symptoms, diagnosis and yoga therapy.

UNIT 4

Diseases related to reproductive and excretory system: impotence, menstrual problems, buccaluria, sciatica, encephalitis, UTI, Urinary stress incontinence causes, signs, symptoms, diagnosis and yoga therapy.

Endocrine: Diabetes, thyroid hormone increase/decrease, obesity, diabetes mellitus, mental

Power causes, signs, symptoms, diagnosis and yoga therapy. Nervous system diseases: headache, epilepsy, hysteria, depression, anxiety, insomnia, migraine, stress, smoking, causes of alcoholism, signs, symptoms, diagnosis and yoga therapy. Mental health meaning definition, organs, determinants, causes, symptoms and their diagnosis through yoga therapy.

Reference book

- |                               |                     |
|-------------------------------|---------------------|
| 1. Charaka Samhita            | Maharishi Charak    |
| 2. Sushruta Samhita           | Maharishi Sushruta  |
| 3. Ayurveda Siddhanta Rahasya | Acharya Balakrishna |
| 4. Phytology                  | Ramharsh Singh      |

*Amal*  
*Monica*  
*Prakash*

PG Diploma in Yoga  
2nd Semester  
PGDYSC-203 Naturopathy

[Total Marks: 100-External 70+ Internal 30]

Note: Question 1 will consist of total 5 questions carrying 2 marks out of the entire syllabus. Apart from this, answer a total of four questions answering 1 from each unit, all questions carrying 15 marks.

**Unit 1**

Natural Finances Cause History Fundamentals of Naturopathy Root Cause of Disease

**UNIT 2**

Kaka Effect of water of different temperature on the body, by whom the life is used, natural bath, ordinary and mountain bath, foot bath, whole body wet bandage, chest abdominal enema unit 3

Soil Sun and Vayuvik Type of soil Properties of soil Effect of soil on the body, Divine Bath Sun Light Significance Process of Sunlight on the Body Sun Bath Use of Various Colours, Importance of Air Effect of Air Air Bath Unit 4

Fasting principles and physical action-reaction, fasting for health, healing of disease, fasting, rules of fasting, types of fasting, full meaning water fasting, fasting, fasting, natural outdoor disease, suitable diet, ideal balanced diet, difference in definition of abhyang, history importance of abhyanga effect on various organs Methods Common righteous Bhandas rolling, Sahalata jhahhora palate Mukki, Chutki etc. Reference texts

Medical Method Beam Sharma Acharya-40

Shriram Sharma Acharya Sampurn Vol-41

Healthy Science Uw the

camapen shivakumar goud and

Surat Cure of Ragas Dildara Modi Ayurvedic Naturopathic Medicine Rakesh Jindal

Diet and Nutrition- Dr. Rudolf

History and Philosophy of Naturopathy Dr. S.J. Singh

Nature Cure-Dr. H. K. Bakhru

The Practice of Nature Cure-Dr. Henry Lindthar

Al Jisiah  
Maitra Anandh



PG Diploma in Yoga  
2nd Semester  
PGDYNC-204 Alternative Therapy

[Total Marks: 100 (External 70 + Internal 30)]

Note: Question No. 1 will consist of total 5 questions carrying 2 marks out of the entire syllabus. Apart from this, answering a total of four questions by answering 1 from each unit, all questions are of 15 marks.

UNIT 1

Concept of alternative medicine, field of alternative medicine, limitations, need and importance of alternative medicine. Meaning and history of acupressure, principles and method of acupressure, tools of acupressure. Benefits of acupressure, introduction to different pressure points, similarities and differences between acupressure and Sujok.

UNIT 2

Prana therapy - meaning and types of life, introduction to life therapy, history and principles, energy centers, different methods of life therapy, importance of colors and chakras in life therapy, effect of life therapy in various diseases. Reiki Introduction

UNIT 3

(A) Magnet therapy - meaning, form, area, limitations and principles, different types of magnets, method of magnet therapy, effect of magnet therapy on various diseases (B) Yagya therapy Meaning and definition of Yagya, principles of Yagya therapy, field and Information about Yagya material for Yagya therapy according to limitation disease.

UNIT 4

Vocal Therapy Concept and Objectives of Vocal Therapy Principles of Voice Therapy Meaning, Nature and Types of Voice General Knowledge of Pulses in the Body, Agnimantha, Constipation, Asthma, Diarrhea, Acidity, High and Low Blood Pressure, Obesity, Insomnia

Reference Text

Acupressure - Dr. Attar Singh

Acupressure - Dr. L.N. Kothari

Acupressure you are doctor for yourself: Dr. Dhiren Gala

Sujok Therapy - Dr. Aash Maheshwari

Miracles through pranic healing - Master Choa Kok Sui

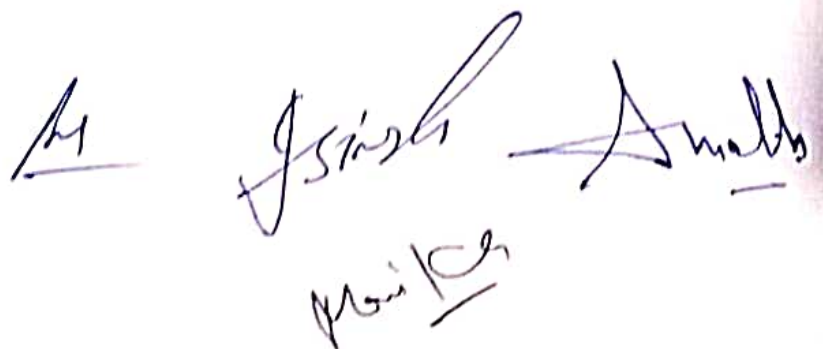
Advanced pranic healing - Master Choa Kok Sui

Pranic Psychotherapy - Master Choa Kok Sui

Magneto Therapy - Dr. H.L. Bansal

Magnetic Cure for common disease: Dr. R.S. Bansal, Dr. H.L. Bansal.

The text book of Magneto therapy: Dr. Nanubhai Painter



PG Diploma in Yoga  
2<sup>nd</sup> Semester  
PGDYSC-252  
Practical - I

[Total Marks: 100]

**I. SELECTED KRIYAS**

1. Trataka
3. Madhyamanauli
5. Kapalbhathi- Vyutkram.

- 15 Marks
2. Vastra Dhauti
  4. Sutraneti

and Kriyas as described in 1st semester practical

**II. PRANAYAMAS**

10 Marks

**a. In Hathyoga**

1. Bhastrika
2. Bhramari & Pranayama as described in 1st semester

**b. In Yoga Sutra**

1. Bahya-Abhyantra Vishayakshepi and Pranayama as described in 1st semester practical

**III. ASANAS**

40 Marks

1. Bhadrasan
2. Uttitha Padmasana
3. Badha Padmasana
4. Padangushthasan
5. Yogamudrasana
6. Padam Bakasan
7. Tolangulasana
8. Mayurasan
9. Sarwang Asan
10. Kukutasana
11. Ardhmatsyendrasana
12. Garbhasana
13. Matsyendrasana

14. Suptavajarasana
15. Ashwatthasana
16. Garudasan
17. Garbhasana
18. Hastpadangushthasan
19. Karnapeedasan
20. Kurmasana
21. Shirshasan
22. Ugrasana
23. Padangushthnasasprashasan
24. Natrajasan
25. Shawasana

And Asanas as described in 1st semester practical

**IV. MUDRAS & BANDHAS**

10 Marks

1- Shaktichalini mudra

and Mudras & Bandhas as described in 1st semester practical V.

**MEDITATION** 20 Minutes

05 Marks

Viva-voce

20 Marks

Ashok Malik

Monika Verma

MS Chauhan

Ashok Sharma

**PG Diploma in Yoga  
2<sup>nd</sup> Semester  
PGDYSC-252  
Practical- 2**

**[Total Marks: 100]**

1. Naturopathy practical **20 Marks**

2. Acupressure practical **10 Marks**

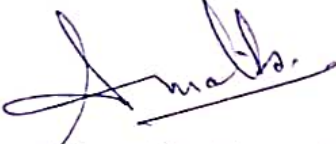
3. Pranic Healing practical **10 Marks**

4. Magnet Therapy **10 Marks**

5. Yagya Therapy **10 Marks**

6. Assignment (Alternative Therapy Practical Note Book). Each student has to prepare Practical note book of above mentioned Alternative therapies during the session. **20 Marks**

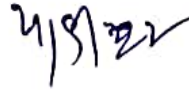
7. Viva-voce **20 Marks**

  
**Ashok Malik**

  
**Monika Verma**

  
**MS Chauhan**

  
**Ashok Sharma**

  
21/9/22