

**GOVT. DIGVIJAY AUTONOMOUS P.G. COLLEGE  
RAJNANDGAON (C.G.)**



**Session 2025-26**

**SYLLABUS  
OF**

**PG. DIPLOMA IN YOGA EDUCATION & PHILOSOPHY**

**UNDER**

**FACULTY OF YOGA DEPARTMENT**

**Approved By Board of Studies (BOS)**

**DEPARTMENT OF YOGA**

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23/06/25

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**GOVT. DIGVIJAY AUTONOMOUS P.G. COLLEGE  
RAJNANDGAON (C.G.)**

**PG. DIPLOMA IN YOGA EDUCATION & PHILOSOPHY**

**Session - 2025-26**

**Program Duration :-** 1 year/2 semester (6 month each)

**Prerequisite:-** Aspirants should hold a graduation degree from any recognized University with minimum 50% marks.

**Programme outcome :-**

1. Ancient tradition of India.
2. Healthy & Conscious personality Development.
3. Moral values of life.
4. Physical & spiritual harmony.
5. To gain the knowledge about basic concept of yoga
6. To develop the concept of yoga and its verities.
7. Skill Development
8. Understanding ability

**Course outcome :-**

1. Introduction to the yogic tradition.
2. Ancient yogis and their philosophy.
3. Understand the basic concept of Yoga and its type.
4. To understand the various asanas, kriyas, bandha, mudra, meditation and pranayam.
5. Describe the effect of yoga exercise on the human body
6. Understand the concept of yoga and its verities.
7. Describe asanas, kriyas, pranayam and Nadanusandhan according to hatha pradiipika.
8. Student will be able to understand Indian Philosophy.

**Programme Specific outcome :-**

1. Instructor in India's Ayushman Bharat Scheme.
2. Yoga Consultant.
3. Private yoga & Fitness Center.
4. Yoga Instructors in Educated institutions.
5. Yoga guidance abroad.

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## SEMESTER - I

### Part A: Theory Group

Paper 1(a)	:	50 marks
Paper 2(a)	:	50 marks

### Part B: Practical Group

i. Practice teaching	:	40 marks
ii. Class test	:	10 marks
iii. Practical (1-a)	:	50 marks
(Kriyas, Asanas, Pranayam etc.)		
iv. Practical record (1-a)	:	25 marks
V.Viva-voce test (i)	:	25 marks
<b>Total marks of Semester-I</b>	<b>:</b>	<b>250 marks</b>

## SEMESTER - II

### Part A Theory Groups

Paper 1(b)	:	50 marks
Paper 2(b)	:	50 marks

### Part B: Practical Group

i. Practice Learning	:	40 marks
ii. Class test	:	10 marks
iii. Practical (1-b)	:	50 marks
(Kriyas, Asanas, Pranayam etc.)		
iv. Practical record (1-b)	:	25 marks
V.Viva-voce test (ii)	:	25 marks

**Total marks of Semester-II : 250 marks**

**GRAND TOTAL OF SEMESTERS I & II : 500 marks**

Sub  
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# शासकीय दिग्विजय स्वशासी स्नातकोत्तर महाविद्यालय राजनांदगांव (छ.ग.)

Web site – www.digvijaycollege.com Email : principal@digvijaycollege.com & Fax 07744&-225036

## P.G. Diploma in Yoga Education and Philosophy (Semester System)

There shall be two theory papers and one Practical (Three parts) in each semester.

### SEMESTER - I Session 2025-26

M.M.-50

#### Paper-I. Theoretical Yoga Vijnan

- Unit - I Introduction to Yoga: The concept, meaning, definition and tradition of Yoga, Famous yogis & their Books.
- Unit - II Basic texts of Yoga - Yoga Sutra (Introduction, Chitta, Chittavrittiya, Chittabhumiya, Panch Kalesh, Ashtangayog, Samadhi)
- Unit - III Kinds of yoga: Bhakti yoga, Karma yoga, Mantra yoga and Raj yoga.
- Unit - IV Study of Ida, Pingala, Sushumna, Seven Chakras, Five Koshas, and Five Pranas.
- Unit - V Contemporary Yogis - BKS Iyenger, Satyananda and Shivananda.

M.M.-50.

#### Paper-II. Applied Yoga Vijnan.

- Unit - I Meaning, definition and importance of Yoga and Health in life. Various Asanas for disease.
- Unit - II Practice of Yoga- Preparation. Food, Dress, Sequence, Climatic Changes daily routine Vratas for health, positive and negative factors.
- Unit - III Effective yoga & Meditation to dipression, Insomnia, Stress, Excessive anger & Concentration.
- Unit - IV Physiology-Constitution Nervous system, Circulatory system, Respiratory system and Endocrine glands.
- Unit - V Aspects of Mind (Topographical and Dynamics) Id. Ego and Super Ego, Concious, Sub-conscious and Un conscious. Yogic concept of mind and mental process.

#### Practicals

M.M.- 50

#### Practice Teaching (indoor/outdoor)

- Asanas
- Kriyas
- Pranayanmas Class arrangement.
- Meditation

M.M.-50

#### Practical(1-6)

1. Pawanmuktasana Part-1, 2 & 3
2. Asanas: Relaxation, Pre-meditative, backward and forward bending, Spinal Cord Twisting and balancing, Asanas of Vajrasana group & Standing pose
3. Nadishodhan and Pranayamas: Sheetali Pranayama, Sheetakari Pranayama, Ujjayi Pranayama & Bhramari Pranayama.
4. Mudra: Hastmudra, Manmudra and Kayamudra.
5. Bandha: Moolbandha & Jalandhar Bandha.
6. Shawaasana.

#### Practical record

M.M.-25

#### Viva-Voce

M.M.-25

#### Total Marks

23/06/25

22-06-25

23-06-2025

23-06-2025





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### SEMESTER-II

Session 2025-26

MM-50

#### Paper-I. Yoga Philosophy

Unit - I The subject matter of Yoga philosophy.

Samkhya: Prakriti, Purusha And Cosmology.

Vedanta: Brahman Soul and Maya.

Unit - II Different systems philosophy:

Pancha Mahavrata - Jainism.

Ashtang Marg - Buddhism.

Integral Yoga - Shri Aurobindo

Unit - III Vigyana Bhairava Tantra : Introduction & Methods

Unit - IV HathyogPradipika (Introduction, pranavam, sahatkurn, Nadanusandhan)

Unit - V Psychosomatic disorders (meaning and types) their management through Yoga, Aging

- Its problems and management through Yoga, Modern life & Yoga.

MM.50

#### Paper II Hatha Yoga.

Unit - I Gherand Samhita (Introduction, Shatkarm, Dhyan, Pranayam and Samadhi)

Unit - II Pranayama - Its meaning methods, kinds, precaution and benefits.

Unit. -III Shaddhikriya -- Shatkarma, its method and utility.

Unit - IV Bandha and Mudras -- methods and benefits.

Unit - V Samadhi. Different systems of Meditation.

#### Practicals

MM.50

#### practice Learning :

In this, the student will go to a school or institution and do Yoga practice for 10 days and bring a certificate from the head of institution on the basis of his certificate 40 marks will be evaluated.

#### Class Test - 10

MM.50

#### Practicals (1-8)

1. Balancing Asanas.

2. Asanas of Higher group.

3. Surya Namaskar.

4. Pranayama: Suryabhedha Pranayama, Bhastrika Pranayama, Kapalabhati Pranayama & Moorchha Pranayama.

5. Bandha: Uddiyan Bandha & Mahaabandhu

6. Mudra: Bandha Mudrayen & Aadhaar Mudrayen.

7. Shatkarma.

8. Dhaayana & Yoganidra

PPT Presentation

M.M. - 25

Viva-voce

M.M. - 25

Total marks semester - II

250

Total grade I&II semester

500

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