

SYLLABUS

P.G. Diploma in Yoga & Naturopathic Science



Department of Sports Science

Kota University,

Kota (Rajasthan)

Session :- 2022-23

;ksx ,oa izkd`frd fpfdRlk foKku fo”k; esa ih- th- fMlyksek

P.G. Diploma in Yoga & Naturopathic Science

ikB~;Øe dh vko’;drk vkSj mís’; %&

- 1- bl ikB~;dze dk mís’; fo|kfFkZ;ksa dks ;ksx ,oa izkd`frd fpfdRlk foKku dk IS)kafrd ,oa O;ogkfjd Kku iznku dj fo|kfFkZ;ksa dks LokLF; ds {kS= esa vkRe fuHkZj cukuk gSA
- 2- fo|kfFkZ;ksa dk ‘kkjhfd]ekufld] ckSf)d] HkkoukRed] lkekftd ds lkFk muds vk/;kfRed Lrj dk fodkl djukA
- 3- yqlr gks jgh Hkkjrh; laLd`fr ,oa ijEijkvksa dks ;ksx lk/kuk ds fofHkUu vaxksa ds ek/;e ls fo|kfFkZ;ksa dks voxr djuk gS] ftlds QyLo:i Hkkjrh; laLd`fr iqu% fo’o /kjkry ij viuh vfeV Nfo LFkkfir dj ldsA
- 4- Hkkjrh; laLd`fr esa lekfg uSfrd ewY;k ,oa laLdkjksa] fofHkUu izkphu ;ksx fo|kvksadks fo|kfFkZ;ksa ls voxr djuk] ftlls izR;sd Nk= vius O;fDrx thou dks IQyrkiwoZd O;rhr dj lds] lkFk gh IEiw.kZ ekuo lekt dks Hkh ,d mfpr fn’kk esa ekxZn’kZu dj ldsA
- 5- ‘kkldh;@futh fo|ky;ksa] egkfo|ky;ksa ,oa fo’ofo|ky;ksa gsrq dq’ky ;ksx&izf’k{kdksa dks rS;kj djukA
- 6- ‘kkldh; o futh vLirkyksa gsrq dq’ky ;ksx&fpfdRldksa dks rS;kj djukA
- 7- fo|kfFkZ;ksa esa Þjk”V^afgr loksZifjß dh Hkkouk dk fodkl djuk A

izos’k ds fy, ;ksX;rk %&

Lukrd dh ijh{kk U;wure 45 izfr’kr vadks ds lkFk mÙkh.kZ fo|kFkhZ izkoh.; lwph ds vk/kkj ij izos’k ys ldsxkA

ikB~;dze vof/k %&

ih-th- fMlyksek ikB~;dze nks lsesLVj $\frac{1}{4}$,d o”kZ $\frac{1}{2}$ esa iw.kZ djuk dk gksxk

ikB~;dze lajpuk %&

- 1- nksuksa lsesLVjksa esa fo|kfFkZ;ksa dks pkj&pkj IS)kfUrd iz’u&i=ksa rFkk nks&nks izk;ksfxd iz’u&i=ksa dk v?;;u djuk gksxkA
- 2- bl izdkj fo|kFkhZ;ksa dks ,d o”kZ esa dqy 8 IS)kfUrd iz’u&i=ksa rFkk 4 izk;ksfxd iz’u&i=ksa dk v/;;u djuk gksxkA

ih-th- fMlyksek Lrj ij IS)kfUrd iz’ui=ksa dh lajpuk %&

izR;sd iz’u i= rhu [k.Mksa Þv c lÞ esa foHkDr gksxkA

- 1- [k.M Þvß esa 2&2 vad ds 5 vkarfjd fodYi ds lkFk y?kq mÜkj; iz'u gksaxsA $\frac{1}{4}$ vf/kdre 50 'kCn $\frac{1}{2}$
- 2- [k.M Þcß esa 4&4 vad ds ds 5 vkarfjd fodYi ds lkFk e/e mÜkj; iz'u gksaxsA $\frac{1}{4}$ vf/kdre 150 'kCn $\frac{1}{2}$
- 3- [k.M Þlß esa 8&8 vad ds ds 5 vkarfjd fodYi ds lkFk nh?kZ mÜkj; iz'u gksaxsA $\frac{1}{4}$ vf/kdre 400 'kCn $\frac{1}{2}$

bl izdkj ckg~; ewY;kadu ds iz'ui= esa vadks dk foHkktu fuEukuqlkj gksxk&

[k.M	iz'uksa dh la[k	izfr iz'u vad	dqy vad
v	5	2	10
Ck	5	4	20
Lk	5	8	40
			;ksx $\frac{3}{4}$ 70

ih-th- fMlyksek Lrj ij IS)kfUrd iz'ui= ds vadks dk foHkktu fuEukuqlkj gksxkA

Ckkg~; ewY;kadu	vkfUrfjd ewY;kadu	dqy vad
70	30	100

vkarfjd ewY;kadu % blesa iz'uksÜkj] laxks"Bh izLrqrdj.kh] x`gdk;Z] d{kdk;Z] ifj;kstuk dk;Z vkfn dk;Z lfEefyr gksaxsA

ih-th- fMlyksek Lrj ij IS)kfUrd ,oa izk;ksfxd fo"k;ksa ds fy, ØsfMV dk vkaoVu

iz'ui=	izFke lsesLVj	f}rh; lsesLVj	;ksx
izFke	4	4	8
f}rh;	4	4	8
R`krh;	4	4	8
prqFkZ	4	4	8
izk;ksfxd&1	4	4	8
izk;ksfxd&2	2	2	4

;ksx	22	22	$\frac{3}{4}$ 44
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ih-th- fMlyksek mikf/k ikB~;dze ,d fuf'pr dzsfMV dk gSA dzsfMV~l fofHkUu
ikB~;dzeksa ds egRo dks n'kkZrk gSA

;ksx ,oa izkd`frd fpfdRlk foKku fo"k; esa ih- th- fMlyksek

P.G. Diploma in Yoga & Naturopathic Science

Syllabus (ikB~;dze)

1st Semester (izFke lsesLVj)

S.N	Title	Internal	External	Total
1.	Introduction to Yoga	30	70	100
2.	Principle of Hathyog	30	70	100
3.	Human Anatomy, Physiology & Yogic effect	30	70	100
4.	Principle of Naturopathy	30	70	100
5.	Practical-1(Yoga Practice)	-	-	100
6.	Practical-2 (Naturopathy)	-	-	100

1st Semester(f}rh; lsesLVj)

S.N	Title	Internal	External	Total
1.	Patanjal Yogsutra	30	70	100
2.	Yoga Therapy	30	70	100
3.	Yoga & Diet Science	30	70	100

4.	Naturopathy & Alternative therapies	30	70	100
5.	Practical-3(Yoga Practice)	-	-	100
6.	Practical-4 (Yoga Teaching & Training)	-	-	100

P.G Diploma in Yoga & Naturopathic Science

1st Semester,

Paper-1. Introduction of Yoga

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

Q1- Define Naturopathy and Alternative therapies. Discuss the scope and importance of Naturopathy and Alternative therapies in the field of Yoga and Naturopathic Science.

Q2- Explain the concept of Yoga and its various branches. Discuss the role of Yoga in the prevention and treatment of various diseases.

Q3- Discuss the importance of Yoga in the management of stress and anxiety. Explain the various techniques used in Yoga for stress management.

bdkbZ&4- fofHkUu ;ksfx;ksa dk ifjp;&egf"kZ iratfy] xksj{kukFk]
egf"kZ n;kuUn] Lokeh foosdkuan] Lokeh f'kokuan] Jh
vjfoUn ,oa Lokeh dqoy;kuanA

bdkbZ&5- ;ksx ds xzUFkksa dk lkekU; ifjp;&ikraty ;ksxlw=]
Jhen~Hkxor~xhrc] ;ksxokf'k"B] gBiznhfidk ,oa f'kolafgrk
A

lanHkZ xzUFk&

- 1- ;ksx foKku &Lokeh foKkukuan ljLorh
- 2- osnksa esa ;ksx fo|k&Lokeh fnO;kuan
- 3- ;ksx euksfoKku&'kkafrizdk'k vk=s;
- 4- ekuo psruk&izks- bZ'oj Hkkj}kt
- 5- dY;k.k $\frac{1}{4}$;ksxkad $\frac{1}{2}$ &xhrcizsl xksj[kiqj
- 6- Hkkjr ds egku ;ksxh&fo'oukFk eq[kthZ
- 7- Hkkjrh; n'kZuksa esa psruk dk Lo:i & Mkœ Jh d`".k IDIsuk
- 8- Hkkjrh; n'kZu & vkpk;Z cynso mik;/k;
- 9- vkSifu"kfnd v;/kRe foKku & Mkœ Å'oj Hkkj}kt
- 10- ra=] fdz;k vkSj ;ksx fo|k & Lokeh IR;kuan ljLorh

P.G Diploma in Yoga & Naturopathic Science

1st Semester,

Paper-2. Principle of HathYog

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

bdkÃ &1-

gB;ksx dk vFkZ] ifjHkk"kk ,oa vo/kkj.kk] gB;ksx ds vax] gB;ksx dk
,sfrgkfld v/;;u] gB;ksx ds lk/kd ,oa ck/kd rÜo] ferkkgkj ,oa iF;] viF;

dh vo/kkj.kkA gB;ksx o jkt;ksx ds e/; laca/kA gB;ksx ds izeq[k
xzaFkksa dk laf{klr ifjp;A

bdkÃ &2-

“kV~~dZe ‘kCn dk vFkZ] ifjHkk”kk] ,oa vo/kkj.kkA gB~iznhfidk ,oa
?ksj.M lafgrk ds vuqlkj “kV~deksZ dk oxhZdj.kA “kV~deksZ dk
mís’;] fl)kUr ,oa lko/kkfu;kjA “kV~deksZ ls izklr LoLFk ,oa fpfdRlh;
ykHkA

bdkbZ &3-

vklu ‘kCn dk vFkZ] ifjHkk”kk] ,oa vo/kkj.kkA gB~iznhfidk ,oa
?ksj.M lafgrk ds vuqlkj vkluA vluksa ds mís’;] fl)kUr ,oa
lko/kkfu;kjA vluksa ls izklr LoLFk ,oa fpfdRlh; ykHkA

bdkbZ &4-

izk.kk;ke& ;kSfxd ‘olu izfd;k] iwjd] dqEHkd ,oa jspd dh vo/kkj.kkA
izk.kk;ke dk vFkZ] ifjHkk”kk] mís’;] fl)kUr ,oa lko/kkfu;kjA gB;ksx
xzaFkksa esa of.kZr izk.kk;keksa ds fpfdRlh; ykHkA eqnzk dk
vFkZ] ifjHkk”kk] ,oa vo/kkj.kkA ca/k o eqnzkvksa ls izklr fpfdRlh;
ykHkA

bdkbZ &5-

/;ku dk vFkZ] ifjHkk”kk] ,oa vo/kkj.kkA /;ku ds mís’;] fl)kUr ,oa
lko/kkfu;kjA gB;ksx xzaFkksa esa of.kZr /;ku ds izdkj ,oa /;ku
izfd;k lss izklr LoLFk ,oa fpfdRlh; ykHkA gBiznhfidk esa of.kZr ukn
,oa uknuqla/kku dh vo/kkj.kkA

IUnHkZ xzUFk %&

- 1- gBiznhfidk& Lokeh LokRek] dSoY;/kke yksukoyk iq.ks]
- 2- ?ksj.M lafgrk& Lokeh fujtukuUn ljLorh] ;ksx ifCyds’k’u V^aLV
eqaxsj fcgkj] HkkjrA
- 3- gB;ksx& Lokeh f’kokuUn LkjLorh] n fMokbu ykbQ lkslkbVh
iCyhds’ku] mÜkj[k.M+
- 4- gB;ksx& ,d ,sfrgkfld ifjizs{; ,oa gB;ksxiznhfidk & lqjsUnz dqekj
‘kekZ] bZLVuZ cqf fyadlZ] fnYyhA
- 5- ra=] fdz;k vkSj ;ksx fol & Lokeh IR;kuan ljLorh] ;ksx ifCyds’k’u
V^aLV eqaxsj fcgkj] HkkjrA



P.G Diploma in Yoga & Naturopathic Science

1st Semester,

Paper-3. Human Anatomy, Physiology & Yogic effect

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

bdkÃ &1-

ekuo 'kjhj ifjp;& 'kjhj dh ifjHkk"kk]ekuo 'kjhj ds eq[; foHkx
]dksf'kdk] mÜkd o laLFkku dh vo/kkj.kk rFkk bldh tkudkjhA ikpu
laLFkku&izeq[k vo;oksa dh jpuk o dk;Z] ikpu fØ;k&
dkcksZgkbM^asV] olk o izksVhu ds ikpu dh foLr`r tkudkjhA ikpu
laLFkku ij ;ksx dk izHkkoA

bdkbZ &2-

vfLFk o ekjlis'kh; ra=& vfLFk ra=& ifjp;] dk;Z ,oa vfLFk;ksa dk
oxhZdj.kA vfLFk tksMks dh lajpuk ,oa dk;ZA ekjlis'kh; ra=& ifjp;]
lajpuk] izdkj ,oa dk;ZA vfLFk o ekjlis'kh; ra= ij ;ksx dk izHkkoA

bdkbZ &3-

ikpu ra= ,oa mRltZu ra=& ikpu ra= dk ifjp; ,oa fofHkUu ikpu
vaxsa dh lajpuk ,oa dk;ZA mRltZu ra= dh ifjHkk"kk ,oa lacaf/kr
fofHkUu vaxsa dh lajpuk ,oa dk;ZA ikpu ra= ,oa mRltZu ra= ij
;ksx dk izHkkoA

bdkbZ &4-

jDr ifjlapj.k laLFkku ,oa 'olu ra=& jDr ifjlapj.k dk ifjp;] ân; dh lajpuk
,oa dk;Zfof/kA 'olu laLFkku dk ifjp;] 'olu vaxsa dh lajpuk ,oa
dk;ZA jDr ifjlapj.k laLFkku ,oa 'olu ra= ij ;ksx dk izHkkoA

bdkÃ &5-

var%lzkoh ra= ,o raf=dk ra=& var%lzkoh xzafFk;ksa dh lajpuk]
dk;Z ,oa izdkj] raf=dk ra= dk ifjp;] efLr"d ,oa es:n.M+ dh lajpuk ,oa
dk;Z] var%lzkoh ra= ,o raf=dk ra= ij ;ksx dk izHkkoA

IUnHkZ xzUFk %&

'kjhj jpuk foKku %& Mkj- eqdqUn Lo:i oekZ

'kjhj fdz;k foKku %& Mkj- fiz;o`r 'kekZ

'kjhj jpuk ,oa fdz;k foKku %& Mkj- ,l- vkj- oekZ

'kjhj jpuk ,oa fdz;k foKku %& Mkj- vuUr izdk'k xqlrk

'kjhj vkSj 'kjhj&fdz;k foKku %& bZofyu fi;lZ

P.G Diploma in Yoga & Naturopathic Science

1st Semester,

Paper-4. Principle of Naturopathy

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



bdkbZ&1

izkÑfrd fpfdRlk& vFkZ] ifjHkk"kk ,oa vo/kkj.kk] izkÑfrd fpfdRlk dk laf{klr bfrgkl] izkÑfrd fpfdRlk vuqlkj LokLF; ,oa O;kf/k dh vo/kkj.kk] izk;ksfxd izkÑfrd fpfdRlk ds lkekU; fu;eA

bdkbZ&2

izkÑfrd fpfdRlk ds ewyHkwr fl)kUr& IHkh jksx ,d] mudk dkj.k ,d rFkk mudh fpfdRlk Hkh ,d] jksx dk dkj.k dhV.k.kq ugh] rhoz jksx 'k=q ugha fe= gSa] izÑfr Lo;a fpfdRld gS] fpfdRlk jksx dh ugha jksxh ds iwjs 'kjhj dh] ncs jksxksa dk mHkjuk ;k mHkkj dk fl)kUr] 'kjhj eu rFkk vkRek rhuks dh fpfdRlk ,d lkFk ,oa mRrstd vkS"kf/k;ksa dk dksbZ LFkku ughaA

bdkbZ&3

vkdk'k fpfdRlk& vkdk'k fpfdRlk dk vFkZ ,oa egRoA miokl dk lkekU; ifjp;] jksx dkmHkkj o miokl] miokl ds fu;e] miokl ds izdkj&y?kq] iw.kZ] tyksiokl] jlksiokl] Qyksiokl ,oa ,dkgkjksioklA

bdkbZ&4

ok;q fpfdRLkk &ok;q dk egRo] ok;q Luku ,oa ok;q dk vkjksX;dkjh izHkkoA lw;Z fpfdRlk&lw;Z izdk'k dk egRo] lw;Z Luku ,oa blds fpfdRlh; ykHk] fofHkUu jaxks dk iz;ksxA

bdkbZ&5

ty fpfdRlk& ty dk egRo] ty ds xq.k ,oa fofHkUu rkiØeksa dk ty] B.M+k ,oa xeZ ty dk 'kkjhfd&fdz;kRed izHkkoA feêh fpfdRlk& feêh dk egRo] izdkj ,oa xq.kA 'kjhj ij feêh dk izHkko ,oa fofHkUu feêh dh ifê;ka ,oa mudk ykHkA

lanHkZxzUFk%&

- 1- izkÑfrd mipkj dh fof/k;k;&MkW- jktho jLrksxh
- 2- izkÑfrd vk;qfoZKku& MkW- jkds'k ftUny
- 3- ty fpfdRlk& MkW- ukxsUnz uhjt
- 4- LokLF; fpj;kSou o nh?kZ thou& MkW- ihrkEcj
- 5- isV ds jksxksa dh izkÑfrd fpfdRlk& MkW- ukxsUnz uhjt



P.G Diploma in Yoga & Naturopathic Science

1st Semester,

Practical -1. Yoga Practice

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

izkFkZuk&ÅWa mPpkj.k $\frac{1}{4}11$ ckj $\frac{1}{2}$

ea= %& $\frac{1}{4}1\frac{1}{2}$ xk;=h ea= $\frac{1}{4}2\frac{1}{2}$ egke`R;qUt; ea= $\frac{1}{4}3\frac{1}{2}$ 'kkafr ikB ea= $\frac{1}{4}4\frac{1}{2}$
ns'kHkfDr xhr

'kqf) fdz;k,a %&

$\frac{1}{4}1\frac{1}{2}$ usfr&tyusfr] lw= usfr $\frac{1}{4}2\frac{1}{2}$ /kkSfr&oeu /kkSfr] n.M+ /kkSfr $\frac{1}{4}4\frac{1}{2}$

dikyHkkfr $\frac{1}{4}5\frac{1}{2}$ =kVd

;kSfxd LfkwY O;k;ke %&

$\frac{1}{4}1\frac{1}{2}$ fLFkj nkSM+ $\frac{1}{4}2\frac{1}{2}$ fLFkj dwn $\frac{1}{4}3\frac{1}{2}$ vkxs&ihNs >qduk $\frac{1}{4}4\frac{1}{2}$
nk;sa&ck;sa >qduk $\frac{1}{4}5\frac{1}{2}$ nk;sa&ck;sa ?kqeuk $\frac{1}{4}6\frac{1}{2}$ dej ?kqekuk

$\frac{1}{4}7\frac{1}{2}$ lw;Z ueLdkj $\frac{1}{4}$ ea=ksa lfgr $\frac{1}{2}$

;kSfxd lw{e O;k;ke%&

iknakxqyh 'kfä fodklDA iknry 'kfä fodklDA xqYQ 'kfä fodklDA
tkuq 'kfä fodklDA

ta?kk 'kfä fodklDA dfV 'kfä fodklDA mnj 'kfä fodklDA LdU/k 'kfä
fodklDA

Hkqtk 'kfä fodkldA HkqtcYyh 'kfä fodkldA ef.kcU/k 'kfä fodkldA
vaxqyh 'kfä fodkldA

djry 'kfä fodkldA dji`"V fodkldA xzhok 'kfä fodkldA uS= 'kfDr
fodkld A

;ksxklu %&

[kMs+ gksdj fd;s tkus okys & $\frac{1}{4}1\frac{1}{2}$ o`{kklu $\frac{1}{4}2\frac{1}{2}$ v)ZpUnzklu $\frac{1}{4}3\frac{1}{2}$
ikngLrklu $\frac{1}{4}4\frac{1}{2}$ v)dfVpØklu $\frac{1}{4}$ nksuks vkSj ls $\frac{1}{2}$ $\frac{1}{4}5\frac{1}{2}$ f'kfFky rM+klu
 $\frac{1}{4}6\frac{1}{2}$ rkM+klu $\frac{1}{4}7\frac{1}{2}$ x:M+klu $\frac{1}{4}8\frac{1}{2}$ ik'oZdks.kklu

cSBdj fd;s tkus okys& $\frac{1}{4}1\frac{1}{2}$ otzklu $\frac{1}{4}2\frac{1}{2}$ m"V^aklu $\frac{1}{4}3\frac{1}{2}$ 'k'kkadklu $\frac{1}{4}4\frac{1}{2}$
lsrqca/kklu $\frac{1}{4}5\frac{1}{2}$ rgyklu $\frac{1}{4}6\frac{1}{2}$ xksej[kkklu $\frac{1}{4}7\frac{1}{2}$ v)ZeRL;sUnzklu $\frac{1}{4}8\frac{1}{2}$
f'kfFky n.M+klu $\frac{1}{4}9\frac{1}{2}$ lq[kkklu $\frac{1}{4}10\frac{1}{2}$ ineklu $\frac{1}{4}11\frac{1}{2}$ if'peksÜkkuklu $\frac{1}{4}12\frac{1}{2}$
;ksxeqnzkl

isV ds cy ysVdj fd;s tkus okys& $\frac{1}{4}1\frac{1}{2}$ edjklu $\frac{1}{4}2\frac{1}{2}$ Hkqtaxklu $\frac{1}{4}3\frac{1}{2}$
'kykHkklu $\frac{1}{4}$,d&,d iSj ls $\frac{1}{2}$ $\frac{1}{4}4\frac{1}{2}$ 'kyHkklu $\frac{1}{4}$ nksuksa iSjksa ls $\frac{1}{2}$ $\frac{1}{4}5\frac{1}{2}$
/kuqjklu $\frac{1}{4}6\frac{1}{2}$ ckyklu $\frac{1}{4}7\frac{1}{2}$ uksdklu

ihB ds cy ysVdj fd;s tkus okys& $\frac{1}{4}1\frac{1}{2}$ ioueqDrklu $\frac{1}{4}2\frac{1}{2}$ mÿkkuiknklu
 $\frac{1}{4}3\frac{1}{2}$ lokZxkalu $\frac{1}{4}4\frac{1}{2}$ gyklu $\frac{1}{4}5\frac{1}{2}$ dU/kjklu $\frac{1}{4}6\frac{1}{2}$ lqIrmnjkd"kZ.k vklu
 $\frac{1}{4}7\frac{1}{2}$ pdzklu $\frac{1}{4}8\frac{1}{2}$ 'koklu

izk.kk;ke %&

$\frac{1}{4}1\frac{1}{2}$;kSfxd xgu 'okl iz'okl $\frac{1}{4}2\frac{1}{2}$ iwjd jspd dqEHkd dh vo/kkj.kk
 $\frac{1}{4}3\frac{1}{2}$ ukM+h 'kks/ku izk.kk;ke vuqikr lfgr
 $\frac{1}{4}4\frac{1}{2}$ lw;ZHksnu] mTtk;h] 'khryh] 'khrdkjh] HkfL=dk] Hkzkejh ,oa
ewPNkZ izk.kk;ke

ca/k@eqnzk %&

$\frac{1}{4}1\frac{1}{2}$ ewyca/k $\frac{1}{4}2\frac{1}{2}$ mM~Mh;ku ca/k $\frac{1}{4}3\frac{1}{2}$ tky/kj ca/k $\frac{1}{4}4\frac{1}{2}$ egkca/k
 $\frac{1}{4}5\frac{1}{2}$ foijhrdj.kheqnzk
gLreqnzk %& $\frac{1}{4}1\frac{1}{2}$ Kku eqnzk $\frac{1}{4}2\frac{1}{2}$ fpUk~ eqnzk

/kkj.kk ,oa /;ku

;ksx funzk

varekZSu] vtikti] vkse /;ku] ea= /;ku

deZ;ksx ,oa lsok dk egRoA

P.G Diploma in Yoga & Naturopathic Science

1st Semester,

Practical -1. Naturopathy Practical

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

izkÑfrd fpfdRlk dh izk;ksfxd ijh{kk esa fofkfFkZ;ksa ls vis{kk gS fd og fuEufyf[kr izkÑfrd fpfdRlk fof/kvksa dk iz;ksx ,oa vH;kl djuk tkurk gks rFkk mlds ykHk gkfu dh tkudkjh j[krk gks A
uksV%& izk;ksfxd ijh{kk ds nkSjku fofkfFkhZ ls mä izk;ksfxd ikB;dze ij iz'u iwNs tk;saxsA fofkfFkZ;ksa dks bu fof/k;ksa dk fdu jksxksa esa fdruk iz;ksx dSls djuk gS dh tkudkjh gksuk pkfg,A

vkdk'k rYo fpfdRlk%& fofHkUu izdkj ds miokl dh i)fr;k;A

ok;q rYo fpfdRlk%& nh?kZ 'olu dh fof/k] izkr%dky Vgyuk ¼ok;q
lsou½ dh fof/k

vfXu rYo fpfdRlk%& lw;Z Luku dh fof/kA

ty rYo fpfdRlk& m".k ,oa 'khr izHksn ls & iw.kZ Vc Luku] gLr&ikn
Luku] dfVLuku] lsd] ,fuek

dsoy 'khr izHksn ls & jh< Luku] esgu Luku] dsoy m".k
izHksn ls& Hkki Luku

i`Foh rYo fpfdRlk& feV~Vh iV~Vh&isV ij] tuukaxksa ij] vkj[kksa ij
,oa feV~Vh LukuA

lanHkZ xzaFk&

- 1- izkÑfrd mipkj dh fof/k;k;&MkW- jktho jLrksxh
- 2- izkÑfrd vk;qfoZKku& MkW- jkds'k ftUny
- 3- ty fpfdRlk& MkW- ukxsUnz uhjt
- 4- LokLF; fpj;kSou o nh?kZ thou& MkW- ihrkEcj
- 5- isV ds jksxksa dh izkÑfrd fpfdRlk& MkW- ukxsUnz uhjt



P.G Diploma in Yoga & Naturopathic Science

IIst Semester,

Paper-1. Patanjali Yogsutra

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

bdkbZ &1-

;ksx n'kZu dk lkekU; ifjp;] ;ksx dh ifjHkk"kk] fpUk & fpUk dh Hkwfe;ka] fpUk o`fr;kj ,oa fpUk o`fUk;ksa ds fujks/k ds mik;A

bdkbZ &2-

;ksx vUrj;] prqO;wZgokn] fpUk izlknu ds mik;] deZ fl)kUr] fdz;k;ksx] iapDys'k izek.k ,oa mlds izdkjA

bdkbZ &3-

v"Vkax;ksx] ;e&fu;e dk Lo:i rFkk mudh flf) dk Qy] vklu o izk.kk;ke dh ifjHkk"kk] izdkj ,oa egUoA

bdkbZ &4-

izR;kgkj] /kkj.kk o /;ku dh vo/kkj.kk ,oa egUo] lekf/k dh vo/kkj.kk] lekf/k ds izdkj& IEizKkr] vIEizKkr] _rEHkj izKk ,oa foosd [;kfrA

bdkbZ &5-

la;etU; flf);kj] tUekfn iap flf);kj] vf.kekfn v"V flf);kj] iq:"k ,oa izd`fr dh vo/kkj.kk ,oa Lo:i] bZ'oj dh vo/kkj.kk] Lo:i ,oa ;ksx lk/kuk esa bZ'oj dk egUo] dSoY;A

IUnHkZ xzUFk %&

- 1- Ikkraty ;ksx iznhi & Lokeh vksekuUn] xhrkizsl xksj[kiqjA
- 2- eqfDr ds pkj lksiku & Lokeh IR;kuan ljLorhA
- 3- ikraty ;ksx foeZ'k & fot;iky 'kkL=hA
- 4- ;ksx Hkk"; & okpLifr feJA



P.G Diploma in Yoga & Naturopathic Science
IIst Semester,
Paper-2. Yoga Theraphy
4 Credit [Total Marks : 100 = External 70+Internal 30]

bdkÃ &1-

LokLF; ,oa O;kf/k dk vFkZ] ifjHkk”kk ,oa vo/kkj.kk] ;kSfxd fpfdRlk
& vFkZ] ifjHkk”kk] {ks= ,oa lhek,sa] ;ksx&fpfdRlk ds fl)kUrA
iz;ksx'kkyk esa fpfdRlh; ijh{k.kksa dh lkekU; tkudkjhA

bdkbZ &2-

;ksx&fpfdRlk ds vaxksa&e&fu;e] “kV~deZ] vklU] izk.kk;ke] eqnzka/k] /;ku o vkgkj dh mi;ksfxrk] fuEufyf[kr jksxksa ds dkj.k] y{k.k o
;kSfxd fpfdRlk & dks”Bc)rk] ok;qfodkj] vip¹/₄vth.kZ¹/₂ ,oa ;d`r`kksFkA

bdkbZ &3-

fuEufyf[kr jksxksa ds dkj.k] y{k.k o ;kSfxd fpfdRlk & nek] eksVikik] e/kqesg] dej nnZ] xnZu nnZ ,oa n`f”Vnks”kA

bdkbZ &4-

fuEufyf[kr jksxksa ds dkj.k] y{k.k o ;kSfxd fpfdRlk & fljnnZ] mPp jDrpki ,oa fuEu jDrpki] ân; jksx] jDrkYirk ,oa detksj izfrj{kk ra=A

bdkbZ &5-

ekufl d jksxksa ls rkRi;Z ,oa fofHkUu ekufl d jksxksa ds dkj.k] y{k.k ,oa ;kSfxd mipkj & fpark] volkn ,oa eukSnkscZY;] ekufl d LokLF; dks izHkkfor djus okys rUo] ekufl d LokLF; dks mUur djus okys mik;A

lanHkZ xzUFk %&

1- ;ksx ,oa ;kSfxd fpfdRlk & izks- jkeg”kZ flag

2- ;kSfxd fpfdRlk & Lokeh dqoY;kuUn

3- ;ksx vkSj jksx & Lokeh IR;kuUn ljLorh

4- ‘kjhj fdz;k foKku vkSj ;ksxkH;kl & Mk- ,e - ,l- xkSjs



P.G Diploma in Yoga & Naturopathic Science
IIst Semester

Paper-4. Yoga & Diet Science

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

bdkbZ &1-

vkgkj 'kCn dk vFkZ] ifjHkk"kk ,oa vo/kkj.kkA vkgkj dh vko';drk ,oa blds ?kVd nzO; dk laf{klr ifjp;] budk dk;Z] vHkkotU; O;kf/k;k; o vkgkjh; L=ksrA

bdkbZ &2-

vkgkj nzO;ksa ds izdkj] vk;qosZn erkuqlkj vkgkj dh ifjHkk"kk] vkgkj ek=k] dky ,oa xq.kork] vkgkj dh thou esa mi;ksfxrk ,oa egÙoA

bdkbZ &3-

xhrkuqlkj vkgkj dh ifjHkk"kk] izdkj ,oa foLr`r O;k[k] gB;ksfxd xazFk& gBiznhfidk] ?ksj.M lafgrk] f'kolafgrk esa of.kZr iF;] viF; ,oa ferkgj dh vo/kkj.kkA

bdkbZ &4-

;ksx lk/kuk esa vkgkj dh egÙkk] vkgkj ,oa iks"k.k dk LokLF; ls laca/kA laqfyr vkgkj dh ifjHkk"kk ,oa

vo/kkj.kk] _rqvksa dk lkekU; ifjp;] _rqvksa ds vuqlkj vkgkj&foggj] fufnZ"V deZ ,oa cyA

bdkbZ &5-

fofHkUu jksxksa & e/kqesg] eksVvik] dCt] mPp jDrpki ,oa fuEu jDrpki] vth.kZ] nek] jDrvYirk] ihfy;k] xfB;k o n`f`V nks`k dk lkekU; ifjp; ,oa mudh vkgkjh; fpfdRlkA

lUnHkZ xzUFk %&

- 1- LoLFko`r foKku & izks- jkeg`kZ flag
- 2- vkgkj vkSj LokLF; & Mkj- ghjkyky
- 3- ;ksx ,oa ;kSfxd fpfdRlk & izks- jkeg`kZ flag
- 4- esjk vkgkj esjk LokLF; & Mkj- ukxsUnz uhjt
- 5- [kk] dh ubZ fof/k && Mkj- dqyatu eq[kthZ

P.G Diploma in Yoga & Naturopathic Science

IIst Semester

Paper-4. Naturopathy & Alternative therapies

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

bZdkbZ&1-

oSdfYid fpfdRlk&vFkZ] ifjHkk`kk ,oa vo/kkj.kk] oSdfYid fpfdRlk dh vko`;drk ,oa egUo] oSdfYid fpfdRlk ds {kS= ,oa lhek,iA

bdkbZ&2-

izkd`frd fpfdRlk&vFkZ] ifjHkk`kk ,oa vo/kkj.kk] izkd`frd fpfdRlk ds ewyHkwr rUoksa& vkdk`k] ok;q]vfXu] ty o i`Foh dk foLr`r v/;;uA

bdkbZ&3

ty fpfdRlk&vFkZ ,oa ifjHkk`kk] ty dh izeq[k fo'ks`krk,i] izkphudky esa ty fpfdRlk] ty fpfdRlk dk oSKkfud v/;;u] fpfdRlk dh n`f`V ls ikuh dk rkiØe] ty fpfdRlk ds izdkj&B.Mk ty fpfd

&Rlk] xje ty fpfdRlk] xje&BaMk ty fpfdRlk A

bdkbZ&4

vk;qosZn fpfdRlk& vk;qosZn dk vFkZ ,oa ifjHkk"kk] vk;qosZn
fpfdRlk dh fo'ks"krk,i] vk;qosZn fpfdRlk ds
izeq[k vax@foHkkx¹/₄v"Vkax vk;qosZn¹/₂] vk;qosZnkuqlkj 'kkjhfd
nks"kkSa] /kkqvksa o eyksa dk laf{klr ifjp;]
vk;qosZn ds vuqlkj& 'kjhj] izd`fr ,oa =h miLrEHkA

bdkbZ&5

,D;wizs'kj fpfdRlk&,D;wizs'kj dk vFkZ ,oa bfrgkl ,D;wizs'kj fpfdRlk
ds izdkj] fl)kUr ,oa fof/kA
,D;wizs'kj ds midj.k] ,D;wizs'kj ds ykHk] fofHkUu izeq[k nkc
fcUnqvksa dk ifjp;A ;ksx fpfdRlk ,oa
,D;wizs'kj fpfdRlk dk lEcU/kkRed foospuA

lanHkZ xzUFk%&

- 1- ,D;wizs'kj & MkW- vrj flag
- 2- ,D;wizs'kj &MkW- ,y-,u-dksBkjh
- 3- pqEcd fpfdRlk & MkW- ,p-,y-caly
- 4- ,D;wizs'kj&MkW- /khjsu xkyk
- 5- LoLFko`r foKku ,oa ;kSfxd fpfdRlk&MkW- jkds'k fxfj



P.G Diploma in Yoga & Naturopathic Science

IIst Semester

Practical -3. Yoga Practice

2 Credit [Total Marks : 100]

ea= %& ¹/₄1¹/₂ xk;=h ea= ¹/₄2¹/₂ egke`R;qUt; ea= ¹/₄3¹/₂ 'kkafr ikB ea= ¹/₄4¹/₂
ns'kHkfDr xhr
'kqf) fdz;k,a %&¹/₄1¹/₂ usfr&tyusfr] lw=usfr ¹/₄2¹/₂ /kkSfr& oeu/kkSfr]]
n.M+/kkSfr] oL=/kkSfr ¹/₄3¹/₂ ukSfy ¹/₄4¹/₂ =kVd ¹/₄5¹/₂ dikyHkkafr ¹/₄6¹/₂
cfLr@'ka[kiz{kkyu

lw;Z uEkLdkj %& 'okl ds lkFk

;ksxklu %&

[kMs+ gksdj fd;s tkus okys & $\frac{1}{4}1\frac{1}{2}$ o`{kklu $\frac{1}{4}2\frac{1}{2}$ v)ZpUnzklu $\frac{1}{4}3\frac{1}{2}$
ikngLrklu $\frac{1}{4}4\frac{1}{2}$ v)dfVpØklu $\frac{1}{4}$ nksuks vkSj ls $\frac{1}{2}$ $\frac{1}{4}5\frac{1}{2}$ f'kfFky rM+klu $\frac{1}{4}6\frac{1}{2}$
rkM+klu $\frac{1}{4}7\frac{1}{2}$ x:M+klu $\frac{1}{4}8\frac{1}{2}$ ik'oZdks.kkluA cSBdj fd;s tkus okys& $\frac{1}{4}1\frac{1}{2}$
otzklu $\frac{1}{4}2\frac{1}{2}$ m"V^aklu $\frac{1}{4}3\frac{1}{2}$ 'k'kkadklu $\frac{1}{4}4\frac{1}{2}$ lsrqca/kklu $\frac{1}{4}5\frac{1}{2}$ rqyklu $\frac{1}{4}6\frac{1}{2}$
xkseql[kklu $\frac{1}{4}7\frac{1}{2}$ v)ZeRL;sUnzklu $\frac{1}{4}8\frac{1}{2}$ f'kfFky n.M+klu $\frac{1}{4}9\frac{1}{2}$ lq[kklu $\frac{1}{4}10\frac{1}{2}$
ineklu $\frac{1}{4}11\frac{1}{2}$ if'peksÜkkuklu $\frac{1}{4}12\frac{1}{2}$;ksxeqnzklua isV ds cy ysVdj fd;s tkus
okys& $\frac{1}{4}1\frac{1}{2}$ edjklu $\frac{1}{4}2\frac{1}{2}$ Hkqtaxklu $\frac{1}{4}3\frac{1}{2}$ 'kykHkklu $\frac{1}{4}$,d&,d iSj ls $\frac{1}{2}$ $\frac{1}{4}4\frac{1}{2}$
'kyHkklu $\frac{1}{4}$ nksuksa iSjksa ls $\frac{1}{2}$ $\frac{1}{4}5\frac{1}{2}$ /kuqjklu $\frac{1}{4}6\frac{1}{2}$ ckyklu $\frac{1}{4}7\frac{1}{2}$ uksdkluA
ihB ds cy ysVdj fd;s tkus okys& $\frac{1}{4}1\frac{1}{2}$ ioueqDrklu $\frac{1}{4}2\frac{1}{2}$ mÿkkuiknklu $\frac{1}{4}3\frac{1}{2}$
lokZxkalu $\frac{1}{4}4\frac{1}{2}$ gyklu $\frac{1}{4}5\frac{1}{2}$ dU/kjklu $\frac{1}{4}6\frac{1}{2}$ lqIrmnjkd"kZ.k vklu $\frac{1}{4}7\frac{1}{2}$
pdzklu $\frac{1}{4}8\frac{1}{2}$ 'koklu

Lkarqyu ds vklu %&

$\frac{1}{4}1\frac{1}{2}$ x:M+klu $\frac{1}{4}2\frac{1}{2}$ uVjkt vklu $\frac{1}{4}3\frac{1}{2}$,d iknklu $\frac{1}{4}4\frac{1}{2}$ gLr iknkaxq"Bklu $\frac{1}{4}5\frac{1}{2}$
cdklu $\frac{1}{4}6\frac{1}{2}$ ine cdklu $\frac{1}{4}7\frac{1}{2}$ frfrHkklu

$\frac{1}{4}8\frac{1}{2}$,dikn LdU/kklu $\frac{1}{4}9\frac{1}{2}$ e;wjkl $\frac{1}{4}10\frac{1}{2}$ gLr'kh"kkZlu $\frac{1}{4}11\frac{1}{2}$ 'kh"kkZluA

izk.kk;ke %&

$\frac{1}{4}1\frac{1}{2}$;kSfxd xgu 'okl iz'okl $\frac{1}{4}2\frac{1}{2}$ iwjd jspd dqEHkd dh vo/kkj.kk
 $\frac{1}{4}3\frac{1}{2}$ ukM+h 'kks/ku izk.kk;ke vuqikr lfgr
 $\frac{1}{4}4\frac{1}{2}$ lw;ZHksnu] mTtk;h] 'khryh] 'khrdkjh] HkfL=dk] Hkzkejh ,oa ewPNkZ
izk.kk;ke

ca/k@eqnzk %&

$\frac{1}{4}1\frac{1}{2}$ ewyca/k $\frac{1}{4}2\frac{1}{2}$ mM~Mh;ku ca/k $\frac{1}{4}3\frac{1}{2}$ tky/kj ca/k $\frac{1}{4}4\frac{1}{2}$ egkca/k $\frac{1}{4}5\frac{1}{2}$
egkeqnz $\frac{1}{4}6\frac{1}{2}$ foijhrdj.kheqnz $\frac{1}{4}7\frac{1}{2}$ vf'ouh eqnz $\frac{1}{4}8\frac{1}{2}$ rM+kxh eqnz
 $\frac{1}{4}9\frac{1}{2}$ dkdh eqnz $\frac{1}{4}10\frac{1}{2}$ [kspjh eqnz
gLreqnz %& $\frac{1}{4}1\frac{1}{2}$ Kku eqnz $\frac{1}{4}2\frac{1}{2}$ fpUk~ eqnz

/kkj.kk ,oa /;ku

;ksx funzk

varekZSu] vtikti] vkse /;ku] ea= /;ku

deZ;ksx ,oa lsok dk egRoA

lanHkZ xzUFk%&

1- vklu] izk.kk;ke eqnz ca/k & Lokeh lR;kuan ljLorh] ;ksx ifCyds'k'u V^aLV
eqaxsj fcgkj] HkkjrA



P.G Diploma in Yoga & Naturopathic Science
IIst Semester

Practical -4. Yoga Teaching & Training
2 Credit [Total Marks : 100]

1- ;ksx f'k{k.k&izf'k{k.k ds fl)kUr %&

- v/;kiu@ izf'k{k.k fof/k;ka
- v/;kiu fof/k;ksa ds L=ksr
- v/;kiu fof/k;ksa dks izHkkfor djus okys dkjd
- d{kk izca/ku
- ;ksxkH;kl v/;kiu fof/k $\frac{1}{4}$ v"B fof/k i)fr }kjk $\frac{1}{2}$

2- vfHkgLrkadu dk;Z $\frac{1}{4}$ vlkbZuesav dk;Z $\frac{1}{2}$ & folkFkhZ ;ksx izk;ksfxd esa ls nks vklu] nks izk.kk;ke] ,d fdz;k o ,d eqnzk@ca/k ij v/;kiu ikB ;kstuk rS;kj djsaxs ftls foHkkx esa izk;ksfxd ijh{kk ds nkSjku izLrqr djuk gksxkA

3- ;ksx f'kfoj dk vk;kstu ,oa lapkyu& izR;sd folkFkhZ dks ;ksx&f'k{k.k ds fujh{k.k esa de&ls&de nks llrkg dh dkykof/k dk ,d ;ksx izf'k{k.k f'kfoj@dk;Z'kkyk dk vk;kstu djuk gksxkA ;ksx izf'k{k.k f'kfoj@dk;Z'kkyk dk izfrosnu lacaf/kr ;ksx f'k{k.k }kjk ewY;kafdr o gLrk{kfjr dj izk;ksfxd ckg~; ijh{kk ds nkSjku izLrqr fd;k tkosxk A

4- 'kS{kf.kd Hkze.k dk;Zdze $\frac{1}{4}$ laHkor ekpZ ekg esa $\frac{1}{2}$

folkfFkZ;ksa dks ,d v/;;u&;k=k djuh gksxhA folkfFkZ;ksa dks Hkkjr ds ekU;rk izklr ;ksx laLFkkuksa] ;ksx dsanzksa esa ls fdlh ,d vFkok ,d ls vf/kd dks fy;k tkuk pkfg,A
izR;sd folkFkhZ dks ,d v/;;u&;k=k dh fujh{k.k fjiksVZ izLrqr djuk gksxk ftldk f'k{k.k }kjk ewY;kadu fd;k tk;sxk] tks v/;;u&;k=k dk izHkkjh gksxk rFkk ikB~;Øe&leUo;d }kjk izfr gLrk{kfjr Hkh djuk gksxkA

lanHkZ iqLrdsa %&

;ksxkH;klksa dh v/;kiu fof/k;kj & dSoY;/kke ;ksx efUnj lfefr] yksukoyk] egkj"V^aA

vklu] izk.kk;ke eqnzk ca/k & Lokeh IR;kuan ljLorh] ;ksx ifCyds'k'u V^aLV eqaxsj fcgkj] HkkjrA

