

**SCHEME OF EXAMINATION OF ONE YEAR P.G. DIPLOMA
IN YOGA SCIENCE-2007-08**

The instruction for P.G. Diploma Course in Yoga Science (One year duration) shall consist of the following papers. Each & every paper shall be of three hours duration and will carry 100 marks

Sr. No. 2

Sr. No.	Papers	Internal Marks	External Marks	Max. Marks	Pass Marks
01	Foundation of Yoga	20	80	100	35
02	Anatomy, Physiology and Yogic Practices	20	80	100	35
03	Principles of Health and Diet and Yogic Science	20	80	100	35
04	Naturopathy	20	80	100	35
PRACTICAL					
01	i) (Internal) a) Kriyas (10 marks) b) Asana (10 marks) b) Mudra & Bandh (10 marks) c) Prayanam (10 marks) External) a) Prayanam & Asana (15+15)=30 marks b) Kriya=(30 marks)	40	60	100	40

Note :-

The students are directed to prepare a yoga file for final examinations.