

Detailed Syllabus  
of

;ksx esa LukrdksÙkj fMlyksek  
**POST GRADUATE DIPLOMA IN YOGA**  
(P.G.D. YOGA)

**COURSE TITLE: POST GRADUATE DIPLOMA IN  
YOGA  
DURATION : 1 YEAR  
MODE : SEMESTER**

## **izFke lsesLVj**

IS)kfUrd

COURSE TITLE	Paper Code	MARKS				TO-TAL
		THEORY		PRACTICAL		
		INTER-NAL	EXTER-NAL	INTER-NAL	EXTER-NAL	
;ksx dh eq[; ijEijk;sa	PGDHYE/S/110	40	60			100
;ksx }kjk O;fDrRo dk lokZaxh.k fodkl	PGDHYE/S/120	40	60			100
;ksx] Hkkjrh; IH;rk ,oa laLd`fr dk vk/kkj	PGDHYE/S/130	40	60			100
'kjhj foospu] vk;qosZn ,oa izkd`frd fpfdRIk	PGDHYE/S/140	40	60			100

## **f}rh; lsesLVj**

fØ;kRed ¼vkrafjd  
ewY;kadu½

COURSE TITLE	Paper Code	MARKS				TO-TAL
		THEORY		PRACTICAL		
		INTER-NAL	EXTER-NAL	INTER-NAL	EXTER-NAL	
;ksx] LokLF; ,oa ;kSfxd mipkj	PGDHYE/S/110	40	60			100
;ksx ds ifjizs{; esa thou n`kZu	PGDHYE/S/120	40	60			100
izk;kstuk dk;Z ¼70 fo'ofokj;½	PGDHYE/S/130	40	60			100
fØ;kRed	PGDHYE/S/140	40	60			100

## izFke lsesLVj

### izFke iz'u i=

PGDHYE/S/110

**;ksx dh eq[; ijEijk;sa**

deZ;ksx &

ifjHkk"kk] y{;} ijfgr dk egRoA

deZ fl)kUr] deZ&fuekZ.k] deZ laLdkj] lr~&vlr deZ] lafpr&izkjC/k&Øh;ek.k deZA

deZ&vdeZ&fodeZA iq.;] iki rFkk

fefJr deZA deZokn rFkk iquTZUeA

izkjC/k vkSj iqj"kkFkZ] HkkX; fuekZ.k dh izfØ;k] euq"; vius HkkX; dk fuekZrk Lo;a]

fu"dke deZ rFkk egRo] vuklfDr] Isok]

LokFkZ R;kx] jkx }s"k dk R;kx] drkZiu dk R;kxA

eu bZ'oj esa & gkFk deZ esa] txr esa deZ@deZQy Is fufyZlrrk] deZQy bZ'ojkiZ.k]

Qy dh bPNk ds fcuk fu"dke Hkko

Is dÙkZO; ikyuA

lerk Hkko dk egRo & ykHk&gkfu] t;&ijkt;] eku&vieku] IQyrk&foQyrk esa leRo cqf) ]

^leRoa ;ksx mP;rs\*A

lerk gh deksZa esa dq'kyrk gS & ^;ksx % deZlq dkS'kye~\*A deZ cU/ku Is NwVus

dk mik;&dkeuk jfgr deZA deZ;ksxh dh

;ksX;rk,aA

HkfDr;ksx &

ifjHkk"kk] y{; leiZ.k dk egRo] HkfDr D;k gS \ HkfDr dk Qy] HkfDr ds izdkj&vijk vkSj

ijk HkfDr] jkxkRed HkfDr]

ldke ,oe~ fu"dke HkfDr] O;fHkpkj.kh vkSj vO;fHkpkj.kh HkfDr] lkfRod] jktlh ,oa rkelh

HkfDrA

HkfDr ekxZ ds vojks/k] tkfr dk vfHkeku] Kku dk vfHkeku] in dk vfHkeku] :i dk

vfHkeku] ;kSou dk vfHkekuA

HkfDr esa ik;p vUr%'k=q & dke] Øks/k] yksHk] eksq] }s"kA bu ij fu;a=.k ds mik; &

czăp;Z] {kek] oSjkX;] fopkj] 'kq]izse

,oe~ IsokA

HkfDr esa ik;p cfg'kZ=q & oS"kf;d vkSj mÙkstd fo"k;ksa esa :fp] v'yhy xhr] xUns

miU;kl] dqqlax] jktfld vkgkj rFkk

n`";&JO; vkfn vkeksn izeksn ds lk/kuA

HkfDr ;ksx esa lQyrk gsrq & leiZ.k Hkko] fu"dke] vO;fHkpkfj.kh] rSy/kkjkor]  
vfofPNUu HkfDr] lk/kd Inkpkjh gksA

HkDr ds y{k.k] HkfDr vkSj Kku dk ijLij voyEcuA  
bZ'oj n'kZu ds fy, vR;kfUrd fu"Bk] oSjkX;] fopkj'khyrk vkSj bZ'oj ds izfr J)k] ,dkxzkA

HkfDr ;ksx dk egRoiw.kZ vax & tij izkFkZuk] ladhrZuA

HkfDr lk/kuk esa fo?u rFkk lko/kkuh] HkfDr ds fodkl gsrq egRoiw.kZ lk/ku] 'kq)  
lkfRod izse dk egRoA

Kku ;ksx &

ifjHkk"kk] y{;} foosd dk egRoA gekjk Lo:i&lr~] fpr~] vkuUnA

Kku ;ksx ds eq[; fopkj fcUnq & vkRek] ek;k] fopkj] foosd] oSjkX;] vkReKkuA  
eks{k }kj ds pkj izgjh & IRlax] IUrks"k] 'kkfUr] fopkjA

Kku ls vfo|k dk uk'k] Kku dh llr Hkwfedk,a] czãKku&eks{k izkflr dk lk/kuA

Kku ;ksxh ds fy, pkj lk/ku & foosd] oSjkX;] "kV&IEir~ vkSj eqeq{kRoA

foosd ds fy;s ijekRek dh d`ik vko';d] vk;/kfRed lk/kuk gsrq oSjkX;A

izklr Kku dks O;ogkj esa ykus dk egRo] Kku ;ksxh dks 'kk'or~ vkuUn dk vuqHkoA

jkt ;ksx &

ifjHkk"kk] y{;} euksfuxzg }kjk ,dkxzrk dk egRoA

jkt;ksxh & eu dk jktk] Hkkoukvksa ij iw.kZr% fu;a=.k] 'kkUr eu ds fy, dkeukvksa dk  
R;kx] /;ku] ti] dhrZuA

eu ds fu;a=.k ds mik; & lk{kh Hkkouk] czã fopkj] 'ke&ne] dhrZu] dke fot;] ,d izfrfuf/k  
fopkj ftl ij eu dks  
fLFkjr gksA

eukst; esa IQyrk gsrq & fo'o izse] iquhr n`f"V] vuqi;ksxh fopkjksa dk fujkdj.k] eu ls  
eu dk uk'k] nq"izo`fÜk;ksa dk  
neuA

v"Vakx ;ksx rFkk vkBksa vaxks dk egRoA jkt;ksx esa IQyrk dk vk/kkj & ;e@fu;e  
ikyua

vU; ;ksx ekxZ vkSj gekjs vk/kqfud ;ksxh &

eU= ;ksx] Loj ;ksx] dq.Mfyuh ;ksx] gB;ksx] leUo; ;ksx

;ksxhjkt Jh vjfoUn] Lokesh f'kokuUn] LOkesh foosdkuUn] Lokesh n;kuUn] egf"kZ je.k]  
Lokesh jkerhFkZ] Lokesh jked`".k  
ijegal] ijegal ;ksxkuUnA

## f}rh; iz'u i=

PGDHYE/S/120

**;ksx }kjk O;fDrRo dk  
lokZaxh.k fodkl**

O;fDr fuekZ.k &

fuekZ.k izfØ;k & Øfed fodkl] O;fDr dk iapdks'kh; vfLrRoA

ckg~; txr & Lo:i rFkk egRo] vkUrfjd txr&eu] cqf)] fpÙk] vgakj vkSj vkRekA fpÙk dh  
ik;p o`fÙk;kaA

laLdkj izfØ;k rFkk izdkj] fpÙk laLdkjkas dk dks"ka gekjk fpÙk ,oa O;fDrRoA

O;fDrRo dh xq.koÙkk dk vk/kkj & IRo iz/kku fpÙk] jt iz/kku fpÙk] re iz/kku fpÙkA  
tSlk fpÙk oSlk O;fDrRoA

O;fDrRo fodkl &

euq"; ds O;fDrRo dk fodkl & fpÙk vf/kd ls vf/kd lkfRod cusA ;ksx }kjk fpÙk 'kqf) gh  
O;fDrRo fodkl dk ekxZA

O;fDrRo fodkl ds vax & 'kkjhfd] izkf.kd] ekufld] ckSf)d] uSfrd&vk/;kfRed

fodkl&vis{kk@vH;kIA

Le`fr 'kfDr dk fodkl] es/kk 'kfDr dk fodklA

;ksx&

;ksx dk vFkZ] ifjHkk"kkA ;ksx thou Kku] thou foKku] thou i)frA

;ksx&ekuo thou dk y{;A y{; izkflr ds ekxZ&Kku] deZ] HkfDr rFkk jkt;ksxA

egf"kZ iratfy dk v"Vakx ;ksx & ;e] fu;e] vklu] izk.kk;ke] izR;kgkj] /kkj.kk] /;ku] lekf/kA

;e rFkk fu;e & lkekftd@O;fDrxr thou ds vk/kkjHkwr ewY;A

;ksx lk/kuk &

ekufld 'kfDrA

KkusfUnz;ka] deZsfUnz;k rFkk budk dk;Z ,oe~ izf'k{k.k} =kVdA

'okl foKku] 'okl&fof/k] y;c) 'okl] izk.k'kfDr] iap&izk.kA

iap rRo@eqnzk foKku] vUr%dj.k prq"V~;A

/;kukH;kl ds rhu pj.k & 'kjhj dh fLFkjr] f'kfFkyrk rFkk tkx:drkA

vkgkj & lkfRod] jktfld] rkefld] IUrqfyrA ladhrZu & eu dk vko';d vkgkjA

lsokdk;Z & eu dh fueZyrk dk lk/ku] Lok;/k; & eu dh papyrk dks fu;fU=r djus dk lk/ku

rFkk ln~xq.kksa dks

/kkj.kA

fofHkUu izpfyr /;ku i)fr;ka & lxq.k&fuxZq.k

ckS)i)fr&foi';uk] vkorZu/;ku] tSui)fr&izs{kk/;ku] egf"kZ egs'k&Hkkokrrhr/;ku]

vksadj;/;ku

r`rh; iz'u i=

PGDHYE/S/130 ;ksx] Hkkjrh; IH;rk ,oa laLd`fr dk vk/kkj

/keZ &

/keZ dh ifjHkk"kk ,oe~ vo/kkj.kkA Hkkjrh; n'kZuksa esa /kekZpj.k rFkk bls ykHk] vU; /keksaZ esa /kekZpj.kA

Jhen~ Hkxor~ xhrk ,oa euq Le`fr ds vuqlkj /keZ dh ifjHkk"kk ,oa xq.kA

dky] ifjLFkfr ds vuqlkj ifjorZu'khy /keZa

/keZ rFkk bls eq[; fl)kUr & txr ds drkZ ,oa ikyd ds #i esa ijekRekA vkRek dk Lo#i] euq"; thou dk y{;

,oe~ egRo] deZ fl)kUr@iqutZUe] euq"; thou ,d lk/kuk] foosd cqf) dh iz/kkurk] lfg".kqrk@mnkjrj]

ekrk&firk@xq# ds izfr J)k lekt ds IHkh izkf.k;ksa ls gekjk lEcU/k] Isok dk n'kZu vkSj mldk O;kogkfjd Lo#i]

f=xq.kkRed izd`fr] ekrk Lo:i gekjh ekr`&HkwfeA

pkj iq#"kkFkZ & /keZ] vFkZ] dke] eks{kA thou esa budk egRoA

Hkkjrh; IH;rk laLd`fr &

IH;rk dh ifjHkk"kk] laLd`fr dh ifjHkk"kk] nksuksa esa vUrjA

Hkkjrh; laLd`fr dh fo'ks"krk, j & vk/;kfRedrk] HkkSfrdrk rFkk vk/;kfRedrk dk leUo;]

IHkh /keksaZ ds izfr vknjHkkoA

gekjh ekuo laLd`fr & olq/kSo dqVqEcde~A

euq"; ds fodkl esa fo'okl & i'kq Lrj ls ekuo & egkekuo] nsork rFkk fnO;rk rd igq;ipukA

;Ke; laLd`fr & R;kx thou dk vk/kkj] dkeukvksa dk R;kx ,oe~ fu%LokFkZ Hkko]

vkReh;rk] vfrfFk IRdkjA

Hkkjrh; laLd`fr ds fof'k"V mnkgj.kA

lqO;ofLFkr vk/;kfRed Øe fodkl ds fy, pkj vkJe & czãp;Z] x`gLFk] okuizLFk vkSj

laU;kl vkJeA

laLd`r oka<sup>3</sup>~e; &

gekjs laLd`r /keZ xzUFk & osn] mifu"kn] iqjk.k] okYehfd jkek;.k] Jhen~ Hkkxor]

Jhen~ Hkxor~ xhrk] euq Le`fr bR;kfnA

Hkkjrh; vkpkj uhfr &

vkpj.k vkSj pfj=] vkpj.k foKkuA

vkpkj uhfr] vk/;kfRedrk vkSj /keZA

vkpkj uhfr ds vH;kl ds ykHkA

Hkkjrh; vkpkj uhfr ds ekSfyd fl)kUrA

Hkkjrh; thou n'kZu lkj &



ekuo thou vfr& nqyZHk ,oe~ egRoiw.kZA

;g thou & y{; dh izkfr dk ,d ek= voljA

gekjk thou dsoy lk/kuk ds fy,A

blh thou esa y{; izklr gqvk rks bl miyfC/k dk egRoA

;fn ;g volj xaok fn;k rks lcls cM+k vfu"VA

## prqFkZ iz'u i=

PGDHYE/S/140

'kjhj foospu] vk;qosZn ,oa  
izkd`frd fpfdRik

'kjhj &

1- fofHkUu laLFkkuksa dh lajpuk dk Kku

2- dksf'kdk] Ård] vax

3- ra= & dadky&ra=] 'olu ra=] ekalis'kh ra=] ikpu ra=] jDr lapkj ra=] ey foltZu ra=]

raf=dk ra=]

vUr%lzkoh ra=] jksx&izfrjks/kd {kerkA

4- "kV~pØ foospu

vk;qosZn &

f=nks"k foospu] iapegkHkwr ifjp;] iq#"kkFkZ prq"V;] fnup;kZ] \_rqp;kZ] ln~o`Ùk] jlk;u  
dh ifjHkk"kk ,oa Hksn] vkpkj

jl;uA

izkd`frd fpfdRik&

1- ty fpfdRik & 'khrks".k Hksn ls ty }kjk fpfdRik

2- ok"i Luku & LFk kfud ,oa lkoZnSfgd

3- e`fÙkdk ysi }kjk fofHkUu jksxksa dk mipkj

4- lw;Z fpfdRik

5- miokl dk fpfdRik esa egRo

fØ;kRed ¼vkrafjd ewY;kadu½

"kV~&deZ & diky Hkkfr] =kVd] usfr

;ksxklu & lw;ZueLdkj] xksej[kklu] mÙkkuiknkl] otzklu] lokZxkalu]

m"V<sup>a</sup>kl] pØkl]

lqlrotzklu] d.kZihM+kl]

v)ZeR;sUnzklu] 'kh"kkZlu] ioueqDrkl] in~eklu]

lsrqcU/kkl] fl)kl] eRL;klu ¼l;½] Hknzklu] c)in~eklu] edjkl]

Hkqtaxkl]

LofLrdkl] ckykl] lq[kkl]

¼mÙkkuin~eklu½

'koklu] mRdVkl]

izk.kk;ke & foHkkxh; 'okl] y;c) 'okl] lw;ZHksnh] pUnzHksnh] ¼dqaH lfgr½  
vuqykse] kd

foykse] ukM+h 'kqf)] Hkzkejh vkSj vkSj vUrj½]  
dqEHkd ¼ckg~;

ca/k & ewyca/k] mfi;kuca/k] tkya/kjca/k] egkca/kA

;/kukH;kl & rhu pj.kksa esa /;ku & fLFkjr] f'kfFkyrk] tkx:drkA  
ea= /;ku] 'okl /;ku] "kVpØ /;kuA

## f}rh; lsesLVj

izFke iz'u i=

PGDHYE/S/210

**;ksx] LokLF; ,oa ;kSfxd**

**mipkj**

;ksx ls jksx fuokZ.k &  
euksdkf;d jksx & vFkZ] izdkj vkSj fuokZ.k dh ;kSfxd fof/kA  
eu vkSj 'kjhj dk laca/k] euksdkf;d jksxksa dh mRifÜk vkSj HksnA  
vUr%dj.k prq"V~;A

jksx fuokj.k esa "kVdeZ] ;ksxklu] izk.kk;ke] /;ku dk egRoA

;ksx ls ruko eqfDrA

LokLF; &

WHO dh ifjHkk"kk, jA

Lo esa fLFkr gksuk & gekjk viuk Lo#i vkSj mlesa fLFkr gksus dk vFkZ rFkk egRoA

'kkjhfd] izkf.kd] ekufld] HkkoukRed rFkk vkfRed LokLF; vkSj budk gekjs nSfud thou  
ij izHkkoA

LokLF; gsrq egRoiw.kZ vk;ke &

vkgkj ,oe~ LokLF;A

i;kZoj.k ,oe~ LokLF;A

fu;fer ;ksxkH;kIA

;ksxe; thou 'kSyh ,oe~ LokLF;A

;kSfxd mipkj&

1- laLFkkuksa dks izHkkfor djus okys vklu

2- 'olu laLFkku

3- #f/kjkhHklj.k laLFkku

4- ikpu laLFkku

5- ekal laLFkku

6- Luk;q laLFkku

vUr%lzkoh xzfUFk;ksa dks izHkkfor djus okys vklu &

1- ihfu;y 2- fiV~;wVjh 3- Fkk;jkbM 4- ;d`r 5- lyhgk 6- ,M<sup>a</sup>huy 7- o`Dd 8-  
v.Mdks"k

vo;oksa dks izHkkfor djus okys vklu&

1- mnj ,oa mlds vo;o 2- ân; 3- Qqqq¶¶iq 4- efLr"d 5- vkj[k 6- ukfldk 7- dku

fofHkUu O;kf/k;ksa esa mi;ksxh vklu&

1- eUnkfXu 2- focU/k 3- vth.kZ 4- v'kZ 5- Lolunks"k 6- dQt fodkj 7- 'okl jksx 8- dq"B jksx 9- vkU=P;qfr

10- jDrfodkj ,oa Ropk jksx 11- jtksfod`fr 12- vfunzk 13- e/kqesg 14- f'kjs'kwy 15- ukfHk fod`fr 16- xHkkZ'k; fod`fr

17- dfV'kwy 18- es/kk&Le`fr 19- IHkh jksxksa esa lkekU; vklu

## f}rh; iz'u i=

PGDHYE/S/220

**;ksx ds ifjizs{; esa thou  
n'kZu**

lekf/k ikn &

;ksx 'kCn dh ifjHkk"kk] ;ksx ds y{k.k] Lo#i] izkflr dk mik;A

fpÙk dh o`fÙk;ksa ds ik; p Hksn vkSj muds y{k.k] fpÙk o`fÙk;ksa ds fujks/k ds mik;  
& vH;kl vkSj oSjkX;A

lekf/k & IEizKkr fuchZt] lfordZ] fufoZrdZ] lfopkj] fufoZpkj] lcht] fuchZt] fufoZpkj lekf/k  
lcls Js"BA

bZ'oj izf.k/kku vkSj mldk Qy] fpÙk ds fo{ksi] mudk uk'k vkSj eu dh fLFkfr ds fy;s  
mik;A

lekf/k ds Qy] \_rEHkjk izKk rFkk egRoA

lk/ku ikn &

lk/kkj.k lk/kdksa ds fy;s vUr%dj.k dh 'kqf) rFkk fuchZt lekf/k izklr djus dk mik;A

fØ;k ;ksx & Lo:i vkSj QyA

ik; p Dys'k rFkk mudk uk'kA

n`; vkSj n`"Vk dk Lo:i rFkk n`; dh lkFkZdrk] izd`fr&iq#"k ds la;ksx dk Lo#i] vfo|k ds  
uk'k gsrq foosd KkuA

foosd Kku dh izkflr gsrq v"Vakx ;ksx] ik; p ckg~; vaxksa ds y{k.k] QyA

foHkwfr ikn &

fuchZt lekf/k ds fy;s la;e :i /kkj.kk] /;ku] lekf/k dk Lo:i] QyA

fujks/k lekf/k ds le; fpÙk ds ifj.kkeA

/keZ ifj.kke] y{k.k ifj.kke rFkk voLFkk ifj.kkeA

lekf/k }kjk izklr fHkUu&fHkUu flf);kaA

dSoY; ikn &

flf);ksa dh izkflr ds ik;p gsrqA

;ksxh ds deksZa dh efgekA

lk/kkj.k euq";ksa dh deZQy izkflr ds izdkj A

foosd Kku] dSoY; dh ifjHkk"kk] dSoY; dk Lo:i rFkk dSoY; voLFkk dh izkflrA

r`rh; iz'u i=

**PGDHYE/S/230 izkstsDV dk;Z**

¼d½ izR;sd Nk= dks fuEufyf[kr ;ksx lacaf/kr izR;sd fuca/k yxHkx 25 i`"Bksa  
fo"k;ksa ij fuca/k fy[kus gSaA dk  
gksuk pkfg,A

1- fo[kfFkZ;ksa ds thou esa ;ksx dk egRo rFkk miyfC/kA

fu;fer ;ksxkH;kl ls

2- Jhen~ Hkkxor xhrk ;ksx ,oe~ euksfoKku dk  
Js"Bre xzUFkA

3- ;ksx }kjk ruko eqfDr@izcU/ku (Strees  
Management)

4- fdUgha rhu euksdkf;d jksxksa dk ;ksx }kjk  
mipkj

¼[k½ Jhen~ Hkkxor xhrk ds fuEufyf[kr eq[;

'yksdksa dh foLr`r O;k;k fy[ksa&

v/k; 2 & 23] 40] 47] 48] 50] 55] 62 ls 64] 69

v/k; 3 & 6] 7] 13 ls 15] 25] 27] 36] 37] 42

v/k; 4 & 23] 24] 33] 37] 39 ls 4

v/k; 5 & 27] 28

v/k; 6 & 11 ls 13] 16] 17] 25] 28] 35] 40

v/k; 7 & 3] 14] 16

v/k; 8 & 12] 13

v/k; 9 & 30

v/k; 10 & 3

v/k; 11 & 55

v/k; 12 & 12 ls 14

v/k; 13 & 2

v/k; 14 & 6 ls 9] 15 ls 17

v/k; 15 & 1] 5

v/k; 16 & 1 ls 4] 21

v/k; 17 & 8] 9] 11] 13] 17 ls 20] 22

v/k; 18 & 5 ls 9] 20 ls 32] 37] 39] 61

**prqFkZ iz'u i=**

**PGDHYE/S/240 fØ;kRed**

"kV~&deZ & /kkSfr] ukSfy] cfLr] 'ka[kiz{kkyu ¼y?kq ,oa iw.kZ½A

;ksxklu



izk.kk;ke  
eqnzka  
/;kukH;kl

& lw;ZueLdkj ¼ea= lfgr½] ;ksxeqnzkl] xksej[kkl] vkd.kZ/kuqjkl]  
ukSdkl ¼ihB ds cy½]  
ukSdkl ¼isV ds cy½] mnjioueqDrkl ¼,dikn½] mnjioueqDrkl  
¼f}ikn½] o`{kkl]  
v/kZpUnzkl] ikngLrkl] foijhr dj.kh] oØkl] mxzkl] if'peksUrku  
& vkl] tkuqf'kkl]  
& flgkal] eqDrkl] gykl] mUrkudwekZlu] rksykaxkl] e;wjkl] ,dikn  
& 'kyHkkl]  
& 'kyHkkl] lokZxaiqf"V vklA  
  
vfXulkj] lykfour] mTtk;h] 'khryh@'khrdkjh] HkfL=dk] dkdhA  
Kkueqnz] czãaktfyeqnz] izk.keqnz] 'kwU;eqnz] lw;Zeqnz]  
vkdk'keqnzA  
T;ksfr /;ku] "kV~pØksa ij /;ku] vksadj /;ku] izR;kgkj&/kkj.kk o /;ku  
dh  
vyx&vyx fof/k;ksa ls ifjp;A