

Diploma in Yogic Science (DYS)

SCHEME OF EXAMINATION

Course Code	Nomenclature of Papers	Theory / Practical	Credit	Total Marks	Max. External Marks	Max. Internal Marks	Minimum Pass Marks
DYS-1	Fundamentals of Yoga (योगस्य मौलिकसिद्धान्ताः)	T	6	100	60	40	40
DYS-2	Yoga Philosophy (योगदर्शनम्)	T	6	100	60	40	40
DYS-3	Principles of Hatha Yoga (हठयोगस्य सिद्धान्ताः)	T	6	100	60	40	40
DYS-4	Introduction to Sanskrit (संस्कृतपरिचयः)	T	6	100	60	40	40
DYS-5	Yogic Anatomy & Physiology (यौगिक-शरीरसंरचना एवं शरीरक्रिया-विज्ञानञ्च)	T	6	100	60	40	40
DYS-6	Yogic Practices (योगाभ्यासाः)	P	6	100	60	40	40
DYS-7	Project Work (परियोजनाकार्यम्)	P	6	100	60	40	40
			42	700			280

26/08/2025

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Paper – 1**THEORY**

DYS -SYLLABUS	PAPER CODE	DYS-1
PAPER 1- Fundamentals of Yoga	Credit/ Unit 6	Hours 96-120
Definitions of Yoga from Upanishads, Vedas, Patanjali Yoga Sutras, Bhagavad Gita, and other Yoga texts. Historical Development of Yoga. Aim & Objectives of Yoga.	1	16-20
Life and contribution of Yogis. Traditional – Maharshi Patanjali, Guru Gorakshanath, Swami SriRamakrishna Paramahansa, Swami Vivekananda, Maharshi Ramana, Swami Dayananda Saraswati, Shri Aurbindo. Contemporary – Shri Guru Nanak Dev, Shri Shyam Charana Lahiri, Shri T Krishnamacharya, Swami Shivananda Saraswati, Swami Rama, Maharshi Mahesh Yogi, Pandit Shri Ram Sharma Acharya, Paramahansa Yogananda, Shri Sharada Mata, Shri AnandaMayi Mata.	1	16-20
Introduction to different schools of Yoga - Mantra Yoga, Laya Yoga, Kundalini Yoga, Swara Yoga, Nada Yoga, Shiva Yoga. Karma Yoga - the path of action by overcoming three Gunas (Sattva, Rajas and Tamas) - transcending Gunas, with awareness and other aspects, Nature of Karta (doer) and Karma (action), performing actions with sense of duty, bringing the Yajna attitude in all actions, concept of Karma in Patanjali Yoga Sutras	1	16-20
Bhakti Yoga - the path of emotional culture, 4 types of Bhakatas (devotees), 9 types of Bhaktis , 5 Bhavas - Daivi (divine virtues) and Asuri (demonic vices) Sampat. Jnana Yoga - the path of will power, three steps of Jnana Yoga; 1. Shravana 2. Manana and 3. Nididhyasana, 6 chapter of Chandogyia - Tattvamasi and different examples.	1	16-20
Yoga as a Science - Foundations of Yoga in IKS History & Revival of Yoga - Institutional growth: Kaivalyadhama, Bihar School of Yoga, SVYASA, KYM, DSVV, Patanjali Yoga Peetha, Gurukul Kangdi, Swami Rama Institute. Global & Contemporary Developments, International Day of Yoga (IDY) & UN recognition, Role of Ministry of AYUSH & WHO in Yoga standardization, Yoga in media & technology (apps, online teaching, AI & Yoga research), Challenges: commercialization, authenticity, cultural appropriation, Govt. initiated schemes - QCI, YCB	1	16-20

26/08/2025

योगविज्ञान-डिप्लोमापाठ्यक्रमः – DYS-2025

केन्द्रीयसंस्कृतविश्वविद्यालयः

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Yoga as a Profession - Professional Skills, Yoga in schools, workplace, and sports, Teaching Methodology, Ethics & Yogic Lifestyle, Setting up a Yoga studio Govt Initiatives in Yoga and related issues - AYUSH Ministry, ICCR, MDNIY, IYA - Yoga Alliance and challenges, Study and Career Path in Yoga - Bachelors, Masters, PhD UGC NET Traditional Centers of Yoga.	1	16-20
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II. Paper – 2

THEORY

DYS -SYLLABUS	PAPER CODE	DYS-2
PAPER 2 - Yoga Philosophy	Credit/ Unit 6	Hours 96-120
Introduction of Yoga Darshan: Introduction to Yoga Darshana, History and development of and Yoga Darshana. Brief Introduction to Maharshi Patanjali and Introduction to Yogasūtra - Nature of Yoga science, Patanjala Yoga Sutra (P.Y.S.) - Pada (chapters and Sutra). Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra: (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-varatika). Samadhi Pada: Definition of yoga, the nature of seer in pure and modified state, Concept of Chitta Bhoomis. Concept of Chitta-Vrittis and their classification, Chitta-Vritti Nirodhopaya. Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar. Chitta-Vikshepas (Antarayas), control of citta-vikshepa, Concept of Cittaprasādana and its associates, Relevance of CittaPrasadanam in Yoga Sadhana, Types of Samadhi and its classifications,	1	16-20
Sadhana Pada: Kriya-yoga and its benefits; Classification, methods to control the Kleśas, Karmāśaya, Karma-Vipāka of kleśamūla, Heyaswarūpa, Heyahetu, Drśya and Draṣṭa-Nirupanam, Saṁyoga - Prakriti-Purusha: Nature & Cause, Hānopāya, Hānaswarūpa, Vivekakhyāthi, Aṣṭāṅga Yoga-Yama, Niyama, Āsana, Prāṇāyāma, Pratyāhāra-Bahiraṅga Yoga, Dhāraṇā, Dhyāna, Samādhī-Antaraṅga Yoga, Concept of Yama, Niyama, Asanas and Pranayama and it's Siddhis, Concept of Pratyahara and its Siddhis.	1	16-20
Sankhya Yoga - Introduction to Samkhya and Yoga Darshana, Theory of Evolution and Meta-physics of Samkhya, concept and classification of Dukha and Vivek-Jnana, Vyakta and Avyakta, Concept of Triguna, Prakriti, Purusha and Apavarga (Moksha), Jivan-mukta, Manas, Mahat, Ahamkara and Theory of 25 elements	1	16-20

26/08/2025

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Basic Understandings of Pancha Prana, Pancha-Upaprana, Pancha Mahabhuta, Pancha Kosha, Tridosha, Trimala, Tri-Sharir, Sapta-Dhatu, Shad-Rasa, Nadis and Chakras.	1	16-20
Introduction to Bhagavad Gita. - Bhagavad Gita and traditional commentaries. Definitions of Yoga in Bhagavad Gita, Bhagavad Gita and its relevance in Yoga Sadhana. Sithaprajnana, stages and characteristics of it. Trigunas and Nature of Prakriti. Conduct of Yogis, Structure of Yajna & its relation with Yoga, Techniques of Sadhana, Significance of Knowledge. (4th Chapter)	1	16-20
Concept of Sanyas, Significance of Karma in Sanyas (5th Chapter) Concept of Sankhya Yoga, Concept of Karma Yoga, Concept & types of karma, Concept of Dhyana Yoga, Concept of Bhakti Yoga and its relevance in day-to-day life. Role of Bhagavadgita in day-to-day life, Theory of Adjustment in healthy living as described in Bhagavad Gita, Ahara, Vihara, Achara, Vichara, Classifications of Food, Integrated life style; Bhagavad Gita perspectives.	1	16-20

26/08/2025

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III. Paper – 3

THEORY

DYS -SYLLABUS	PAPER CODE	DYS-3
PAPER 3 - Principles of Hatha Yoga	Credit/ Unit 6	Hours 96-120
Greatness of Hatha Yoga, Hatha Yogi Parampara, Importance of Hatha and its secrecy. Place of Hatha yoga practice, Destructive (Badhak Tattva) and constructive (Sadhak Tattva) concepts of Hatha Yoga. (According to H.P.)	1	16-20
Asanam- techniques, benefits and precautions. Mitahara, Pathya and Apathya, Pranayama (Kumbhakas) – Techniques, Benefits and Precautions of Pranayama, Nadishuddi, Duration and time for Pranayama practice, gradation of Pranayama. (According to H.P.)	1	16-20
Shat-Kriyas according to H.P. Hatha-siddhilakshanam, Kundalini as base for all Yoga. Results of Kundalini Prabodhana, Synonyms for Sushumna.	1	16-20
Mudras and Bandhas - techniques, benefits and precautions of practices. (According to H.P.) Kandaswarupa. Methods of Samadhi Practice, Synonyms for Samadhi, Rajayoga, Relationship between Hatha Pradipika and Rajayoga, Shambhavamudra, Unmani, Manonmani, Nada and Nada-nusandhana, Four stages of Nadanusandhan.	1	16-20
Introduction Gheranda Samhita – Ghata Yoga, Saptanga Yoga, Shatkriyas with variations & Its benefits, Tribandha, Panch-Dharna & Mudras, Pratyahara, Sthana-Kala-Mitahara-Nishiddha Ahara, (According to G.S.)	1	16-20
Introduction to Other Hatha Yogic Texts – Hatha Ratnavali, Shiva Samhita, Goraksha Samhita, SiddhaSiddhanta Paddhati, Yoga Bija, Vasishta Samhita, Goraksha Sataka	1	16-20

26/08/2025

योगविज्ञान-डिप्लोमापाठ्यक्रम: – DYS–2025

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IV. Paper – 4

THEORY

DYS -SYLLABUS	PAPER CODE	DYS-4
PAPER 4 – Introduction to Sanskrit	Credit/ Unit 6	Hours 96-120
Orthography of Devanagari Varnamala, classification of varnas, Purnakshara, Samyuktakshara, and Mrdavyanjanas, Writing of Varnamala using Roman transliteration. Subantas- Ajantha and Halanta words, Genders, Vachanas, cases of subanta words. Sandhis – Savarnadhirgha, Vrddhi, Guna, Ayadhi, Stutva, Schutva. Samasa – Tatpuruṣa, Karmadharaya, Dvigu, Dvandva, Bhahuvrihi, Avyayibhava,	1	16-20
Avyayas in Sanskrit – Ca, Api, Va, Na, Vina, Saha, Tu, Kintu, Eva, Evam, Iti, Ittham, Athra, Iha, Tada, Gatva, Krtva, Labdhwa, Jitva. Upasargas – Pra, Para, Apa, Sam, Anu, Ava, Nis, Nir, Dus, Dur, Vi, Aa, Ni, Adhi, Api, Ati, Su, Abhi, Prati, Pari, Upa, Antar, Avir, Tiras. Nipatas - Cha, Va, Api, Kim, Chiat, Ma Chana, Sma. Karakas – its use in Sanskrit.	1	16-20
Recitation of Yoga Sutras with right Pronunciation of Sadhana Pada. Roman Transliteration of Devanagari Script & Application of the same to write Sutras.	1	16-20
Textual Immersions of Bhagavad Gita: Chapter 2 (Sankhya Yoga) Shloka, Prati-padartha, Sangati, Anvaya, Vakya-Yojana, Bhavartha.	1	16-20
Prathama Diksha – Prathamah Bhagah – Vakyavyavaharah - 1, 2 stabakah	1	16-20
Prathama Diksha – Prathamah Bhagah – Vakyavyavaharah - 3,4 stabakah	1	16-20

26/08/2025

योगविज्ञान-डिप्लोमापाठ्यक्रम: – DYS-2025

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V. Paper – 5 DYS -SYLLABUS	THEORY	PAPER CODE	DYS-5
PAPER 5 – Yogic Anatomy & Physiology		Credit/ Unit 6	Hours 96-120
Basic cell anatomy- Cell Organelles, Cell membrane, Movement of the substances and water through the cell membrane. Tissue, organs and systems, homeostasis. Tissue- Basic Four types of Tissues, Their subtypes, Structure and function.		1	16-20
Skeletal system: Divisions of skeletal system, types of bone, functions of bones of axial and appendicular skeletal system, organization of skeletal muscle, physiology of muscle contraction. Joints: Structural and functional classification, types of joints movements and its articulation. Muscular system: Types of Muscles in the body, the characteristics, structure and functions of the Skeletal Muscles, Concept of Muscle Tone and types of Muscle Contraction, Muscle fatigue.		1	16-20
Digestive system - Gross anatomy of digestive system, functional anatomy of organs GI tract. Physiology of digestion, Digestives juices & their functions in digestion, functions of salivary glands, pancreas and liver, movements of GIT, digestion and absorption of nutrients. Relevance of digestive system on Yogic practices, asana, Pranayama etc.		1	16-20
Respiratory system - Gross anatomy of respiratory system with special reference to functional anatomy of nasal cavity, Pharynx, Larynx, Trachea, Bronchus, Lungs and Alveoli. Mechanism of respiration, regulation of respiration. types of respiration. Lung Volumes and capacities transport of respiratory gases, artificial respiration, and resuscitation methods		1	16-20
Cardiovascular system - Functional anatomy of heart, artery, veins, and capillaries. Blood circulation (pulmonary & systemic circulations), elements of conduction system of heart and heartbeat, its regulation by autonomic nervous system, cardiac output, cardiac cycle.		1	16-20
Yogic Management of following disorders at 5 layers of human existence: Respiratory Disorders, Anxiety and Depression, Arthritis, Back Pain and Spinal Disorders. Metabolic Disorder, Gastrointestinal Disorders, Obesity and Promotion of Positive Health (PPH), Basic knowledge of Yoga Therapy, as the Preventive, Promotive and Curative aspects in different systems and in different common diseases.		1	16-20

26/08/2025

योगविज्ञान-डिप्लोमापाठ्यक्रम: – DYS-2025

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VI. Paper – 6

PRACTICAL

DYS -SYLLABUS	PAPER CODE	DYS-6
PAPER 6 – Yogic Practices	Credit/ Unit 6	Hours 96-120
Recitations: Shanti Mantra, Pranava Japa. Hast-Mudra: Jnana, Chin, Hriday, Bhairav, Yoni.	1	16-20
Shatkarma: Jalancti, Rubber/Sutra Neti, Kapalbhati, Agnisara	1	16-20
Surya Namaskara, Yogic Sukshma Vyayama (BSY), Asanam: Standing: Tadasanam, Tiryak-Tadasanam, Padhastasanam, Trikonasanam, Parsvakonasanam, Virasanam, Ardha-chakrasanam. Vrikshasanam, Padangusthasanam. Sitting: Padmasanam, Vajrasanam, Sukahsana, Swastikasanam, Supta-Vajrasanam, Paschimottanasanam, Purvottanasanam, Janushirshasnam, Baddha-konasanam (Titliasanam), Gomukhasanam, Akarna-dhanurasanam.	1	16-20
Twisting: Vakrasanam, Bharadwajasanam, Ardha-Matsyendrasanam, Katichakrasanam, ArdhKati-Chakrasanam. Supine: Uttanapadasanam, Ardha-Halasanam, Noukasanam, Pavanamuktasanam. Prone: Bhujangasanam, Side Bend Bhujangasanam, Dhanurasanam, Shalabhasanam, Makarasanam. Balancing: Vrikshasanam, Garudasanam, Virabhadrasanam 3	1	16-20
Advanced: Shirshasanam, Halasanam, Karnapidasanam, Sarvangasanam, Chakrasanam, BaddhaPadmasanam, Bakasanam, Kukkutasanam, Kurmasanam.	1	16-20
Pranayama: Ujjayi, Nadishuddhi, Bhastrika, Seetali, Seetkari. Mudra: Ashwini & Nasagra Mudra.	1	16-20

VII. Paper – 7

PRACTICAL

DYS -SYLLABUS	PAPER CODE	DYS-7
PAPER 7 – Project Work The student can select any of the following points to complete the Project Work. And a Detailed Report may submit for Validation.	Credit/ Unit 6	Hours 96-120
<ul style="list-style-type: none"> • Training in the practice of yoga in schools & dedication to project work (10 days) OR • Training in the practice of yoga for the community & dedication to project work (10 days) OR • Report of an apprenticeship in yoga (10 days) OR • Dedication of a short thesis on yoga (50 Pages). 	6	96-120

26/08/2025

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