



At : C/1370, Sector -7, CDA,
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SRI INTERNATIONAL COLLEGE

(The Saga of Excellence)

i) MASTER OF YOGA (MA IN YOGA)

Duration : 2 Years (4 Semester)

Eligibility : +3 Pass with 40% (Any Streams)

ii) DIPLOMA IN YOGA (DYG)

Duration : 1 Year (2 Semester)

Eligibility : 10th Pass

SEMESTER -1

Yoga Fundamental & Yogasutra
Elementary Sanskrit
Sankhya & Advaita Vedanta
Practical - i
Practical - ii

SEMESTER -2

Human Anatomy & Physiology
Yogic Management of Diseases
Hatha Yoga Pradipika / Gheren-
-dra Samhita.
Practical - iii
Practical - iv

SEMESTER -3

Discipline Specific Elective (DSE) -
-Greate yogic of Modern india/
Dhy-
-ana Bindu Upanisad.
Naturopathy
Ayurveda & Panchakarma
Computer Appl. / Commu. English
Practical - v

SEMESTER -4

Sri Bhagavati & Upanisad
Various Method of yoga -
-Sadhana.
Research Methodology
Practical - vi
Dissertation
Practical - viii

DIPLOMA IN YOGA :

SEMESTER -1

Patanjala Yoga Sutra
Yogic Text
Yoga and Cultural -
- Synthesis & Value
Anatomy and Physiology of
-Yogic Practices & Yogic
-Therapy.
Practical - i
Practical - ii

SEMESTER -2

Yoga and Mental Health
Practical Training in Yoga
Teaching Methods For Yogic
- Practices
Human Behaviour
Practical - iii
Practical - iv
Research
Viva