



THE ENLIGHTENED COLLEGE OF PHYSICAL EDUCATION

(Affiliated With Punjabi University Patiala, Punjab Govt. and NCTE)

Running Under The Enlightened Society (Reg:2669) Mansa (PB.)

Near Bhakhra Canel, Sardulgarh Road (NH703) Jhunir, 151506 (Mansa)

Program: Post Graduate Diploma in Yoga | Semester: 1

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	PAPER-I	Foundations of Yoga	Theory	24	76	100	4.00
2	PAPER-II	Human Anatomy & Physiology	Theory	24	76	100	4.00
3	PAPER-III	Study of Hathayoga	Theory	24	76	100	4.00
4	PAPER-IV	Naturopathy & Swasth-Vrata	Theory	24	76	100	4.00
5	PAPER-V	Human Consciousness	Theory	24	76	100	4.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	PAPER-VI	Yogic Skills & Allied Sciences	Practical	50	150	200	4.00



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Near Bhakhra Canel, Sardulgarh Road (NH703) Jhunir, 151506 (Mansa)

Program: Post Graduate Diploma in Yoga | Semester: 2

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	PAPER-IX	Patanjali Yogasutra	Theory	24	76	100	4.00
2	PAPER-VII	Indian Philosophy and Yogies	Theory	24	76	100	4.00
3	PAPER-VIII	Yoga Therapy	Theory	24	76	100	4.00
4	PAPER-X	Acupressure and Pranic Therapy	Theory	24	76	100	4.00
5	PAPER-XI	Mental Health & Yoga Practice	Theory	24	76	100	4.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	PAPER-XII	Yogic Skills & Allied Sciences	Practical	50	150	200	4.00