PERIYAR UNIVERSITY
SALEM

PERIYAR INSTITUTE OF DISTANCE EDUCATION

DIPLOMA IN YOGA
(2 YEARS)

SYLLABUS / REGULATIONS

[Candidates admitted from 2007-2008 onwards]
Diploma in Yoga (PRIDE)

Eligibility for Admission:
+ 2 Pass

Duration:
Two Years
Non Semester

Theory – 1: Principles of Siddha Science
Theory – 2: Medical herbs and their therapeutic effects
Theory – 3: Yogi Concepts of Siddhars
Theory – 4: Home remedies and Yogic diet

Practical I) Demonstration of Yogic Practices
II) Identification of Medicinal Plants

First Year

Unit – I: Principles of Siddha System
Theory - 1: Panchabootha, Tridosha, Arusuvai, Sapta Dhatus, Six Aadharams, Dasavayus etc.
Theory - 2: Social outlook, rational thoughts and aim of siddhars

Unit – II: Medical herbs and their therapeutic values
Theory – 1: Identification of 32 important herbs
Theory – 2: Study of their medicinal values
Theory – 3: Phytochemistry

Second Year

Unit – I: Yogi Concepts of Siddhars
Theory – 1: Principles of Yoga Ashtangayoga
Theory – 2: Tirumular, patanjali Yoga sutras
Theory – 3: Suryanamaskar, Pavanamukthasana
Theory – 4: Asana, PRANAYAMA, mudra, bandha and kriya
Theory – 5: Therapeutic applications of Yoga

Unit – II: Home remedies and Yogic diet
Theory – 1: Study of Simple home remedies of medicinal herbs
Theory – 2: Sathva, rajo and Tamoguna diets.
Question Paper Pattern:

Time: 3 hours
Total Marks: 100

PART A:
Multiple choice questions
20X1 Marks = 20 Marks

PART B:
Paragraph question
20 x 10 Marks = 50 Marks

PART C:
Essay type questions
20 x 15 Marks = 30 Marks

Total Marks:
Theory Paper – 12 x 100 = 1200
Practical - 2 x 100 = 200
Total Marks = 1400