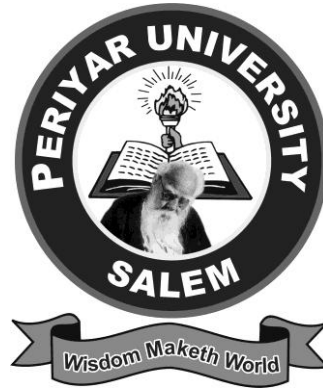


**PERIYAR UNIVERSITY
SALEM**



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: Yogic 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: Yogic 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

20Xx1 Marks = 20 Marks

PART B:

Paragraph question

20 x 10 Marks = 50 Marks

PART C:

Essay type questions

20x 15 Marks = 30 Marks

Total Marks:

Theory Paper – 12 x 100 = 1200

Practical - 2 x 100 = 200

Total Marks = 1400