

MATS School of Physical Education (B.P.Ed & Yoga)

COURSE: - POST GRADUATE DIPLOMA IN YOGA EDUCATION (PGDYED)

Semester I

SUBJECT CODE	NAME OF THE SUBJECT
PGDYED- T101	Foundation of Yoga
PGDYED- T102	Anatomy, Physiology and yogic practices
PGDYED- T103	Teaching Methodology of Yogic Practice
PGDYED- P101	Practical Demonstration of Asanas Pranayam, Shudhi Kriya (Practical Note book) & Viva-voce

Semester II

Subject code	Name of the subject
PGDYED-T201	Human consciousness and Meditation
PGDYED-T202	Traditional Yoga
PGDYED-T203	Fundamentals of Hatha Yoga
PGDYED-P201	Practice of teaching five Lessons plan on any skill (three Asanas one Pranayama & one Kriya) on lesson format with chart & Viva-voce