



DISTANCE EDUCATION
A Distance Edu College

PH-9176464748

UNIVERSITY OF MADRAS
INSTITUTE OF DISTANCE EDUCATION
DIPLOMA COURSE IN YOGA (NON CLINICAL)

Paper	Subject	Duration (in hours)	Maximum Marks	Passing Minimum Marks	Credits
I	Asana Practice	3	100	50	3
II	Pranayama and Principles of Practice	3	100	50	3
III	Core Principles of Yoga Sutra	3	100	50	3
IV	Practicals (Asana and Pranayama)	3	100	50	5
V	Ayurveda	3	100	50	3
VI	Psychology	3	100	50	3
Personal Contact Programme Classes [PCP] : 10 DAYS COMPULSORY					