


PROGRAM STRUCTURE
PGDY (Post Graduate Diploma in Yoga)
PROGRAM CODE:- FPE003
AY: 2018-2019

SEMESTER-I (TOTAL - 6)			SEMESTER-II (TOTAL - 7)		
COURSE CODE	COURSE TITLE	L P U	COURSE CODE	COURSE TITLE	L P U
PGDY-CT101	Foundations of Yoga	4 0 4	PGDY-CT201	Essence of Principle Upanishads and Bhagavad Gita	4 0 4
PGDY-CT102	Hatha Yoga	4 0 4	PGDY-CT202	Patanjali Yoga Darshana	4 0 4
PGDY-CT103	Human Anatomy and Physiology	4 0 4	PGDY-CT203	Applied Yoga	4 0 4
PGDY-CT104	Yogic Lifestyle	4 0 4	PGDY-CT204	Methods of Teaching Yoga and Value Education	4 0 4
PGDY-CP105	Yoga Practicum - 1	0 8 4	PGDY-CP205	Yoga Practicum-3	0 8 4
PGDY-CP106	Yoga Practicum - 2	0 8 4	PGDY-CP206	Yoga Practicum-4	0 8 4
			PGDY-CT207	Practice Teaching	0 8 4
YEAR-I			TOTAL UNIT- 24		
			TOTAL UNIT- 28		

List of Elective Course:

COURSE CODE	COURSE TITLE	L P U
PGDY-SS107	Soft Skill	4 0 4


Registrar.
 ICFAI University Tripura
 Kamalghat, Tripura (West)