

Diploma in Yoga & Instructor (DYI)

Duration: 1 Year (2 Semesters)

Semester – I

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	DYI101	1DYI1	Fundamentals of Yoga & Philosophy
2	DYI102	1DYI2	Anatomy & Physiology in Yoga
3	DYI103	1DYI3	Yoga Practices – I (Asanas, Pranayama, Kriyas)
4	DYI104	1DYI4	Teaching Methodology of Yoga

Course Details (Semester – I)

- **Fundamentals of Yoga & Philosophy** – Origin, streams, importance of yoga in daily life.
 - **Anatomy & Physiology in Yoga** – Human body systems and their role in yoga.
 - **Yoga Practices – I** – Basic asanas, pranayama, shatkriyas (cleansing techniques).
 - **Teaching Methodology of Yoga** – Yoga pedagogy, class planning, instructor's role.
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Semester – II

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	DYI201	2DYI1	Patanjali Yoga Sutra & Gita
2	DYI202	2DYI2	Yoga Therapy & Naturopathy
3	DYI203	2DYI3	Yoga Practices – II (Advanced Asanas,

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
			Mudras, Bandhas, Meditation)
4	DYI204	2DYI4	Practical Training & Internship

Course Details (Semester – II)

- **Patanjali Yoga Sutra & Gita** – Yogic principles from classical texts.
- **Yoga Therapy & Naturopathy** – Application of yoga for therapeutic benefits.
- **Yoga Practices – II** – Advanced asanas, mudras, bandhas, and meditation practices.
- **Practical Training & Internship** – Supervised practice, yoga teaching in real sessions.