



OFFICE OF THE REGISTRAR :: DIBRUGARH UNIVERSITY :: DIBRUGARH

Ref. No. DU/DR-A/137th AC/CSPES/Regulations (PGDYS)/2026/833

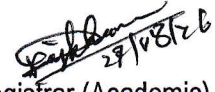
Date: 27.08.2026

NOTIFICATION

As recommended by the meeting of the **Board of Studies (BoS) in Physical Education and Sports** and 161st Meeting of the Post Graduate Board, Dibrugarh University held on 23.06.2026, the Academic Council, Dibrugarh University in its 137th meeting held on 29.06.2026 **vide Resolution No. 21** has approved the **Syllabus** for the **Post Graduate Diploma in Yogasana Sports (PGDYS) Programme** in Centre for Studies in Physical Education & Sports, D.U. w.e.f. the academic session 2026-2027.

The Syllabus is attached herewith.

Issued with due approval.


27/08/26
Deputy Registrar (Academic) i/c
Dibrugarh University


Copy forwarded for kind information and necessary action to:

1. The Hon'ble Vice-Chancellor, Dibrugarh University.
2. The Deans, Dibrugarh University.
3. The Registrar, Dibrugarh University.
4. The Controller of Examinations, Dibrugarh University.
5. The Chairperson, Centre for Studies in Physical Education and Sports, Dibrugarh University.
6. The Heads / Chairpersons of the Teaching Departments / Centre for Studies, Dibrugarh University.
7. The Joint / Deputy Controller of Examinations – 'C' / 'A' & 'B', Dibrugarh University.
8. The Senior Programmer, Dibrugarh University with a request to upload the Notification along with attached syllabi on the DU website.
9. File.


27/08/26
Deputy Registrar (Academic) i/c
Dibrugarh University


Syllabus of One Year (Two Semesters) Post Graduate Diploma in Yogasana Sports (PGDYS) Programme

Overall Course Objectives:

- To impart knowledge and develop the concept of coaching skills to the diploma students.
- To enrich the performance skills of demonstration and explanation of techniques to the students and bring these techniques into practice.
- To educate diploma students about the technical rules and regulations and its implication in Yogasana.
- To educate diploma students about the equipments required and its maintenance.
- To educate diploma students about the domestic and international competitions and to organize the events following the rules and regulations.
- To educate diploma students about the qualities required by a Yogasana athlete and how to identify talent in the respective sport.
- To enable the students to design a training program for their yogasana athlete as per the individual requirement and to achieve top form for participation in the competition.
- To teach students related to important performance factors of Yogasana athlete (male & female), motor qualities, techniques and tactics.
- To teach them about the monitoring and assessing the performance of the Yogasana athletes.

Overall Learning Outcomes:

- It will enable the students to understand the basic concept of coaching and its philosophy to be a successful coach.
- It will enable the students to learn the proper basic and advance Yogasana techniques and mechanism behind each element and phase of technique.
- It will enhance the student's skills to design training program, develop motor qualities, techniques and tactics.
- Understand the methods of teaching the skills.
- Understanding the systematic preparation of athletes at various levels.
- Understand the technical and tactical knowledge of imparting coaching.
- Students will be able to illustrate the principles of officiating and enable the students to understand the role, duties and responsibilities.

Semester – I

Part A (Theory)

DYST101: EXERCISE PHYSIOLOGY & SPORTS MEDICINE Marks: Internal Marks: 40; External Marks: 60; Total: 100 Marks			
Learning Objectives: • To understand physiological responses to asanas • For the prevention & management of injury • Optimize performance • Understand recovery techniques Learning Outcomes: • Students will know how physiological responses to different asanas • Students will gain the knowledge of injury prevention and management. • Students will know how to practice in advance level without getting injury. • They will have the techniques of recovery.			
Unit	Topic	Contact Hours	Marks
I	Exercise Physiology: a) An Overview of the system of organization in the Human Body. b) Cardiovascular Physiology c) Respiratory Physiology d) Muscle Physiology e) Energy Systems f) Thermoregulation	16	15
II	Sports Medicine: a) Sports Injuries and Classification b) Injury Prevention c) Injury Assessment and Management d) Concussion Protocols e) Environmental Considerations	14	15
III	Applied Topics: a) Training Program Design b) Athlete Monitoring c) Sports Emergencies and First Aid d) Injury Rehabilitation e) Return-to-Play Protocols	14	15
IV	Current Topics: a) Sports Science and Technology b) Mental Health in Sports c) Injury Prevention and Management in Special Populations. d) Anti-Doping	14	15

Reference Books:

- Bompa, T. O., & Buzzichelli, C. (2019). *Periodization: Theory and methodology of training* (6th ed.). Human Kinetics.
- Brukner, P., & Khan, K. (2017). *Brukner & Khan's clinical sports medicine: Injuries* (5th ed.). McGraw-Hill Education.
- Joyce, D., & Lewindon, D. (Eds.). (2015). *Sports injury prevention and rehabilitation: Integrating medicine and science for performance solutions*. Routledge.
- Kenney, W. L., Wilmore, J. H., & Costill, D. L. (2021). *Physiology of sport and exercise* (8th ed.). Human Kinetics.
- Kjaer, M., Krogsgaard, M., Magnusson, P., Engebretsen, L., Roos, H., Takala, T., & Woo, S. L.-Y. (Eds.). (2018). *Textbook of sports medicine: Basic science and clinical aspects of sports injury and physical activity* (2nd ed.). Wiley-Blackwell.
- Maughan, R. J. (Ed.). (2009). *Olympic textbook of science in sport*. Wiley-Blackwell.
- McArdle, W. D., Katch, F. I., & Katch, V. L. (2019). *Exercise physiology: Nutrition, energy, and human performance* (9th ed.). Wolters Kluwer.
- Mottram, D. R., & Chester, N. (2022). *Drugs in sport* (8th ed.). Routledge.
- National Strength and Conditioning Association. (2021). *Essentials of strength training and conditioning* (4th ed.). Human Kinetics.
- American College of Sports Medicine. (2021). *ACSM's guidelines for exercise testing and prescription* (11th ed.). Wolters Kluwer.
- Zatsiorsky, V. M., & Kraemer, W. J. (2021). *Science and practice of strength training* (3rd ed.). Human Kinetics.
- Prentice, W. E. (2020). *Rehabilitation techniques for sports medicine and athletic training* (7th ed.). Slack Incorporated.
- Weinberg, R. S., & Gould, D. (2019). *Foundations of sport and exercise psychology* (7th ed.). Human Kinetic.
- World Anti-Doping Agency (WADA). (2025). *World Anti-Doping Code 2025*. WADA.

DYST102: COACHING DYNAMICS**Marks: Internal Marks: 40; External Marks: 60; Total: 100 Marks****Learning Objectives:**

- Understand coaching principles
- Understand coaching philosophy
- Understand coaching skills

Learning Outcomes:

- Students will be able to train athlete
- They will be aware of technical skills.
- They will understand coaching philosophy

Unit	Topic	Contact Hours	Marks
I	Foundation of Coach Training: I. Coaching Definitions II. Principles of Coaching III. Motivation to become a professional coach IV. Approaches to sports coaching V. Roles of a coach Coaching Philosophy: I. Developing coaching philosophy II. Determining coaching objective	16	15
II	Athlete Development: I. Mental Preparation II. Goal Setting III. Motivation and Inspiration Sports-Specific Coaching: I. Technical Skills II. Tactical Awareness III. Game Analysis.	14	15
III	Communication and Relationships: I. Effective Communication II. Managing athlete's behavior III. Building Trust, IV. Conflict Resolution Coaching relationships: I. Coach – parent relationship II. Coach – athlete relationship III. Coach relation with education providers	14	15
IV	Coaching Effectiveness: I. Definition & meaning of coaching effectiveness II. Coaching effectiveness comparisons III. Approaches to coaching effectiveness Professional Development: I. Leadership Styles II. Team Building III. Empowering Athletes IV. Coaching Ethics V. Continuous Learning	14	15
Reference Books: • Martens, R. (2012). <i>Successful coaching</i> (4th ed.). Human Kinetics. • Weinberg, R. S., & Gould, D. (2019). <i>Foundations of sport and exercise psychology</i> (7th ed.). Human Kinetics. • Thelwell, R., Harwood, C., & Greenlees, I. (2017). <i>The psychology of sports coaching: Research and practice</i>. Routledge.			

- Gilbert, W. (2016). *Coaching better every season: A year-round system for athlete development and program success*. Human Kinetics.
- O'Boyle, I., Murray, D., & Cummins, P. (2015). *Leadership in sport*. Routledge.
- Gilbert, W. (2017). *Coaching athletes to be their best: Motivational interviewing in sports*. Human Kinetics.
- Lyle, J., & Cushion, C. (2017). *Sports coaching concepts: A framework for coaching practice* (2nd ed.). Routledge.
- Kidman, L., & Lombardo, B. (2010). *Athlete-centred coaching: Developing decision makers*. IPC Print Resources.
- Potrac, P., Gilbert, W., & Denison, J. (2013). *Routledge handbook of sports coaching*. Routledge.
- Jones, R. L. (2006). *The sports coach as educator: Re-conceptualising sports coaching*. Routledge.

DYST103: DIGITAL LEARNING

Marks: Internal Marks: 40; External Marks: 60; Total: 100 Marks

Learning Objectives:

- To Develop Digital Skills
- Provide Updated Knowledge
- Interactive quizzes, simulations, and virtual classrooms make learning
- Understand concepts better using multimedia tools.

Learning Outcomes:

- To understand the basic concept and importance of digital learning.
- Use digital devices and online platforms for educational purposes.
- Apply technology to solve academic and real-life problems.

Unit	Topic	Contact Hours	Marks
I	Digital tools and platform: Computer; Basic applications of computer; Components of computer; CPU, VDU, keyboard, mouse, other input devices; computer memory; concept of hardware & software; concept of computing data and information; Applications of IECT; connecting keyboard, mouse, monitor and printer to CPU and checking power supply	13	15
II	Operating computer using GUI based operating system: Introduction to operating system; basics of popular operating system; the user interface; use of common icon; use of mouse; file, folder and directions; create and rename file & folder; opening & closing of different windows; short cuts.	13	15
III	Introduction to Internet:	16	15

	WWW and web browsers; Basic of Computer networks; LAN, WAN; Concept of Internet; Applications of Internet; connecting to internet; What is ISP; Knowing the Internet; Basics of internet connectivity related troubleshooting, World Wide Web; Web Browsing software; Search Engines, Understanding URL; Domain name; IP Address; Using e-governance website.		
IV	Communications and Collaboration: Basics of electronic mail; Getting an email account; Sending and receiving emails; Accessing sent emails; Using Emails; Document collaboration; Instant Messaging; Netiquettes, communicating through apps.	16	15
Reference Books: - Sinha, P. K., & Sinha, P. (2010). <i>Computer fundamentals</i> (6th ed.). BPB Publications. - Norton, P. (2017). <i>Introduction to computers</i> (7th ed.). McGraw-Hill Education. - Rajaraman, V. (2018). <i>Fundamentals of computers</i> (6th ed.). PHI Learning. - Vermaat, M. E., Sebok, S. L., Freund, S. M., Campbell, J. T., & Frydenberg, M. (2018). <i>Discovering computers: Digital technology, data, and devices</i>. Cengage Learning. - Forouzan, B. A. (2017). <i>Data communications and networking</i> (5th ed.). McGraw-Hill Education. - Tanenbaum, A. S., & Wetherall, D. J. (2013). <i>Computer networks</i> (5th ed.). Pearson. - Agarwal, K. C. (2015). <i>Fundamentals of information technology</i>. Dreamtech Press. - Government of India. (2024). <i>Digital literacy and computer fundamentals</i>. National Institute of Electronics and Information Technology (NIELIT).			
DYST104: YOGASANA SPORT 1 Marks: Internal Marks: 40; External Marks: 60; Total: 100 Marks			
Learning Objectives: - To understand Yoga and Yogasana Sports. - To understand rules and regulations - To understand events of Yogasana Sports. - To understand competition structure. Learning Outcomes: - Students will know what the competition structure is. - They will be aware of rules and regulations. - They will understand what to do and what not to do in			

Unit	Topic	Contact Hours	Marks
I	Foundation of Yoga: - Etymology, definition of Yoga - History and development of Yoga - Development of Yoga from Vedic era to Modern era. - Astanga Yoga on the basis of Patanjali Yog Sutras and Concept of Yogasana. - Basics of Hatha Yoga Text- Hathapradipika, Gheranda Samhita and Concept of Yogasana. - Basic Psychic physiology of Yoga- Chakras, Nadis, Panchkosha, Triguana, Panch mahabhutas, Pancha Prana, Sapt Dhatu. - Importance of Mental health in reference to Yogic text.	14	15
II	Organizational setup: - History of Yogasana sport. - Significant dates and events in the development of Yogasana sport and in various multi sporting events. - Structure and function of controlling/ regulatory bodies – Yogasana Bharat, Asian Yogasana, World Yogasana & other continental federations.	14	15
III	Code of Points of Yogasana - Athletes age group, events, rounds and selection criteria. - Field of Play (FOP) Traditional Yogasana Event - Understanding compulsory and optional asanas round wise - Holding time of compulsory and optional asanas. - Strategy of selecting optional asanas - Number of judges in the panel and their duties - Scoring format. - Tie break norms. Artistic Yogasana Single Understanding concept, Artistry part of the performance, Choreography, costume and makeup, Strategy of selecting asanas, Time management of the performance, avoiding penalties, Judges in the panel and their duties, Scoring format, Tie break norms	14	15

IV	Yogasana scoring software system I. Meaning, concept & need of scoring system II. Athletes login credentials and understanding usage for filling asana codes/change of asana codes III. Role of coach in filling of asana codes. IV. Reflection of asanas codes in the Judge Panel – Chief Judge, D Judge, A Judge, T Judge, Evaluator, S/A.	16	15
Reference Books: • Patanjali. (2014). <i>The Yoga Sutras of Patanjali</i> (S. Vivekananda, Trans.). Advaita Ashrama. • Gharote, M. L., Devnath, P., & Jha, S. (Trans.). (2002). <i>Hatha Yoga Pradipika</i>. Lonavla Yoga Institute. • Vasu, S. C. (Trans.). (2012). <i>Gheranda Samhita</i>. New Bharatiya Book Corporation. • Feuerstein, G. (2008). <i>The yoga tradition: Its history, literature, philosophy and practice</i>. Hohm Press. • Saraswati, S. S. (2013). <i>Asana pranayama mudra bandha</i>. Yoga Publications Trust. • Taimni, I. K. (2011). <i>The science of yoga</i>. Theosophical Publishing House. • Nagendra, H. R. (2019). <i>Yoga and health</i>. Swami Vivekananda Yoga Prakashana. • Yogasana Bharat. (2025). <i>Code of points and competition regulations</i>. • Asian Yogasana. (2025). <i>Competition rules and technical handbook</i>. • World Yogasana. (2025). <i>World Yogasana competition rulebook</i>. • Yoga Sports Federation of India. (2020). <i>Yogasana sport competition rules and regulations</i>. YSFI Publications. • International Yoga Sports Federation. (2019). <i>International yogasana sport competition rules</i>. IYSF Publications.			
Part B: Practical			
DYSP105: Yogasana Practice Part –I Marks: Internal Marks: 40; External Marks: 60; Total: 100 Marks			
Warming up & cooling down techniques: 1. General-loosening exercise 2. Sports Specific General Fitness Training 1. Development of motor abilities 2. Continuous method, Interval method, repetition method, general and specific circuit training 3. Making use of specific training equipments Yogic Practices: I. Shatkarma II. Kriya & Pranayama			

III. Asanas IV. Bandha & Mudras V. Meditation VI. Relaxation techniques VII. Yogic practices for improving of endurance.			
DYSP106: Practice Teaching Part-I Marks: Internal Marks: 40; External Marks: 60; Total: 100 Marks			
Basic Skills 1. Teaching 2. Training 3. Perfection for performance Lesson Plan-meaning and need Preparation of lesson plan in yogic practice. Time allotment in different lesson plan and its importance. Lesson presentation Officiating as coach for the athletes of District & State level Competition- Presenting detailed report of roles and responsibilities assigned, challenges occurred and its mitigation. Officiating as a Technical Official/Judge at District/State level Competition- Presenting detailed report of roles and responsibilities assigned, challenges occurred and its mitigation. Practice of Events. (performance)			
Second Semester			
DYST201: Sports Nutrition Marks: Internal Marks: 40; External Marks: 60; Total: 100 Marks			
Learning Objectives: - To teach about health and diseases. - To teach about nutrition. - To impart the knowledge of Yogasana spots diet. - To give knowledge on natural diet plan and nutrition. Learning Outcomes: - Students will know about the principles of sports nutrition. - They will understand about all vitamins and nutrition. - They will know about the effect of nutrition in treating body issues. - They will have good knowledge on natural diet and sports diet.			
Unit	Topic	Contact Hours	Marks
I	Fundamentals of Sports Nutrition: I. Macro and micro nutrients II. Role of Carbohydrate in Sports III. Role of Proteins in Sports IV. Role of Fats in Sports V. Importance of Major vitamins in Sports VI. Important of Major minerals in Sports	16	15

	VII. Role of Antioxidants & probiotics in Sports VIII. Myths and fallacies in sports nutrition		
II	Hydration: - Importance of hydration - Symptoms of dehydration - Assessment of hydration status - Percent dehydration calculation - Guidelines for fluid intake to maintain hydration status (including Na & K) Preparation of sports drink Understanding the need for supplements - Various supplements for performance, recovery and immunity - Supplement safety concerns	14	15
III	Energy requirement: - Overview of energy requirement in Sports and basic classification. - Introduction to factors affecting energy expenditure Athlete food plate: - Uses and practical applications - General nutritive value of different food groups - Weight loss competition meal	14	15
IV	Nutrition for Performance: - Pre-Workout Nutrition - Intra-Workout Nutrition - Post-Workout Nutrition Specialized Nutrition: - Endurance Nutrition - Strength and Power Nutrition - Team Sport Nutrition Current Topics: - Personalized Nutrition - Sustainable Nutrition - Nutrition for Special Populations - Supplements and Ergogenic Aids	14	15
Reference Books: - Burke, L. M., Deakin, V., & Minehan, M. (2021). <i>Clinical sports nutrition</i> (6th ed.). McGraw-Hill Education. - Jeukendrup, A., & Gleeson, M. (2019). <i>Sport nutrition: An introduction to energy production and performance</i> (3rd ed.). Human Kinetics. - Maughan, R. J., Burke, L. M., & Shirreffs, S. M. (2018). <i>Sports nutrition</i> (2nd ed.). Wiley-Blackwell. - Dunford, M., & Doyle, J. A. (2022). <i>Nutrition for sport and exercise</i> (5th ed.).			

Cengage Learning. • Bean, A. (2023). <i>The complete guide to sports nutrition</i> (10th ed.). Bloomsbury Publishing. • Williams, M. H., Rawson, E. S., & Branch, J. D. (2017). <i>Nutrition for health, fitness and sport</i> (11th ed.). McGraw-Hill Education. • Antonio, J., et al. (2018). <i>Essentials of sports nutrition and supplements</i>. Humana Press. • Casa, D. J. (Ed.). (2019). <i>Sport and physical activity in the heat: Maximizing performance and safety</i>. Springer.			
DYST202: Professional Development Marks: Internal Marks: 40; External Marks: 60; Total: 100 Marks			
Learning Objectives: • To give an orientation about professional development. • To discuss about different behaviours and styles. • To discuss on the physiological influence of professional development. • To teach about the dos and don'ts of a coach. Learning Outcomes: • Students will know about the concepts of professional development. • They will know importance of professional development in coaching. • They will know how to develop professional relationships. • They will understand about the benefit of being a professionally developed coach.			
Unit	Topic	Contact Hours	Marks
I	Foundational Topic: I. Coaching Philosophy II. Coaching Styles III. Difference between Professional Coach and Immature coach IV. Sports Science Fundamentals	14	15
II	I. Professional Development in Sports, II. Emotional EQ III. Conflicts management in Sports	16	15
III	I. Technical & Tactical skills II. Teaching and demonstrating Technical Skills III. Training and Safety IV. Soft skills V. Dynamics of Personality	14	15
IV	Specialized Topics I. High-Performance Team Coaching II. Confidence Coaching III. Wellbeing Coaching	14	15

	IV. Neuroscience and Coaching V. Positive Psychology Coaching		
Reference Books: • Martens, R. (2012). <i>Successful coaching</i> (4th ed.). Human Kinetics. • Lyle, J., & Cushion, C. (Eds.). (2017). <i>Sports coaching concepts: A framework for coaching practice</i> (2nd ed.). Routledge. • Kidman, L., & Hanrahan, S. J. (2011). <i>The coaching process: A practical guide to becoming an effective sports coach</i> (4th ed.). Routledge. • Gilbert, W. (2017). <i>Coaching better every season</i>. Human Kinetics. • Goleman, D. (2006). <i>Emotional intelligence</i>. Bantam Books. • Weinberg, R. S., & Gould, D. (2019). <i>Foundations of sport and exercise psychology</i> (7th ed.). Human Kinetics. • Northouse, P. G. (2022). <i>Leadership: Theory and practice</i> (9th ed.). Sage Publications. • Passmore, J. (Ed.). (2021). <i>The coaches' handbook</i> (3rd ed.). Kogan Page. • Seligman, M. E. P. (2011). <i>Flourish</i>. Free Press. • Mallett, C. J. (Ed.). (2010). <i>High performance coaching: Contemporary perspectives</i>. Routledge.			
DYST203: Strength and Conditioning Marks: Internal Marks: 40; External Marks: 60; Total 100 Marks			
Learning Outcomes: • To teach about the concept Strength & Conditioning. • To teach about anatomy and physiology. • To impart the knowledge of different training method. • To give knowledge of Periodization. Learning Outcomes: • Students will know about the importance of strength and conditioning. • They will have an idea about the training process of strength and conditioning • They will understand about the concept of performance improvement of Yogasana sports using strength and conditioning. • They will understand relation between strength and conditioning and yogasana.			
Unit	Topic	Contact Hours	Marks
I	Foundational Topics: I. Introduction to Strength & Conditioning II. Anatomy and Physiology III. Exercise Science Fundamentals IV. Principles of Strength and Conditioning	14	15
II	Strength Training: I. Resistance Training	14	15

	II. Strength Improvement by yoga & exercise, III. Plyometric Training IV. Kettlebell Training		
III	Conditioning and Endurance: I. Aerobic Endurance Training II. Speed Training III. Agility Training IV. High-Intensity Interval Training (HIIT)	14	15
IV	Sports-Specific Conditioning: I. Sport-Specific Strength and Conditioning II. Event-Specific Drills III. Periodization and Long-Term Athlete Development	16	15

Reference Books:

- Haff, G. G., & Triplett, N. T. (2016). *Essentials of strength training and conditioning* (4th ed.). Human Kinetics.
- Zatsiorsky, V. M., & Kraemer, W. J. (2021). *Science and practice of strength training* (3rd ed.). Human Kinetics.
- Delavier, F. (2010). *Strength training anatomy* (3rd ed.). Human Kinetics.
- Radcliffe, J. C., & Farentinos, R. C. (2015). *High-powered plyometrics* (2nd ed.). Human Kinetics.
- Kenney, W. L., Wilmore, J. H., & Costill, D. L. (2020). *Physiology of sport and exercise* (7th ed.). Human Kinetics.
- Brown, L. E., & Ferrigno, V. A. (2014). *Developing agility and quickness* (2nd ed.). Human Kinetics.
- Bompa, T. O., & Buzzichelli, C. (2019). *Periodization: Theory and methodology of training* (6th ed.). Human Kinetics.

DYST204: Yogasana Sports 2

Marks: Internal Marks: 40; External Marks: 60; Total: 100 Marks

Learning Objectives:

- To understand Yoga and Yogasana sports.
- To understand rules and regulations
- To understand events of Yogasana sports.
- To understand competition structure.

Learning Outcomes:

- Students will know what the competition structure is.
- They will be aware of rules and regulations.

They will understand what to do and what not to do in

Unit	Topic	Contact Hours	Marks
I	Injury, prevention and rehabilitation: a) Common injuries b) Prevention from such injuries	14	15

	c) Rehab during injury and come back Traditional Indian system of Health & wellness: a) Concept of Prakriti, types of Prakriti, analysis of Prakriti of athlete and its role in Sports. b) Role of Naturopathy in enhancement of performance c) Yoga therapy & Ayurveda for injury management d) Panchakarma & Shatkarma, its usage for enhancement of performance.		
II	Yogic management of Psychosomatic disorders like Stress, Tension, Depression, anxiety, hypertension, fear, etc.	14	15
III	Code of Points of Yogasana: a) Artistic Yogasana Pair Event b) Rhythmic Yogasana Pair Event c) Artistic Yogasana Group Event d) Musical events (Understanding concept, Artistry part of the performance, Choreography, costume and makeup, Strategy of selecting asanas, Time management of the performance, formation of pyramid and its difficulty, understanding the concept of valid and invalid support in the pyramid formation, synchronization and avoiding penalties, Judges in the panel and their duties, Scoring format, Tie break norms) Difficulty level of Yogasana and judging key points: (Understanding the final posture, way & means of attending the final posture and its improvement, exercise for strengthening these asanas, counter poses and its importance) Yogasana Scoring System with AI module.	16	15
IV	Pedagogic practice and planning i. Lesson plan ii. Organization iii. Observation and correction iv. Planning v. Weekly plan vi. Daily plan vii. Individual training schedule viii. Periodization (Single, double & Multi) Teaching and Coaching	14	15

	i. Performance video analysis of different events of different levels of competition. ii. Biomechanical concept implications for performance enhancement iii. Performance enhancement using props such as blocks, ball, chair, pole, wheel, stallbar, back bending bench, belt, etc.		
Reference Books: - Joyce, D., & Lewindon, D. (2014). <i>Sports injury prevention and rehabilitation: Integrating medicine and science for performance solutions</i>. Routledge. - Prentice, W. E. (2020). <i>Rehabilitation techniques for sports medicine and athletic training</i> (7th ed.). Slack Incorporated. - Lad, V. (2002). <i>Ayurveda: The science of self-healing</i>. Lotus Press. - Lad, V., & Frawley, D. (1999). <i>The complete book of Ayurvedic home remedies</i>. Three Rivers Press. - Kuhne, L. (2003). <i>The new science of healing or the doctrine of the unity of diseases</i>. B. Jain Publishers. - Kuvalayananda, S. (2010). <i>Yoga therapy: Its basic principles and methods</i>. Kaivalyadhama - Saraswati, S. S. (2013). <i>Asana pranayama mudra bandha</i>. Yoga Publications Trust. - Nagendra, H. R. (2015). <i>Yoga for holistic health</i>. Vivekananda Yoga Prakashana. - Yoga Sports Federation of India. (2020). <i>Yogasana sport competition rules and regulations</i>. YSFI Publications. - Martens, R. (2012). <i>Successful coaching</i> (4th ed.). Human Kinetics. - Hughes, M., & Bartlett, R. (2008). <i>The essentials of performance analysis: An introduction</i>. Routledge. - Bompa, T. O., & Buzzichelli, C. (2019). <i>Periodization: Theory and methodology of training</i> (6th ed.). Human Kinetics. - McGinnis, P. M. (2013). <i>Biomechanics of sport and exercise</i> (3rd ed.). Human Kinetics. - Knudson, D. (2021). <i>Fundamentals of biomechanics</i>. - Yogasana Bharat. (2025). <i>Code of points and competition regulations</i>. - World Yogasana. (2025). <i>World Yogasana competition rulebook</i>.			
Part B: Practical			
DYSP205: Yogasana Practice Part -II Marks: Internal marks- 40, External marks- 60, Total marks-100			
Warming up & cooling down techniques: - General- loosening exercise - Sports Specific General and specific conditioning development of motor abilities			

Teaching and training basic and advance elements of asanas**Pedagogic practice and officiating**

Yogic Practices:

- I. Shatkarma
- II. Asanas
- III. Kriya & Pranayama
- IV. Bandha & Mudras
- V. Meditation
- VI. Relaxation techniques
- VII. Yogic practices for improving of endurance.

DYSP206: Practice Teaching Part-II

Marks: Internal marks- 40, External marks- 60, Total marks-100

Pedagogic practice:

1. Teaching
2. Training
3. Coaching

Officiating as coach for the athletes of National/State level Competition- Presenting detailed report of roles and responsibilities assigned, challenges occurred and its mitigation.

Officiating as a Technical Official/Judge at National/ State level Competition- Presenting detailed report of roles and responsibilities assigned, challenges occurred and its mitigation.

Practice of Pair and Group event of all Categories.

DYSP207: Internship & Project

Marks: Internal marks- 20, External marks- 80, Total marks- 100

Interns perform duties such as:

- Conducting Yogasana practice sessions
- Assisting in athletes' flexibility, strength and balancing training
- Helping in competition preparation
- Assisting in officiating during events
- Maintaining attendance and performance records
- Working with sports science staff (basic physiology, psychology, injury prevention)

Duration of Internship Usually 45 days to 90 days, depending on:

- Institution requirement
- SAI availability

After Internship –**Evaluation Interns are evaluated on:**

- Practical teaching Participation Discipline & behavior
- Daily diary submission
- Final viva + practical demonstration

Internship Take Place at:

A) SAI (Sports Authority of India) Centres

- SAI NSNIS Patiala
- SAI Bangalore
- SAI Guwahati
- SAI Kolkata
- SAI Sonipat
- SAI Bhopal
- SAI Lucknow
- Other SAI regional centres

B) National Centres of Excellence (NCOE)

- Yogasana training units exist in certain NCOEs where interns assist coaches and athletes.

C) State Government Schools & Sports Hostels

- Model schools
- Sports hostels
- Physical Education Departments
- District sports coaching centres

D) Khelo India Centres & Fit India Projects

- Training young athletes
- Conducting fitness tests
- Running Yogasana Sports programmes for schools

E) Recognised Yogasana Sports Academies

- Private academies recognized by national Sports Federation of
- Yogasana (yogasana bharat) or state yogasana sports association
- University-level yoga centres
- College sports departments

GRADING SYSTEM

The following scale of grading system shall be applied to indicate the performance of students in terms of letter grade and grade points as given below:

Percentage of marks obtained in a course (in semester plus end semester)	Letter grade	Grade point	Description of performance	Classification of final result
85 & above	O	8.5-10.0	Outstanding	First class with Distinction
70-84.99	A ⁺	7.0-8.49	Excellent	
60-69.99	A	6.0-6.99	Very Good	First Class
55-59.99	B+	5.5-5.99	Good	Higher Second Class
50-54.99	B	5.0-5.49	Above Average	Second Class
40-49.99	C	4.0-4.99	Average	Pass Class
Below 40	F	0.0	Fail/ Dropped	Dropped
	AB		Absent	

Calculation of Grading

SGPA (Semester Grade Point Average)

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

CGPA (Cumulative Grade Point Average)

$$CGPA = \frac{\sum_{j=1}^N SGPA_j}{N}$$

Where C_i is the Credit earned for the course i in any semester; G_i is the Grade point obtained by the student for the course i and n number of courses obtained in that semester; $SGPA_j$ is SGPA of semester j and N number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

The CGPA earned by a candidate may be converted to equivalent percentage of marks by multiplying the CGPA by 10 (ten).

Annexure-I**Fee Structure for Post Graduate Diploma in Yogasana
Sports (PGDYS)
1st Semester**

Sl. No	Description	Fee in Rupees
1	University admission fee	1,050/-
2	Semester Course fee	32,000/-
3	Equipment/ Laboratory fee	1,050/-
4	Library fee	300/-
5	Gymkhana fee	525/-
6	SAF (Student Aid Fund) fee	105/-
7	Development fee	420/-
8	Utility Service (Internet, Electricity etc.)	210/-
9	Student Safety Insurance fee	53/-
10	Sports Board fee	45/-
	Total	Rs. 35,758/-

2nd Semester

Sl. No	Description	Fee in Rupees
1	Semester Course fee	32,000/-
2	Equipment/ Laboratory fee	1,050/-
	Total	Rs. 33,050/-