



OFFICE OF THE REGISTRAR :: DIBRUGARH UNIVERSITY :: DIBRUGARH

Ref. No. DU/DR-A/137th AC/CSPES/Regulations (PGDYS)/2026/831

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. 20** has approved the **Regulations** 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 Regulations 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



**Curriculum of
Post Graduate Diploma in Yogasana Sports (PGDYS) Programme 2026
One Year (two semester) programme
DIBRUGARH UNIVERSITY**

RULES AND REGULATIONS

Preamble: Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. Yogasana has been officially recognized as a sport and included in the 2026 Asian Games. During the course the student will be able to understand the concept of Preventive Healthcare, Promotion of Positive Health and Personality Development through Yoga.

P.G. Diploma in Yogasana Sports (PGDYS), one year (Two Semesters, Credit System) Programme is designed to develop skilled Yogasana athletes, coaches and technical officials, ensuring the growth and excellence of the next generation in competitive Yogasana sports such as the National Games, Khelo India Youth Games, Khelo India University Games and Asian Games.

1. Introduction

Short Title, Definition and Commencement

- a) This regulation shall be called the Dibrugarh University Regulations for the P.G. Diploma in Yogasana Sports programme, herein after referred to as the PGDYS programme.
- b) Department: The term Department is used to mean a department of Dibrugarh University or a centre established for the purpose or that of a college affiliated to the Dibrugarh University with reference to the subject approved by Dibrugarh University.
- c) These regulations shall be effective from the academic session 2026.

- d) Extent of application: The regulation shall be applicable to the student enrolled for the PGDYS of Dibrugarh University.
- e) The entire programme shall be of one year duration divided in to two semesters. The normal schedule may be made by the Academic planning Committee whenever necessary.

2. Duration of the programme:

The minimum duration of the course will be one year (2 semesters) and the maximum duration will be two years in case of reappear etc.

3. Intake: There shall be 30 (Thirty) intake capacities.

4. Eligibility:

A. Category - A (I)

Educational Qualifications: Graduation in any stream

Sports Achievement:

- Represented India in Olympics
- Participation in Senior World Championship
- Won any Medal in Asian/Commonwealth Games/ world championship

Note:

1. During the admission process, candidate selected under A (I) category are exempted from appearing in the admission test and Online/Offline/Physical Interview.
2. Filling the application process will remain same for A (I) category as per other category.
3. In addition to number of vacancies advertised against each sports discipline, four supernumerary vacancy (Two for Men and Two for women) have been created additionally for candidate in category A (I) however physical and medical test will be applicable for A (I) as applicable for other candidates
4. In case of more than two candidates (Per Gender) in one sports event, candidates will be selected on the basis of ranking as follows: -
 - First: Medal in Olympics
 - Second: Medal in Senior world championship
 - Third: Participation in Olympics
 - Fourth: Medal in Asian/Commonwealth Games/ World Championship

B. Category - A (II) For International Sports persons

Educational Qualifications: Graduation in any stream

Sports Achievement:

Participation in any of the following competitions:

- Olympic Games
- World Championship
- Asian Games/ Asian Championship
- Commonwealth Games/Senior Commonwealth Championship
- Youth Olympics

C. Category- B

Educational Qualifications: Graduation in any stream

Sports Achievements:

1. Participation in a Major International recognized competition.
OR
2. Participation in any of the following:
 - i. Recognized Senior National Championships
 - ii. Khelo India University Games
 - iii. All India Inter University GamesOR
3. Two times participation in any of the following:
 - i. Recognized Junior/Youth National Championship
 - ii. Inter Services/Inter Railways Championships/All India Police Games
 - iii. Khelo India Youth/Khelo India School GamesOR
4. Successful completion of SAI, NS NIS Six Week Certificate Course in Sports Coaching And at least a Medal Winner/Position holder in a recognized State-Level Championship/competition (in their respective sports coaching discipline only).

Age Criteria:

- The age limit for applicants for the course shall be 18-42 years as on the last date of submission of application. Upper Age relaxation up to Five years shall be given to **in service and Ex-service candidates from Armed Forces of India.**

5. Admission procedure:

- a) Newspaper/Website notice inviting application for admission into the PGDYS programme shall be issued by the Registrar or by any person authorized for the purpose at least one month in advance from the date of admission. Each

applicant shall have to submit within the prescribed date his/her application with requisite documents as indicated.

- b) The admission shall be made on merit on the basis of marks in the qualifying examination or in the Entrance Examination (written test, physical fitness test and marks obtained in the qualifying examinations) or any other selection process as per the policy of the University/State Govt.
- c) The candidates seeking admission are expected to be free from any physical disability /defects, possess sound health and are medically fit. Qualified candidates will have to appear before the Medical Board and those who are pronounced medically fit by the Medical Board will be given admission.
- d) Maximum age for admission to the PGDYS course should not be more than 42 years on ^{1st} July of the admission years.
- e) Relaxation of age up to 50 years may also be granted for the applicants duly deputed by the Institution/organization recognized by the Dibrugarh University subject to fulfillment of minimum eligible criteria for admission.
- f) The reservation for SC/ST/OBC and other reserve category applicants shall be as per the rules of the central Government recognized by the Dibrugarh University, whichever is applicable.
- g) Candidates must be in possession of all original certificates/credentials and other documents for verification at the time of joining the course.

Rejection of application:

Incomplete applications, copies of documents not uploaded, Applications without the application fee (according to the norms of university) and the applications not certified by Registered Medical Practitioner will be rejected (not considered). E.g. do not submit the fee, fake documents or wrong information etc.

Allotment of marks for admission criteria:

The final selection of candidates (subjected to physical and medical fitness**) shall be based on a merit list prepared on the basis of marks obtained in accordance with the following criteria:

S. No	Items	Marks
1	Educational Qualifications	10
2	Sports Achievements	20
3	Written Test	100
➤	Yogasana Sports Knowledge Test (MCQ)	45
➤	General Knowledge Test (MCQ)	25

➤	Logical Reasoning & Coaching Aptitude (MCQ)	15
➤	Basic Computer Knowledge (MCQ)	10
➤	Comprehension	5
4	Physical Interview	20
	Total Marks	150

Physical fitness tests:

The candidates have to qualify the Physical Fitness Tests for admission in the diploma course in Sports Coaching. Candidates who do not qualify will not be permitted to join the course.

Physical fitness test details:

Sit and reach test: Qualified 15 cm

Medicine ball standing front throw: Boys – 7 kg- 4 mtr. / Girls – 5 kg - 3 mtr.

1200 mtr running: Boys – within 4.50 mint. / Girls – 5.50 mint.

Shuttle run: 4x10 yards

6. Course of Programme:

- a. The medium of instruction and examination shall be English.
- b. **The Credit System:** All programmes shall run on Credit System (CS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.
- c. **Course:** The term course usually referred to, as 'papers' is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ tutorials/laboratory work/ field work/ outreach activities/ project work/ vocational training/viva/ seminars/ term papers/assignments/ presentations/ self-study etc. or a combination of some of these.
- d. **Courses of Programme:** The PGDYS Programme shall consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the PGDYS Programme.

Theory Courses: Part A

Practicum and Teaching Practices: Part B

7. Course Structure

Scheme of Teaching and Examination

Semester – I

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
DYST101	Exercise Physiology & Sports Medicine	4	4	40	60	100
DYST102	Coaching Dynamics	4	4	40	60	100
DYST103	Digital Learning	4	4	40	60	100
DYST104	Yogasana Sport- 1	4	4	40	60	100
Part-B Practical Course						
DYSP105	Yogasana Practice Part -I	8	4	40	60	100
DYSP106	Practice Teaching Part-I	8	4	40	60	100
Total		40	24	240	360	600

Semester – II

Part-A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
DYST201	Sports Nutrition	4	4	40	60	100
DYST202	Professional Development	4	4	40	60	100
DYST203	Strength & Conditioning	4	4	40	60	100
DYST204	Yogasana Sport- 2	4	4	40	60	100
Part–b Practical						
DYSP205	Yogasana Practice Part-II	4	2	40	60	100
DYSP206	Practice Teaching Part-II	4	2	40	60	100
DYSP207	Internship & Project	4	4	20	80	100
	Total	28	24	260	440	700
Mandatory participation in Workshop (Minimum duration one week)						
W-1	Yogic Therapy					
W-2	Advance Training of Technical Officials					
NOTE: WORKSHOP ATTENDANCE MARKS AFFECTED IN INTERNAL ASSESSMENT OF THE STUDENT.						

8. Attendance:

Student must have 85% of attendance in each course for appearing the examination.

9. Examinations:

- i. There shall be examinations at the end of each semester, for first semester in the month of December, for second semester in the month of June. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent regular examinations.
- ii. A candidate should get enrolled/ registered for the first semester examination. If enrollment/ registration is not possible owing to shortage of attendance beyond condonation limit /rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

10. Pattern of Question Papers:

Question Papers shall have five questions (with option for each) corresponding to four units of each theory course.

PGDYST: Format of Question Paper for 4 Units.

Each question paper shall have 6 questions. The pattern will be as follows:

Question No.	Description	Unit	Marks
1	Answer in detail (Long Question) with option	From Unit 1	10
2	Answer in detail (Long Question) with option	From Unit 2	10
3	Answer in detail (Long Question) with option	From Unit 3	10
4	Answer in detail (Long Question) with option	From Unit 4	10
5	Short Answer Type (Short notes)	From all unit	10
6	M.C.Q. Type Questions (10 out of 10 Que.)	From all unit	10
Total			60

11. Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

One Test	15 Marks
Seminar / Quiz	10 Marks
Assignments	10 Marks
Attendance	5 Marks
Total	40 Marks

Attendance shall be taken as a component of continuous assessment, even though the students should have minimum 85% attendance in each course.

The fractions of the marks allotted for the attendance shall be:

% of attendance	Allotted marks
85	0 marks
86-88	1 mark
89-91	2 marks
92-94	3 marks
95-97	4 marks
98-100	5 marks

In addition to continuous evaluation component, the end semester examination, which will be written type examination of **at least 2-3 hours duration**, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 40:60. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

12. Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e. 16 marks out of 40 marks and 24 marks out of 60 marks respectively for theory courses. The minimum passing for

both CIA & external examination shall be 50%, i.e. 20 marks out of 40 and 30 marks out of 60 marks for the practical courses.

13. Grading:

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks, thus obtained for each of the courses will then be graded as per details provided in **SI. No. 16** from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA). These two are calculated by the following formula:

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

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

Where C_i is the Credit earned for the course is 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.

14. Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the PGDYS in the First class / Second class / Pass class or First class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations.

15. Award of the PGDYS Diploma:

A candidate shall be eligible for the award of the P.G. Diploma of the Yogasana Sports only if he/she has earned the minimum required credit.

16. Letter Grades and Grade Points:

- i. Two methods-relative grading or absolute grading– have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.
- ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

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

17. Grade Point Calculation

Calculation of **Semester Grade Point Average (SGPA)** and **Credit Grade Point (CGP)** and declaration of class for PGDYS Programme.

The credit grade points are to be calculated on the following basis:

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

Example – I

Marks obtained by Student in course DYS101 = 65/100

Percentage of marks = 65 %

Grade from the conversion table is = A

Grade Point = 6.0 + 5 (0.99/9.99)

= 6.0 + 5x0.1

= 6.0+ 0.5

=6.5

The Course Credits = 04

Credits Grade Point (CGP) = $6.5 \times 04 = 26$

The semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all five courses of the semester) / total credit of the semester as per example given below:

SEMESTER-1

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
DYST101	4	65	A	6.5	26
DYST102	4	60	A	6	24
DYST103	4	62	A	6.2	24.8
DYST104	4	57	B+	5.7	22.8
DYSP105	4	55	B+	5.5	22
DYSP106	4	50	B	5.0	20
	24				139.6

Examples: Conversion of marks into grade points

DYST101 $65 = 60 + 5 = 6.0 + 5 \times (0.99 / 9.99) = 6.0 + 5 \times 0.1 = 6.0 + 0.5 = 6.5$

DYST102 $60 = 6.0$

DYST103 $62 = 60 + 2 = 6.0 + 2 \times (0.99 / 9.99) = 6.0 + 2 \times 0.1 = 6.0 + 0.2 = 6.2$

DYST104 $57 = 55 + 2 = 5.5 + 2 \times (0.49 / 4.99) = 5.5 + 2 \times 0.1 = 5.5 + 0.2 = 5.7$

DYSP105 $55 = 5.5$

DYSP106 $50 = 5.0$

SEMESTER GRADE POINT AVERAGE (SGPA) = Total Credit Grade Points = $139.6 / 24 = 5.81$

SGPA Sem. I = 5.81

At the end of Semester-1

Total SGPA = 5.81

Cumulative Grade Point Average (CGPA) = $5.81 / 1 = 5.81$

CGPA = 5.81, Grade = B+, Class = Higher Second Class

SEMESTER-2

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
DYST201	4	83	A+	8.3	33.2
DYST202	4	76	A+	7.6	30.4
DYST203	4	59	B+	5.9	23.6
DYST204	4	81	A+	8.1	32.4
DYSP205	2	78	A+	7.8	15.6
DYSP206	2	80	A+	8.0	16
DYSP207	4	60	A	6.0	24
	24				175.2

SGPA Sem. II = 7.3

At the end of Semester-2

Total SGPA for all the two semesters = 13.11

Cumulative Grade Point Average (CGPA) = $13.11/2 = 6.56$

CGPA = 6.56, Grade = A, Class = First Class

Note:

- (1) SGPA is calculated only if the candidate passes in all the courses, i.e. gets minimum C grade in all the courses.
- (2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.
- (3) The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.
- (4) For the award of the class, CGPA shall be calculated on the basis of:
 - (a) Marks of each Semester End Assessment And
 - (b) Marks of each Semester Continuous Internal Assessment for each course.

The final class for PGDYS Diploma shall be awarded on the basis of last CGPA (grade) from all the semester examinations.

18. Grievance Redressal Committee:

The department/centre shall form a Grievance Redressal Committee for each course in each department/centre with the course teacher / Director/ HOD of the

faculty and Dean of School as the members. This Committee shall solve all grievances of the students.

19. Revision of Syllabi:

- a. Syllabi of every course should be revised if necessary.
- b. Revised Syllabi of each semester should be implemented in a sequential way.
- c. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
- d. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
- e. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
- f. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

