

Entrance Syllabus

PGDYST and MSc Yoga Science and Therapy

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| 1. General Knowledge (G.K.) | 20 Marks |
| 2. Aptitude and Logical Reasoning | 20 Marks |
| 3. Language Ability (Sanskrit, Hindi and English) | 20 Marks |
| 4. Subject Knowledge | 40 Marks |
| a) General Knowledge of Yoga | |
| b) Fundamentals of Yoga | |
| c) General Introduction to Yogic Texts | |
| • Patanjala Yoga Sutras | |
| • Shrimad Bhagwat Geeta | |
| d) General Introduction of Asthanga Yoga | |
| e) General Introduction of Shatkarma | |

Reference books for Subject Knowledge

1. Yoga Certification Board (QCI) Books
2. Yoga Multiple Choice Question Bank
3. Yoga Vigyan

