



# Mahayogi Gorakhnath Maharishi Patanjali Yoga Sansthan

Agaganj - Tikri - Ayodhya (U.P) - 224195



**P.G DIPLOMA IN YOGA**



/ MGMPYSB

# About Organization

## 1.1 Introduction to Organization

Mahayogi Gorakhnath Maharishi Patanjali Yog Sansthan is established under S.R. Act 1861 with Registration No.- 4308/2018-2019 of Government of Uttar Pradesh (workspace- All India) and C.R. Act, 1957 of Government of India with Diary No.- 14401/2018. Headquarter of the Organization is at Agaganj - Tikri- Ayodhya (U.P)-224195. The importance of Yoga and Naturopathy has been valued throughout our history and, as you will have seen; its popularity has grown immensely in the past few decades.

Mahayogi Gorakhnath Maharishi Patanjali Yog Sansthan Ayodhya provides Yoga Centers in various colleges, professional institutes and corporate sectors. It has a huge network to provide yoga education and their advertisement all over the world and also provide yoga teachers and instructors across the globe.

Organization engaged in propagating the academic, therapeutic and research application of Yoga through IAOY. So far, the organization has set up branches in several states of India, number of regional yoga organizations and groups which have enrolled numerous members or regions are involved in yoga cultural research, yoga teaching and training and yoga industry development etc.

## 1.2 Mission & Vision

Mahayogi Gorakhnath Maharishi Patanjali Yoga Sansthan an institution that has emerged as a medicine for humanity in the present times, has come before all of us. To improve the civilization of human life, Mahayogi

Gorakhnath Yoga Institute has been started by India in the field of Yoga. In view of the need of the present times under this campaign, we have given a new life to Yoga and Naturopathy in the heritage of our Indian culture. . But yoga is also being expanded in rural areas. The objective of our institute is to remove the expenses of the common people at the present time, and to provide longevity by providing good health to the general public at a low cost through Yoga therapy, for which they also need to depend on others. Are not. He himself can learn this alternative medicine and adopt it regularly in his life. Realizing the importance of mental health along with physical health, the biggest reason for the deterioration of mental health at the present time, which is achieved due to lack of employment, is to overcome it by providing employment.

We provide only Diploma in yoga (full 12 months course), and Diploma in Naturopathy and Yogic Science (DNYS) three year course to the youth by getting only the cooperation amount for very little expenditure by our institute and by providing yoga education to the people living in rural areas, the education of yoga should reach home Provide employment as a yoga instructor for.

We also launch a program completely based on School students from class 1 to 12 in 200+ CBSE school named Mahayogi School Yoga Program (MSYP). The course is divided into 3 categories based on the ages of students viz. Prathama Yogakalp, Dwitiya Yogakalp and Tritiya Yogakalp.

We welcome all of you as members of our family in this institution that all of you should also be a part of this mission and extend your cooperation with all of us by extending our support in this new revolution of yoga.



# Message from Founder

Mahayogi Gorakhnath Maharishi Patanjali Yog Sansthan Ayodhya is focusing on various courses for promotion. Yoga cannot be overlooked as the best important means of achieving multidimensional goals like education and health. I am fully competent in the field of new options. This is a holy campaign.

In view of the importance of Yoga and Naturopathy in the present situation of global India, it is a matter of pride that we have been continuously marching in this field. Apart from the Director, Administrator and other staff of this Organisation, there are rich social, religious and educational institutions. I am grateful to the Administrators and Sectors of Indian government who have come together to convert this great campaign into a great movement. According to the Ministry of Health and Family Welfare Government of India Naturopathy Practitioner can use the title of 'Doctor' as a suffix before their name in terms of letter dated 25-11-2003.

In our organization a specified course named DNYS which is 3 years diploma has been introduced in the stream of 'Alternative Medicine'. This course is for those students who have interested in Yoga and Naturopathy and make their future bright.

Government constituted a 'Standing Committee of expert' under the Chairmanship of Director General, Indian Council of Medical Research and members were drawn from various fields of medicine to consider and give its recommendations to the government on the efficacy/merits of various streams of alternative medicine and also examine feasibility of making legislation as suggested by the Hon'ble Court. The Yoga and Naturopathy was one of them.

**Best wishes for new success !**



**Mr. Rananjay Pratap Goswami**  
**(President awardee)**

**Founder**

**Mahayogi Gorakhnath Maharishi Patanjali Yoga Sansthan**  
**Ayodhya- U.P**



# Message from Director

This life is like a changing season. Sometimes stormy cold winds, sometimes scorching hot summer, sometimes gloomy autumn, sometimes green spring and sometimes rain showers. But true humility is the one who lives according to the changing social and ecological conditions of life. There is no worry on the path, it keeps on increasing with enthusiasm in a contemplative state.

Worry from today to contemplation, from negativity to positivity, from unhealthy mind to healthy mind, if anyone can save from today's fateful situation, then it is the method of Yoga and Naturopathy cherished by ancient sages.

Through Yoga and Naturopathy, not only can we keep the enthusiasm of life intact, we can also make the future children bright, energetic, cultured and healthy.

I am grateful to the founders and other staffs of various social and religious institutions, colleges, schools, who are joining us in joining our organization in the aim of keeping the dignity yoga Guru in India intact. The DNYS course is the best option for the interested students who willing to make their future bright and they are welcomed in the field of Alternative medicine science.

All the best !

**Dr. Vinay Choudhary**

**Director**

**Alternative Medicine Center- Rishikesh**

**Mahayogi Gorakhnath Maharishi Patanjali Yog Sansthan**

**Ayodhya - U.P**



# PG diploma in Yoga

Course helps to imparting skills in students to introduce Yoga health to public and Yoga for total personality development of students in Institutions and colleges.

Courses are especially designed for promoting positive health, prevention of stress and anxiety and rehabilitation through Yoga.

## **ABOUT COURSE**

Eligibility: Post Graduation

Duration: 1 Year

Type : Diploma

## **Benefits of Diploma and PG diploma in Yoga**

The course trains students as Yoga therapy instructors as paramedical personnel in hospitals, nursing homes under the guidance of doctors.

After passing this course students have good options in education sectors. They can also become Yoga trainers or teachers.

It enables students to establish yoga therapy centers in the service of common man.

## **Employment Areas :-**

1. Colleges and Universities
2. Health Clubs
3. Government hospitals
4. Private clinics
5. Sports clubs
6. Resorts and hotels
7. Corporate/ Industrial sectors

## **Yoga Job Types :-**

1. Yoga teacher
2. Assistant Ayurvedic doctors
3. Clinical psychologist
4. Therapist
5. Yoga instructor



## **P.G DIPLOMA SYLLABUS AND MARKING SCHEME (First Year)**

<b>PAPER CODE</b>	<b>SUBJECT</b>	<b>THEORY</b>	<b>PRACTICAL</b>
PGDY01	Fundamentals of Yoga	80	20
PGDY02	Anatomy And Physiology of Yogic Practices	80	20
PGDY03	Traditional Yoga and Health	80	20
PGDY04	Teaching Methodology of Yogic Practices	80	20
PGDY05	Naturopathy	80	20

### **PRACTICAL**

<b>PAPER CODE</b>	<b>SUBJECTS</b>	<b>THEORY</b>	<b>PRACTICAL</b>
PGDYP01	Hatha Yoga(Practices and Viva)	80	20
PGDYP02	Naturopathy	80	20

**Note:**

If the student has scored greater than 200 as total marks and scored greater than 33 in all subjects, then the student is PASSED.

If a student has scored less than 33 in 1 or 2 subjects and total marks are greater than 200 then the student has got ER (Essential Repeat).

If the student has scored less than 33 in more than 2 subjects or less than or equal to 200 as total marks, then the student is FAILED



# MAHAYOGI GORAKHNATH

Maharishi Patanjali Yog Sansthan

Aagaganj, Tikri, Ayodhya, U.P-224195

Established under S.R.Act, 1860 and C.R.Act, 1957 Govt. Of India



## Statement of Marks

Name :-

Father's Name :-

Roll No :-

Course Name :- P.G DIPLOMA IN YOGA

Centre Name :-

Session :-

Date of Birth :-

Center Code :-

Duration :-

Paper Code	Subject/Paper	Maximum Marks	Minimum Passing Marks	Marks Obtained	Result
PGDY01	Fundamentals of yoga	100	40		
PGDY02	Anatomy And Physiology Yogic Practices	100	40		
PGDY03	Traditional Yoga and Health	100	40		
PGDY04	Teaching Methodology of Yogic Practices	100	40		
PGDY05	Naturopathy				
PGDYP01	Hath Yoga (Practices and viva)	100	40		
PGDYP02	Naturopathy (Practices and viva)	100	40		
<b>TOTAL</b>		700			<b>PASS</b>

Prepared by

Checked by

Examination Controller  
**MAHAYOGI GORAKHNATH**

Maharishi Patanjali Yog Sansthan

Website:- [www.mgmpysb.org](http://www.mgmpysb.org)