

DEPARTMENT OF YOGIC SCIENCE

M.A./M.Sc. IN YOGIC SCIENCE

SYLLABUS (w. e. f. 2021-22)

S. N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
			L	T	P	Sessional			ESE	
						Credit	CT	TA		
M.A./M.Sc. I Year										
Semester - I										
1	MYS-C101	Fundamentals of Yoga	4		-	4	20	10	70	100
2	MYS -C102	Basic Text of Yoga	4		-	4	20	10	70	100
3	MYS -C103	Human consciousness	4		-	4	20	10	70	100
4	MYS -C104	Human Anatomy, Physiology and Yoga-1	4		-	4	20	10	70	100
5	MYS -C151	Practical-1 (Yoga)	-	-	12	6	20	10	70	100
6	MYS -C152	Practical-2 (Comp Lab, Human Performance Lab. & Monograph)	-	-	4	2	20	10	70	100
						24	TOTAL			600
Semester - II										
1	MYS-C201	Patanjalyoga Sutra	4		-	4	20	10	70	100
2	MYS-C202	Principles of Hathyoga	4		-	4	20	10	70	100
3	MYS-C203	Human Anatomy, Physiology and Yoga-2	4		-	4	20	10	70	100
4	MYS-C204	Yoga and Health	4		-	4	20	10	70	100
5	MYS-C251	Practical-1 (Yoga)	-	-	12	6	20	10	70	100
6	MYS-C252	Practical-2 (Comp. Lab, Human Performance Lab. & Teaching Plan)	-	-	4	2	20	10	70	100
						24	TOTAL			600
M.A./M. Sc. II Year										
Semester - III										
CORE										
1	MYS -C301	Research Methodology and Statistics in Yoga	4	-	-	4	20	10	70	100
2	MYS -C302	Yoga Therapy for Common Ailments-1	4	-	-	4	20	10	70	100
ELECTIVES (TWO THEORY)										
3	MYS -E303	Teaching Methodology in Yoga	4	-	-	4	20	10	70	100
4	MYS -E304	Applied Yoga	4	-	-	4	20	10	70	100
5	MYS -E305	Yoga and Vaidik Therapies	4	-	-	4	20	10	70	100
6	MYS -E306	Yoga and Marma Therapy	4	-	-	4	20	10	70	100
PRACTICAL										
7	MYS -C351	Practical-1 (Yoga)	-	-	12	6	20	10	70	100
8	MYS -C352	Practical-2 (Comp. Lab, Human Performance Lab. & Project Work)	-	-	4	2	20	10	70	100
						24	TOTAL			600
Semester - IV										
CORE										
1	MYS -C401	Internship 3 Months (2.5 Months field work& 15 day report and presentation)	4	-	-	4	20	10	70	100
2	MYS -C402	Yoga Therapy for Common Ailments-2	4	-	-	4	20	10	70	100
ELECTIVES (TWO THEORY)										
3	MYS -E403	Diet and Nutrition	4	-	-	4	20	10	70	100
4	MYS -E404	Yoga Psychology	4	-	-	4	20	10	70	100
5	MYS -E405	Indian Philosophy and Culture	4	-	-	4	20	10	70	100
6	MYS -E406	Dissertation*	6	-	-	6	20	10	70	100
PRACTICAL										
	MYS-C451	Practical-1 (Yoga)	-	-	12	6	20	10	70	100
	MYS-C452	Practical-2 (Research paper, Seminar & Yoga Camp)	-	-	4	2	20	10	70	100
						24*	TOTAL			600
TOTAL CREDITS						96	G. TOTAL			2400

L = Lecture T = Tutorial P = Practical CT = Cumulative Test TA = Teacher Assessment