

Course Structure – M.A.Yoga

Semester I

Course Code	Course Name	Credits	Theory/ Practical
Core			
101	Basics of Yoga	2	Practical
102	Srimad Bhagwadgeeta	4	Theory
103	Anatomy & Physiology	4	Theory
104	Concepts of Ayurveda	4	Theory
Research Methodology			
105	Research Methodology	4	Theory
Core (Elective)			
106	Fundamentals of Yoga	4	Theory
107	Principles of Naturopathy & Allopathy	4	Theory
		22	
END OF SEMESTER I			

Semester II

Course Code	Course Name	Credits	Theory/ Practical
Core			
201	Yoga in Darshan Shastra	4	Theory
202	Hathyoga Pradipika	4	Theory
203	Lifestyle Management through Ayurveda & Yoga	4	Theory
204	Foundation of Yoga –Asanas & Pranayama	2	Practical
Internship/ On Job Training			
205	Internship of Yogic Practices	4	Practical
Interdisciplinary (Elective)			
206	Concept of Yoga in Vedas & Upanishadas (Ancient literature)	4	Theory
207	Yogic Diet – Holistic Approach	4	Theory
		22	
END OF SEMESTER II			
Exit with Post Graduate Diploma in Yoga. (Recommended internship of 4 Credits)			
Cumulative credits for PG Diploma (after 3 Years) Degree = 44 CR			
Major		28	
Elective		08	
Research Methodology		04	
Research Practical		04	
Total Credits for P.G.Diploma		44	

Semester III

Course Code	Course Name	Credits	Theory/ Practical
Major (Core)			
301	Fundamentals of Diseases in Ayurveda	4	Theory
302	Gherand Samhita	4	Theory
303	Techniques of meditation	2	Practical
304	Advanced Yogic Practices	4	Theory
Research Project			
305	Minor Research Project	4	Practical
Major (Elective)			
306	Basics of Diet & Nutrition	4	Theory
307	Geriatrics & Yoga	4	Theory
		22	
END OF SEMESTER III			

Semester IV

Course Code	Course Name	Credits	Theory/ Practical
Major (Core)			
401	Application of Yoga (Theory & practical)	4	Theory
402	Patanjal Yog Sutra	4	Theory
403	Introduction to Shuddhikriyas	4	Practical
Research Project			
404	Dissertation	6	Practical
Major (Elective)			
405	Yoga for women's health	4	Theory
406	Teaching methods in Yoga	4	Theory
		22	
END OF SEMESTER IV			
Cumulative Credit for 1 year PG Degree (after 4 Year UG) = 44 CR			
Major			26
Elective			08
Research Practical			10
Total			44
Cumulative Credit for 2 Year PG Degree = 88 CR			
Major		54	
Elective		16	
Research Practical		10	
Research Methodology		04	
OJT		04	
Total		88	

