

**M.Sc YOGA  
SEMESTER - I**

**YOGC-101 : Fundamentals and History of Yoga**

**Course Outcomes:**

- Veda is knowledge and Yoga is its practice. Yoga as its manifestation.
- Veda, from the root “vid” to know, refers to Knowledge.
- Knowledge about different schools of yoga, their teachings.
- Founder of yogic traditions and their yogic path.

**YOGC-102 : Anatomy and Physiology**

**Course Outcomes:**

- Yoga students should know not only yogic body but also Anatomy and physiology
- Increase in yoga awareness around the globe had led to increased injury due to yoga practice so, in depth knowledge is required for yoga therapist-they don't strain their ligaments, tendons or any system.

**YOGC-103: Yoga and Health**

**Course Outcomes:**

- Factors affecting health (physical, mental and emotional health) and the role of positive attitude and necessary of lifestyle correction.
- We can understand the importance of hygiene in general and sanitary hygiene in particular. Which in turn prevent communicable disease?
- Importance of yoga on communicable and lifestyle diseases.

**YOGP-104 : Yoga Practical –I**

**Course Outcomes:**

- Understand the concept of loosening practices.
- Understanding the different kinds of asana, and the internal movements of the body and prana.
- To understand the physiological benefits, (removes depression, headaches and increase concentration.

**YOGP-105 : Applied Physiology**

**Course Outcomes:**

- How to measure blood pressure, temperature, pulse, respiratory rate, sensory and muscle functions
- Understanding the identification of specimen of an organ and its function.

**YOGE-106 : Yoga Diet and Nutrition**

**Course Outcomes:**

- To learn about balance diet to types of nutrition.
- To understand the concept of yogic diet according to traditional yogic text.
- Importance of how and what to eat in life.

**SEMESTER - II**

**YOGC-201 : Applied Psychology in Yoga**

**Course Outcomes:**

- To understand the concept of psychology and the role of yoga in promoting learning intelligence and personality for all people.
- Understanding spirituality and the powers of mind, chakras concepts to purify our body.
- The technique how yoga is the healer for psychological diseases.

#### **YOGC–202 : Basic Yoga Texts**

##### **Course Outcomes:**

- We get knowledge to explore self.
- Teach us self discipline and social discipline.
- Make better earth to live for self and for other creatures.
- It relieves physical and mental pain.

#### **YOGC–203 : Methodology of Teaching Yoga**

##### **Course Outcomes:**

- Sharing knowledge through workshop, yoga tour enhances our knowledge in yoga.
- It gives good karma and service to society

#### **YOGP–204 : Yoga Practical – II**

##### **Course Outcomes:**

Self-evaluation of our brain function and its response for self as well as for the public.

#### **YOGC–206 : Computer Application**

##### **Course Outcomes:**

Basic knowledge is needed for further studies in any field.

### **SEMESTER – III**

#### **YOGC-301 : Research Process and Elementary Statistics in Yoga**

##### **Course Outcomes:**

- Understand the nature and type of research and can set perfect research design.
- Understanding statistic so that they can be informed, evaluate the credibility and usefulness of information and make appropriate decision.

#### **YOGC-302 : Yoga Therapy**

##### **Course Outcomes:**

- Understand how holistic focus of yoga therapy encourages the integration of mind, body and spirit.
- Understand the yogic management of each disease.

#### **YOGC-303 : Hatha Yoga Texts**

##### **Course Outcomes:**

- Understand the concept of purification of the body, eg. Chakri kriya, plavini, kevali, etc.
- Understanding the do's and don'ts of kriyas, mudras, pranayama and bhandha.

#### **YOGP-304 : Yoga Practical – III**

##### **Course Outcomes:**

- Understand Asanas better and cultivate as our lifestyle
- Understanding the importance of Mudras and Meditation

#### **YOGP-305 : Clinical Application of Yoga Therapy**

##### **Course Outcomes:**

- To understand the tools of Yoga Therapy
- To understand the application of Therapeutic yoga to the convenient of the needy people.

#### **YOGE-306 : Yoga Upanishads**

##### **Course Outcomes:**

- Understanding how to attain the liberation through yoga, Dyana, Pranayama and description about Limbs of yoga
- To make awareness to the students about types of Nadis and different state of mana and Chakra systems.

### **SEMESTER – IV**

#### **YOGC-401 : Traditional Systems of Medicine and Therapies**

##### **Course Outcomes:**

- Healing ability of our body is understood clearly with evidence.
- Promoting Indian system of medication and knowing their importance.

#### **YOGC-402 : Yoga Sutras**

##### **Course Outcomes:**

- Knowledge about 4 padas, various stages to attain siddhi and samskaras.
- Self discipline and social discipline is followed by practising of Astanga yoga.
- Can know about “Chitta Vritti Nirodhaga” concept.

#### **YOGP-405 : Clinical Application in Traditional Systems of Medicine and Therapies**

##### **Course Outcomes:**

- Leaving the modifications in yoga for examination and treating diseases in human body.
- Learned about holistic approach through traditional Indian system and therapies and its techniques.
- To understand therapeutic applications for the various problems in women like uterus related problems.

#### **YOGE-406 : Naturopathy**

##### **Course Outcomes:**

- Understanding mahaboodha thatuvas and importance of naturopathy treatment in the current scenario.
- To know about various treatment, to treat various disorders/ diseases by the treatment of hydrotherapy and electrotherapy.
- To learn procedures in naturopathy and diagnosis techniques to treat natural immunity diseases.

## **ELECTIVE (VALUE ADDED COURSE)**

### **YOGE-107 : Yoga for Personality Development**

#### **Course Outcomes:**

- To learn integrated personality development and panchakosha concept through yoga for happy and successful living.
- Discuss about SWOT analysis; yogic way of living.
- Yogic practices for personality development.

### **YOGE-207 : Yoga Philosophy**

#### **Course Outcomes:**

- To learn principles of yoga and yogic concept of mystical development.
- Different types and yogic concept of yoga.
- To learn philosophical concept of yoga

### **YOGE-307 : Value Education and Spirituality**

#### **Course Outcomes:**

- To learn about value education to empower education to make or create lifelong learners.
- To understand the concept of Human moral values and life skill developments

### **YOGE-407 : Yoga for Mental Hygiene**

#### **Course Outcomes:**

- Students may solve their physical and mental problems through yoga
- To development the social adjustments through yoga in students.
- Students relax their mind by using different relaxation techniques through yoga.
- Impact of yoga for intellectually challenged people