

# Master of Science (Yoga and Consciousness)

## Course Curriculum

### TEACHING HOURS AND CREDITS

### SEMESTERWISE THEORY AND PRACTICAL SUBJECTS

	Title of the Course	Code	Credits	Hours
<b>Semester – I</b>				
<b>Theory</b>				
1	Yoga Philosophy	MSYC T 101	3	45
2	Sanskrit BhashaVijnanam	MSYC T 102	3	45
3	Anatomy Physiology	MSYC T 103	3	45
4	Research Methodology	MSYC T 104	3	45
<b>Practical</b>				
5	Vedic Practices 1	MSYC P 105	4	120
6	Yoga for PPH	MSYC P 106	4	120
7	Yoga practice for Emotion Culturing	MSYC P 107	2	60
			<b>22</b>	<b>480</b>
<b>Total</b>				
<b>Semester – II</b>				
<b>Theory</b>				
	<b>Code</b>	<b>Credits</b>	<b>Hours</b>	
1	Hatha Yoga Texts	MSYC T 201	3	45
2	Tarka Sangraha	MSYC T 202	2	30
3	Vedanta Sara - Elective 1	MSYC T 203	2	30
4	Yoga Therapy for Common Ailments	MSYC T 204	2	30
5	Concept of Consciousness in Upanishads 1	MSYC T 205	3	45
<b>Practicals</b>				
6	Yoga Therapy Techniques	MSYC P 206	2	60
7	Vedic Practices 2	MSYC P 207	3	90
8	Advanced Yoga Techniques	MSYC P 208	2	60
9	Synopsis Writing and Data Collection	MSYC P 209	3	90
			<b>22</b>	<b>480</b>
<b>Total</b>				
<b>Semester – III</b>				
<b>Theory</b>				
	<b>Code</b>	<b>Credits</b>	<b>Hours</b>	
1	Concept of Consciousness in Upanishads 2	MSYC T 301	4	60
2	Brahma Sutra 1(Chapter 1 & 2)	MSYC T 302	4	60
3	Yajna: A healing Science	MSYC T 303	2	30
4	Narada Bhakti Sutras - Elective 1	MSYC T 304	2	30
<b>Practicals</b>				
5	Biostatistic Analysis	MSYC P 305	2	60
6	Vedic Practices 3	MSYC P 306	2	60
7	Yoga Therapy Training - Arogyadhama	MSYC F 307	6	288
			<b>22</b>	<b>588</b>
<b>Total</b>				

<b>Semester – IV</b>				
	<b>Theory</b>	<b>Code</b>	<b>Credits</b>	<b>Hours</b>
1	Psychology in Bhagavad Gita – Elective 2	MSYC T 401	2	30
2	Brahma Sutra 2 (Chapter 3 & 4)	MSYC T 402	3	45
3	Patanjali Yoga Sutras	MSYC T 403	3	45
4	Ancient Sciences (Ayurveda and Jyotisha)	MSYC T 404	2	60
5	Diet and Nutrition	MSYC T 405	2	30
	<b>Practicals</b>			
5	Vedic Practices - 4	MSYC P 406	3	90
6	Asanas, Pranayama, Bandha & Mudras	MSYC P 407	3	90
7	Dissertation	MSYC F 408	4	120
			<b>22</b>	
	<b>Grand Total</b>		<b>88</b>	