S-VYASA
Swami Vivekananda Yoga Anusandhana Samsthan
(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

M Sc
Master of Science in Yoga Therapy

SCHEME AND SYLLABUS
(With effect from August 2012)

Address for correspondence
(City Office)
The Co-ordinator, MSc, S-VYASA
‘Eknath Bhavan’, # 19, Gavipuram Circle, K G Nagar
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e-mail: svyasa@svyasa.org
www.svyasa.org
Dear Students,

Hearty Welcome to one and all.

WELCOME TO PRASHANTI KUTIRAM, the abode of peace, an ideal ‘HOME’ to lead the “YOGA WAY OF LIFE”.

We congratulate you on having been selected to pursue the noblest path of Yoga. The course is designed for you not only to learn the holistic approach of YOGA but also to LIVE it and prepare yourself to propagate it for health, peace and harmony, which is the need of the hour.

It is an adventure to enquire the deepest layer of man’s identity in the quest of Truth. It is also very unique to tread the path of Yoga which is our ancient tradition.

The objectives of the course are to bring all round personality development of the students at all levels and train them in yoga therapy field.

The duration of the course is 15 months (12 months + 3 months internship).

After the completion of the course the students can join the Hospitals, Spa, wellness centres and give yoga therapy for patients under the guidance of qualified doctor.

We sincerely hope that all students at S-VYASA will uphold the moral values and etiquettes enumerated in the Yogic Texts and follow the noble path of virtue expounded in the Vedas.

We are confident that you will not only enjoy this course but also be highly benefited. The condition for the same is that YOU SHOULD BE TOTALLY OPEN TO ALL THAT IS OFFERED, WITHOUT PREJUDICE. Please accept the routine and participate in all the programs without fail both physically and mentally.

We wish you good luck

Dr. H. R. Nagendra
Vice Chancellor
REGULATIONS GOVERNING MSc (YOGA) COURSE

OM 1 Objectives
OM 2 Title and Duration of the Course
OM 3 Admissions and Eligibility
OM 4 Attendance Requirement
OM 5 Internal Assessment Marks
OM 6 Criteria for passing
OM 7 Promotion and Eligibility for the Examinations
OM 8 Electives
OM 9 Dissertation
OM 10 Field Training
OM 11 Grading System
OM 12 Awards of Prizes and Medals
OM 13 Credit Waivers/ Transfer
OM 14 Personality Assessments

SCHEME OF TEACHING & EXAMINATIONS

OBJECTIVES

- To bring about all-round personality development of yoga teachers with holistic vision of yoga and spiritual lore.
- To train yoga teachers to introduce yoga in educational institutions.
- To introduce the yoga research dimensions and makes them to do internal & external research.
OM 2  TITLE & DURATION OF THE COURSE
OM 2.1 The course shall be called Master of Science in Yoga Therapy abbreviated as M.Sc (Yoga Therapy).
OM 2.2 The course shall be of two academic years duration and conducted in 4 semesters and each semester having duration of 16 weeks.
OM 2.3 The calendar of events in respect of the course shall be fixed by the University from time to time.
OM 2.4 The examinations for the subjects shall be conducted at the end of each semester for all the four semesters.

OM 3  ADMISSIONS AND ELIGIBILITY
OM 3.1 To be eligible for admission to the first year of the course, the candidates shall have passed any Bachelor’s Degree of any discipline plus Yoga Instructor’s Course (YIC) of this University.
OM 3.2 The candidates shall have secured a minimum of 50% of marks.
OM 3.3 Candidates belonging to Scheduled Castes, Scheduled Tribes shall be considered for admission if they have passed the qualifying examination obtaining not less than 40% of marks in aggregate.

OM 4  ATTENDANCE REQUIREMENT
OM 4.1 Each semester is considered as a unit and the candidate has to put in a minimum attendance of 90% in each subject with a provision of condonation of 10% of the attendance by the Vice-Chancellor on specific recommendation of the Dean on valid reasons.
OM 4.2 The basis for the calculation of the attendance shall be the period prescribed by the University by its calendar of events.
OM 4.3  The students have to get the attendance position periodically from the coordinators so that the students would be cautious to make up the shortage.

OM 5   INTERNAL ASSESSMENT MARKS

OM 5.1 Each subject of theory or practical shall have a maximum Internal Assessment Marks of 50.

OM 5.2 The Internal Assessment marks in a theory subject shall be based on two assignments for 20 marks, two tests for 20 marks and faculty assessment of 10 marks. An additional test may be conducted for desirous students before the end of the semester to give an opportunity to such students to improve their internal assessment marks.

OM 5.3 In the case of Practical and Field Training, the IA marks shall be based on the laboratory and field training reports and one practical test and Viva Examination respectively.

OM 5.4 The IA marks in the case of Dissertation in a particular semester shall be based on the evaluation at the end of the respective semester by a committee consisting of Head of the concerned Division and two senior faculty of the Division (one of them being the dissertation/seminar guide).

OM 5.5 If a candidate fails to secure a minimum of 50% of the IA marks (25/50) in Theory, Practical, Field Training, Seminar and Dissertation Work, such a candidate shall not be eligible to take the concerned subjects in the University examination.

OM 5.6 Such candidates as mentioned in 5.5, shall repeat the subject by taking fresh admission and attending regular classes during the subsequent semester(s) to secure at
least the minimum marks prescribed.

OM 5.7 There shall not be provision for improvement of IA marks in theory subjects and also in cases of Laboratory/Field Training/Dissertation Work where the candidate has already secured the required marks.

OM 6 CRITERIA FOR PASSING

OM 6.1(a) For a pass in a theory subject, a candidate shall secure minimum of 50% of the maximum marks prescribed for the theory subject in the University examination.

OM 6.1(b) For a pass in a practical/field training/dissertation/viva voce examination, a candidate shall secure a minimum of 50% of the maximum marks prescribed for the University examination in the relevant practical/dissertation/viva voce.

OM 6.1(c) For a pass in Seminar, a candidate shall secure a minimum of 50% of the maximum marks prescribed.

OM 6.2 The candidates who do not satisfy the conditions mentioned in OM 6.1 shall be deemed to have failed in that subject and they subsequently must clear by either repeating (by fresh registration and attending the classes) the same course in case of core course or taking a substitute course (as decided by the concerned Dean/Advisor) in case of elective course before being eligible for the award of the Degree.

OM 6.3 The candidates who pass a subject of a semester as per OM 6.1 are not allowed to appear for the same again, unless they opt for rejection of results as per the OM 6.4, 6.5 & 6.6.

OM 6.4 If a candidate so desires, there shall be provision for rejection of total performance of one semester including IA marks. But rejection is permitted only once during
the entire course of study.

OM 6.5  The candidate who desires, to reject the performance as per OM 6.4 shall reject performance in all the subjects of the semester irrespective of whether the candidate has passed or failed in any subject.

OM 6.6  A candidate who desires to reject the total performance of the semester including internal assessment, has to take readmission for the relevant semester. Application for such readmission shall be sent to the Registrar, within 30 days from the date of the announcement of the results. Late submission of application shall not be accepted for any reasons. Readmission to I semester in such cases will not be considered as fresh admission i.e., the candidate will continue to have same University Roll Number, which was allotted earlier.

OM 6.7  Such candidates who opt for rejection are eligible for award of class but not eligible for awards.

OM 7  PROMOTION AND ELIGIBILITY FOR THE EXAMINATIONS

OM 7.1  There shall not be any restriction for promotion from odd semester to even semester, provided the candidate has fulfilled the requirement of attendance.

OM 8  ELECTIVES

OM 8.1  A candidate shall have to take one elective.

OM 8.2  The minimum number of students to be registered for an elective to be offered shall not be less than five.

OM 8.3  A candidate shall opt for his/her choice of electives and register for the same at the beginning of 3rd semester. The candidate is permitted to opt for change of subject within 7 days from the date of commencement of the semester.
as per the calendar of the University.

OM 9  DISSERTATION
OM 9.1 Dissertation work at 3\textsuperscript{rd} or 4\textsuperscript{th} semester shall be completed individually.
OM 9.2 Dissertation/Viva Voce examination shall be conducted individually.

OM 10  FIELD TRAINING
OM 10.1 Field training will be provided in the in-campus yoga therapy hospital at Prashanti Kutiram or at its associate centers.

OM 11  GRADING SYSTEM
OM 11.1 The student will be assigned a grade in each course based on his or her combined performance in the sessional work and the final examination. Grade distinction and grade point of each grade are as follows:

<table>
<thead>
<tr>
<th>Marks Obtained</th>
<th>Grade</th>
<th>Grade Point</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 50 %</td>
<td>F</td>
<td>0</td>
<td>Fail</td>
</tr>
<tr>
<td>50 % to 54 %</td>
<td>C</td>
<td>1</td>
<td>Pass</td>
</tr>
<tr>
<td>55 % to 64 %</td>
<td>B</td>
<td>2</td>
<td>Second class</td>
</tr>
<tr>
<td>65 % to 74 %</td>
<td>A</td>
<td>3</td>
<td>First class</td>
</tr>
<tr>
<td>75 % to 100 %</td>
<td>E</td>
<td>4</td>
<td>Distinction</td>
</tr>
</tbody>
</table>

OM 11.2 Cumulative Grade Point Average: Based on the grades obtained in all the subjects registered for by a student, his or her Cumulative Grade Point Average (CGPA) is calculated as follows:
The formula for calculating CGPA is:
\[ \text{CGPA} = \frac{\sum (\text{No. of Credits} \times \text{Grade Point})}{\sum \text{No. of Credits}} \]

CGPA is rounded off to the second decimal place.

### OM 12 AWARD OF PRIZES AND MEDALS

<table>
<thead>
<tr>
<th>SNo</th>
<th>Name of the Award</th>
<th>Particulars</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Madan Mohan Sankhbdhar Memorial Award</td>
<td>Best Student among MSc Graduates</td>
</tr>
<tr>
<td>2.</td>
<td>Vasiñoa Award</td>
<td>for Best Dissertation</td>
</tr>
</tbody>
</table>

### OM 13 CREDIT WAIVER/TRANSFER

#### OM 13.1 Exemptions from a Core Course

OM 13.1.1 A student seeking exemption from a core course should apply to the Dean of the Department, stating reasons within 3 days of registering for the course.

OM 13.1.2 A student who has applied for exemption of a subject should continue attending the classes for the subject until the result is declared. He/she could discontinue only if exemption is granted.

#### OM 13.2 Dropping of Courses

OM 13.2.1 A student may in consultation with his or her advisor and instructor, drop a course on or before 7 days of registering for the courses.

OM 13.2.2 A student may re-register for the course which was dropped by him/her previously, whenever the same course was offered in the subsequent semesters.

OM 13.2.3 A student cannot register again, for any course or any equivalent course that he/she has completed and passed, for the purpose of improving the grade in that course. The possibility of improving a grade arises only when a student fails in a course and gets an F grade.
OM 14 PERSONALITY ASSESSMENTS

OM 14.1 To achieve the objectives of education the most important aspect is the assessment and evaluation of the students. S-VYASA over the last 20 years has evolved a unique and comprehensive way of evaluating the total personality development by a combination of the ancient Gurukula system of evaluation by the Gurus or the teachers and by the measurements of the modern era of science and technology. The students are evaluated by the following tools of assessment:

a. Theoretical comprehension of the subject
b. Achievements in yoga practices
c. Communication Skills.
d. Team work performance including the organizational skills
e. Teaching competence.
f. Research attitudes and skills
g. Transformation of the personality
h. Development of the zeal for selfless service, national awareness and spiritual growth.

These will be used for giving the grades of the personality assessment of the students. Assessment of the personality is done by recording the changes based on scientific measurements, assessments by the faculty, their team-work performances, self-assessments, attendance, regularity, steadiness, etc. There is continuous monitoring of their growth.
## SCHEME OF EXAMINATIONS
### FIRST SEMESTER

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Name of the Subject</th>
<th>Credits</th>
<th>Lecture/Practical Hrs/week</th>
<th>Exam in Hrs</th>
<th>IA</th>
<th>Exam</th>
</tr>
</thead>
<tbody>
<tr>
<td>MST 101</td>
<td>Anatomy &amp; Physiology</td>
<td>4</td>
<td>4</td>
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<td>50</td>
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<tr>
<td>MST 102</td>
<td>IAYT for common ailments</td>
<td>4</td>
<td>4</td>
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<td>50</td>
</tr>
<tr>
<td>MST 103</td>
<td>Research Methodology &amp; Lab</td>
<td>4</td>
<td>4</td>
<td>3</td>
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<td>50</td>
</tr>
<tr>
<td>MST 104</td>
<td>Yoga Philosophy, Health &amp; Sanskrit</td>
<td>4</td>
<td>4</td>
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### Practicals

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Name of the Subject</th>
<th>Credits</th>
<th>Lecture/Practical Hrs/week</th>
<th>Exam in Hrs</th>
<th>IA</th>
<th>Exam</th>
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<tbody>
<tr>
<td>MSP 101</td>
<td>Asana, Pranayama, Kriyas &amp; Meditation – Level I</td>
<td>2</td>
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<td>MSP 102</td>
<td>Yoga Therapy Techniques</td>
<td>2</td>
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### Field Works

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<thead>
<tr>
<th>Subject Code</th>
<th>Name of the Subject</th>
<th>Credits</th>
<th>Lecture/Practical Hrs/week</th>
<th>Exam in Hrs</th>
<th>IA</th>
<th>Exam</th>
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<tbody>
<tr>
<td>MSF 101</td>
<td>Maitri Milan – Bhagavad Gita - I</td>
<td>2</td>
<td>6</td>
<td>50</td>
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<tr>
<td>MSF 102</td>
<td>Bhakti Yoga I/Advance Yoga Technique</td>
<td>2</td>
<td>6</td>
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<tr>
<td>MSF 103</td>
<td>Yoga for Children &amp; Youth</td>
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<td>6</td>
<td>50</td>
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<tr>
<td>MSF 104</td>
<td>Karma Yoga I</td>
<td>2</td>
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<tr>
<td>MSF 105</td>
<td>Training in YIC Course</td>
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## SECOND SEMESTER

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<th>Exam in Hrs</th>
<th>IA</th>
<th>Exam</th>
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<tbody>
<tr>
<td>MST 201</td>
<td>Vedas, Upanishads, Darshans.</td>
<td>4</td>
<td>4</td>
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<tr>
<td>MST 202</td>
<td>Patanjali Yoga Sutras and Hatha Yoga</td>
<td>4</td>
<td>4</td>
<td>3</td>
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</table>

### Practicals

<table>
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<tr>
<th>Subject Code</th>
<th>Name of the Subject</th>
<th>Credits</th>
<th>Lecture/Practical Hrs/week</th>
<th>Exam in Hrs</th>
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<tbody>
<tr>
<td>MSP 201</td>
<td>Asana, Pranayama, Kriyas &amp; Meditation – Level II</td>
<td>4</td>
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<tr>
<td>MSP 202</td>
<td>Advance Yoga Technique</td>
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<tr>
<td>MSP 203</td>
<td>Psychology Lab</td>
<td>2</td>
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### Field Works

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<tr>
<th>Subject Code</th>
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<th>Lecture/Practical Hrs/week</th>
<th>Exam in Hrs</th>
<th>IA</th>
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<tbody>
<tr>
<td>MSF 201</td>
<td>Maitri Milan – Bhagavad Gita - II</td>
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<td>Subject Code</td>
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<td>Lecture/Practical Hrs/week</td>
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<tr>
<td>MSF 202</td>
<td>Bhakti Yoga II/Advance Yoga Technique</td>
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<tr>
<td>MSF 203</td>
<td>Yoga for Children &amp; Youth II</td>
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<tr>
<td>MSF 204</td>
<td>Karma Yoga II</td>
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<td>Yoga Therapy Training I</td>
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**THIRD SEMESTER**

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<tr>
<th>Subject Code</th>
<th>Name of the Subject</th>
<th>Credits</th>
<th>Lecture/Practical Hrs/week</th>
<th>Exam in Hrs</th>
<th>IA</th>
<th>Exam</th>
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<tbody>
<tr>
<td>MST 301</td>
<td>Science &amp; Consciousness</td>
<td>4</td>
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<td>MST 302</td>
<td>Elective</td>
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<td>4</td>
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**Practicals**

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Name of the Subject</th>
<th>Credits</th>
<th>Lecture/Practical Hrs/week</th>
<th>Exam in Hrs</th>
<th>IA</th>
<th>Exam</th>
</tr>
</thead>
<tbody>
<tr>
<td>MSP 301</td>
<td>Asana, Pranayama, Kriyas &amp; Meditation – Level III</td>
<td>4</td>
<td>2</td>
<td>3</td>
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**Field Works**

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Name of the Subject</th>
<th>Credits</th>
<th>Lecture/Practical Hrs/week</th>
<th>Exam in Hrs</th>
<th>IA</th>
<th>Exam</th>
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</thead>
<tbody>
<tr>
<td>MSF 301</td>
<td>Maitri Milan – Bhagavad Gita - III</td>
<td>2</td>
<td>6</td>
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<td>MSF 302</td>
<td>Bhakti Yoga III/Advance Yoga Technique</td>
<td>2</td>
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<tr>
<td>MSF 303</td>
<td>Yoga for Children &amp; Youth III</td>
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<td>MSF 304</td>
<td>Karma Yoga III</td>
<td>2</td>
<td>6</td>
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<td>MSF 305</td>
<td>Yoga Therapy Training II</td>
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**Elective**

## FOURTH SEMESTER

<table>
<thead>
<tr>
<th>Code No.</th>
<th>Name of the Subject</th>
<th>Credits</th>
<th>Lecture/Practical Hrs/wk</th>
<th>Exam in Hrs</th>
<th>IA</th>
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<tbody>
<tr>
<td>MSP 401</td>
<td>Teaching Techniques</td>
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<td></td>
<td><strong>Practicals</strong></td>
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<tr>
<td>MSF 401</td>
<td>Maitri Milan – Bhagavad Gita - IV</td>
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<tr>
<td>MSF 402</td>
<td>Bhakti Yoga IV/ Advance Yoga Technique</td>
<td>2</td>
<td>6</td>
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<tr>
<td>MSF 403</td>
<td>Yoga for Children &amp; Youth IV</td>
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<tr>
<td>MSF 404</td>
<td>Karma Yoga IV</td>
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<td>MSF 405</td>
<td>Yoga Therapy Training III/ Arogyadhama Special care</td>
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<td>MSF 406</td>
<td>Dissertation</td>
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</table>
## III SYLLABUS

### ANATOMY AND PHYSIOLOGY & IAYT FOR COMMON AILMENTS

**Sub Code:** MS T 101  
**Credits:** 4  
**Hours/Wk:** 4  
**Total Hrs:** 60  
**Exam Marks:** 50  
**IA Marks:** 50  
**Exam Duration:** 3 Hrs

<table>
<thead>
<tr>
<th>SNo</th>
<th>Anatomy and Physiology</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>Chapter 1: Introduction to Anatomy &amp; Physiology.</strong></td>
</tr>
</tbody>
</table>
| 2   | **Chapter 2: Respiratory System**  
  ii. The process of Respiration, Lungs volumes and capacities, Mechanics of breathing and exchange of gas in alveoli. |
| 3   | **Chapter 3: Digestive System**  
  i. Gross anatomy of digestive system, functional anatomy of mouth, oral cavity, pharynx, esophagus, stomach, small intestine, large intestine and anal canal.  
  ii. Physiology of digestion, assimilation & peristalsis, gastric and digestive juices involved during digestion, associated glands involved in digestive system. |
| 4   | **Chapter 4: Excretory System**  
  Urinary system, kidneys, ureters, urinary bladder, urethra skin and sweat gland. |
| 5   | **Chapter 5: Cardiovascular System**  
  i. Functional anatomy of the Heart, arteries, veins and capillaries.  
  ii. The organization of systematic and pulmonary circulation, the cardiac cycle.  
  iii. Blood: Composition and functions, Blood groups and their importance.  
  iv. Cardiac output and Venous return.  
  v. Blood pressure and Regulation of blood pressure. |
<table>
<thead>
<tr>
<th>Chapter 6: Endocrine System</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Anatomical structure of important endocrine glands (pituitary, thyroid, parathyroid, pancreas, adrenal and gonads)</td>
</tr>
<tr>
<td>ii. Short anatomy of the hypothalamus and the releasing hormones secreted from it.</td>
</tr>
<tr>
<td>iii. Structure and function of anterior and posterior Pituitary.</td>
</tr>
<tr>
<td>iv. Function of thyroid, parathyroid, supra renal and islets of Langerhans.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chapter 7: Reproductive System</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Functional anatomy male reproductive system, seminal vesicles and prostrate glands.</td>
</tr>
<tr>
<td>ii. Spermatogenesis.</td>
</tr>
<tr>
<td>iii. Functional anatomy of female reproductive system.</td>
</tr>
<tr>
<td>iv. Ovarian hormones, menstruation pregnancy, parturition and lactation.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chapter 8: Musculo-Skeletal System</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. The Skeletal System: Skeleton, Functions of skeleton, Classification of bones, Study of joints.</td>
</tr>
<tr>
<td>ii. Structure and function of a Synovial joint.</td>
</tr>
<tr>
<td>iii. The Muscular System: Types of Muscles in the body.</td>
</tr>
<tr>
<td>iv. The characteristics, structure and functions of the Skeletal Muscles, Smooth Muscles and Cardiac Muscles</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chapter 9: Nervous System &amp; Special Senses</th>
</tr>
</thead>
<tbody>
<tr>
<td>ii. Functional anatomy of Cerebrum, Cerebellum, Spinal cord.</td>
</tr>
<tr>
<td>iii. Functions and importance of the parts of the brain viz., cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum and autonomic nervous system [sympathetic and parasympathetic].</td>
</tr>
<tr>
<td>iv. Functional anatomy and physiology of eyes, ears, nose, tongue and skin.</td>
</tr>
</tbody>
</table>
Chapter 10: Psychiatry
Introduction to Psychology, Definition of Mind, Intelligence, Learning, Memory, Personality.

Chapter 11: Physiotherapy

IAYT FOR COMMON AILMENTS

Sub Code: MS T 102
Credits: 4 Hours/Wk: 4
Total Hrs: 60 Exam Marks: 50
IA Marks: 50 Exam Duration: 3 Hrs

<table>
<thead>
<tr>
<th>Topics to be covered</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arogyadhama Lectures</td>
<td>16</td>
</tr>
<tr>
<td>8 sections – Dr. R. Nagarathna’s Videos – Question &amp; Answers</td>
<td>8</td>
</tr>
<tr>
<td>Presentations – Five Kosas</td>
<td>5</td>
</tr>
<tr>
<td>Presentations – 8 sections</td>
<td>8</td>
</tr>
<tr>
<td>Patho physiology of diseases</td>
<td>8</td>
</tr>
<tr>
<td>IAYT for each set of diseases- section wise</td>
<td>8</td>
</tr>
<tr>
<td>Case recording (Reports) – Each student to present one case.</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>56</strong></td>
</tr>
</tbody>
</table>

TEXT BOOKS:
1. Dr R Nagarathna, Dr H R Nagendra and Dr Shamantakamani Narendran, Yoga for Common Ailments and IAYT for Different Diseases, Swami Vivekananda Yoga Prakashana, 2002
2. Dr Shirley Telles & Dr H R Nagendra, A Glimpse into the Human Body, Swami Vivekananda Yoga Prakashana, Bangalore, 2002
REFERENCE BOOKS:

RESEARCH METHODOLOGY & LAB
Sub Code: MS T 103
Credits: 4 Hours/Wk: 4
Total Hrs: 60 Exam Marks: 50
I A Marks: 50 Exam Duration: 3 Hrs

Chapter 1: Research Methodology
1. The research process. Methodology and methods.
2. The design of a study
3. Literature review
4. Ethics of research
5. Types of common designs. Their advantages and disadvantages.
6. Sampling
8. Measurement tools: Observations, questionnaires and others.
9. Data organization in Excel and SPSS
11. Graphical representations of data. Simple graphs, the box and
whiskers plot.
12. Reliability. The different ways of measuring reliability.

30 Hours

Chapter 2: Inferential Statistics and Probability Theory
1. Inferential Statistics – populations and samples
2. Elementary concepts in probability theory
3. The normal distribution. Z-values and probability
4. Calculating probabilities when population parameters are known

6 hours

Chapter 3: Research Reports
1. Reading research reports
2. Writing research reports
3. Presentations

4 hours

Chapter 4: Research in Inter Disciplinary

Introduction to Research in
1. Management Studies.
2. Education, History, and Anthropology.
3. Social Studies and Humanity.
4. Linguistics.
5. Fine Arts, Music and Drama.
7. Science and Technology.

Chapter 5: Research Methodology Lab
1. Microsoft Word, XL and PowerPoint.
2. Itransliteration.

Chapter 6: Statistical Analysis
1. Statistical analysis using SPSS
2. Use of End Notes for reference writing
Text Book:
Kothari, C.R., Research Methodology, Methods and Techniques - Vishwa Prakashan, New Delhi, 1985

Reference Books:
1. Telles, S., Research Methods - Swami Vivekananda Yoga Prakashana, Bangalore
2. J.N.S. Matthews, An Introduction to Randomized Controlled, Clinical Trials - Arnold, London

YOGA PHILOSOPHY, HEALTH & SAMSKRTA

Sub Code: MS T 104
Credits: 4 Hours/Wk: 4
Total Hrs: 60 Exam Marks: 50
I A Marks: 50 Exam Duration: 3 Hrs

<table>
<thead>
<tr>
<th>SNo</th>
<th>Subject</th>
<th>Topics to be covered</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Yoga Philosophy &amp; Health</td>
<td>Sankhya and Yoga</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Health</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Presentations</td>
<td>2</td>
</tr>
<tr>
<td>2</td>
<td>Samskrta</td>
<td>Saàskåta Sambhāñaëa (Spoken Sanskrit)</td>
<td>20</td>
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<tr>
<td></td>
<td></td>
<td>Amara Kosha – Memorisation</td>
<td>10</td>
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<tr>
<td></td>
<td></td>
<td>Vyākaraëam (Grammar)</td>
<td>10</td>
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<tr>
<td></td>
<td></td>
<td>Introduction to Sanskrit texts – Sahitya</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td><strong>Total</strong></td>
<td></td>
<td><strong>56</strong></td>
</tr>
</tbody>
</table>
1. Dr. Sarasvati Mohan, Sanskrit Level-1 Sharadh Enterprises, Bangalore, 2007.
2. Dr. Sarasvati Mohan, DVD and CD.
3. Dr R Nāgarathna and Dr H R Nāgendra, Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
4. Dr R Nāgarathna and Dr H R Nāgendra, Yoga for Promotion of Positive Health, Swami Vivekananda Yoga Prakashana, 2002

**ASANA, PRANAYAMA, KRIYAS AND MEDITATION**

**LEVEL I**

**Semester: I**

**Sub Code: MS P 101**

Credits: 2  
Hours/Wk: 6  
Total Hrs: 60  
Exam Marks: 50  
I A Marks: 50  
Exam Duration: 3 Hrs

Refer Yoga Sādhana

**YOGA THERAPY TECHNIQUES**

**Semester: I**

**Sub Code: MS P 102**

Credits: 2  
Hours/Wk: 6  
Total Hrs: 60  
Exam Marks: 50  
I A Marks: 50  
Exam Duration: 3 Hrs

**Yoga Practices for psychosomatic ailments**

1. Back pain
2. Headache
3. Diabetes Mellitus
4. Gastrointestinal Disorders
5. Menstrual Disorders
6. Obesity.
7. Asthma
8. Hypertension
9. Anxiety Depression
10. Dynamics
11. Arthritis
12. Epilepsy
13. Knee Pain
14. Muscular Dystrophy
15. Oncology
16. Sūkṣma Vyāyāma: Simple and Standard
17. Voice Culture

Text Book:
Ailments Series, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

MAITRI MILAN – BHAGAVAD GITA I

Semester: I
Sub Code: MS F 101
Credits: 2  Hours/Wk: 7
Total Hrs: 120  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs

- OM Meditation for 30 minutes.
- Refer Yoga Sādhana.

BHAKTI YOGA I/ADVANCE YOGA TECHNIQUE

Semester: I
YOGA FOR CHILDREN AND YOUTH I (KRIDA YOGA)

Semester: I

Sub Code: MS F 103

Credits: 2
Total Hrs: 120
I A Marks: 50
Exam Marks: 50
Exam Duration: 3 Hrs

Refer: Krida Yoga & Yoga Sādhana

KARMA YOGA I

Semester: I

Sub Code: MS F 104

Credits: 2
Total Hrs: 120
I A Marks: 50
Exam Marks: 50
Exam Duration: 3 Hrs

Refer: Yoga Sādhana

TRAINING YIC COURSE

Semester: I

Sub Code: MS F 105

Credits: 2
Total Hrs: 120
I A Marks: 50
Exam Marks: 50
Exam Duration: 3 Hrs
Submit report on YIC.
Chapter 1: Vedas and Upaniñads
Vedas, the foundations of Indian culture; antiquity, the four main Vedas, Science and Technology of Vedas, Prasthānatraya, Essence of the Vedas-Upaniñads, the style of Upaniñads, the two main quests - Happiness Analysis and Quest for reality; concept of Dharma and higher dimensions of Dharma.

20 Hours

Chapter 2: Sāïkhya and Yoga
Introduction, 3-fold afflictions, means to overcome afflictions, 25 entities according to Sāïkhya and means of knowledge; नाकार्यवाद, similarities and dissimilarities between vyakta and avyakta, triguëa; Existence of puruña, plurality of puruña, proximity of puruña and prakåti; Kåraëa, Antaù karaëa and Båhya karaëa according to Sāïkhya kārikå and Èùvarkrishna.

20 Hours

Chapter 3: Nyāya & Vaiśeñika
Concept of Nyāya philosophy, means of salvation according to Nyāya and Vaiśeñika; The sixteen Padårthas according to Nyāya, means and objects of knowledge according to Nyāya and Vaiñeñika; Relation between Nyāya and Vaišeñika philosophy; Perception (Pratyakña), inference (Anumāna), comparison (Upamāna) according to Nyāya and Vaišeñika.

10 Hours
Chapter 4: Mimāmsa

Uttara Mimāmsā: Concept of Badarayāṇa in Uttara mimāmsā, Pramāṇa, Pratyakṣa, Anumāṇa, Çabda according to Uttara mimāmsā; Difference between vidyā & avidyā, subject & object, creation & causation, cause & effect; Pūrva mimāmsā: Pūrva mimāmsā in ānādā darśana; Pramāṇas of Gaimini, Atheism in Pūrva mimāmsā.

10 Hours

TEXT BOOKS
1. Dr H R Nagendra, Yoga Its Basis and Applications, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

REFERENCE BOOKS
1. Swami Prabhavananda, Spiritual Heritage of India (English), Sri Ramkrishna Math, Madras, 2004
2. Dasgupta, S.N., Yoga Philosophy in Relation to Other Systems of Indian Thought - University of Calcutta, 1924

PATAĬJALÉ’S YOGA SŪTRAS AND HAŎHA YOGA
Sub Code : MS T 202

Credits: 4  Hours/Wk: 2
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs
Chapter 1: Introduction to Patañjali’s Yoga Sūtras, its Philosophy and Practices and Modern Psychology

1. Yoga, its meaning, purpose and a brief introduction to Patañjali’s Yoga Sūtras and its author.
2. Nature of Yoga according to Patañjali in light of Vyāsabhāñya and other traditional commentators, Importance of Yoga Sūtra in comparison to other Yogic literature.
5. Concept of Mind – Eastern and Western perspective; psychology principles and methods – TA, etc.

Chapter 2: Samādhi Pāda and Sādhana Pāda

2. Types and nature of Samādhi in Yoga Sūtra, Ātambharaprajīā and Ādhyatmaprasāda.
4. Concept of Éçvara and qualities of Éçvara.

Chapter 3: Concept of Vibhūti and Kaivalya

2. Samyama & three Pariêāma of Samyama. The concept and
description of Añöāìga Siddhis.


Chapter 4: Haöha Yoga its Philosophy and Practices

10 Hours

1. Haöha Yoga, its meaning, definition, aims & objectives, misconceptions, obstacles (vighna) and helps (sahāyaka) in Haöha Yoga as in Haöha Yoga Pradépika.


12. Concept of Mata, Rules & Regulations to be followed by the Haöha Yoga Practitioner, concept of Mitāhāra, Pathya and Apathya.


Chapter 5: Haöha Yoga Practices: Çodhana-Kriyās and Äsanas

7 Hours

1. Çodhana-kriyās, Çodhana-kriyās in Haöha Yoga Pradépika & in Gheraëòa Samhitā and their techniques, benefits and precautions.

11. Role of Çodhana-kriyās in Yoga Sādhanā and their importance in Modern day life.

12. Yogāsana: its definition, salient features and importance in Haöha Yoga Sādhanā.

13. Äsanas in Haöha Yoga Pradépikā and Gheraëòa Samhitā: their techniques, benefits, precautions and importance.
Chapter 6: Haöha Yogic Practices: Prāēyāma, Bandhas and Mudrās

8 Hours

1. Prāēyāma – Mechanism of correct breathing, Yogic deep breathing, Concept of Pūraka, Kumbhaka and Recaka.

2. The concept of Prāēa, Kinds of Prāēa and Upa-prāēas, Prāēyāma and its importance in Haöha Yoga Sādhanā, Nāãéçodhana Prāēyāma, its technique and importance, Pre-requisites of Prāēyāma.

3. Prāēyāma practices in Haöha Yoga pradépikä and Gheraëòa Samhitā, their techniques, benefits and precautions, Haöha Siddhi Lakñaäam.


5. Fundamental Mudrās in HYP. and G.S, their techniques, benefits and precautions.

Chapter 7: Haöhayoga Practices: Pratyāhāra, Nādānusandhāna and Svarodaya Jïāna

8 Hours

1. Concept of Pratyāhāra, Dhāraëā and Dhyāna in Gheraëòa Samhitā and their techniques & benefits.

2. Concept of Samādhi in Haöhayoga Pradépikā, Samādhi Lakñaäam and Haöha Yoga Siddhi Lakñaäam.

3. The concept of Nāda, Four Avasthās (stages) of Nādānusandhāna, and its Siddhis.


Text Books:


2. Swami Satyananda Saraswati, Hatha Yoga Pub: BSY Mungher
BOOKS FOR REFERENCE:

ASANA, PRANAYAMA, KRIYAS AND MEDITATION
LEVEL II

Semester: II
Sub Code: MS P 201
Credits: 2 Hours/Wk: 4
Total Hrs: 60 Exam Marks: 50
I A Marks: 50 Exam Duration: 3 Hrs
Refer Yoga Sādhana.

ADVANCE YOGA TECHNIQUES

Semester: II
Sub Code: MS P 202
Credits: 2 Hours/Wk: 4
Total Hrs: 60 Exam Marks: 50
I A Marks: 50 Exam Duration: 3 Hrs

1. Cyclic Meditation.
2. Präëic Energization Technique (PET)
3. Mind Sound Resonance Technique (MSRT)
4. Mind Imagery Technique (MIRT)
5. Mind Emotion Technique (MEMT)
6. Vijïana Sädhanä Kauçala (VISAK)
7. Änandämåta Siïcana (ANAMS)
Text Books:
1. Dr H R Nagendra, Pranic Energization Technique, Swami Vivekananda Yogab Prakashana, Bangalore, 2000
2. Dr H R Nagendra, Mind Sound Resonance Technique, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
3. Dr R Nagarathna and Dr H R Nagendra, Yoga and Cancer, Swami Vivekananda Yoga Prakashana, Bangalore, 2000

PSYCHOLOGY LAB

Semester: II
Sub Code: MS P 203
Credits: 2 Hours/Wk: 4
Total Hrs: 60 Exam Marks: 50
I A Marks: 50 Exam Duration: 3 Hrs

1. Introduction to Psychology.
   • Short History of Psychology.
   • Research Methods in Psychology.
   • Key data collection in Psychology.
   • Ethics in psychological research.
2. Measurements
   • Functions of measurements.
   • Classification of Tests
   • Characteristics of a good test.
   • Classification of tests.
   • General Steps of test constructions.
3. Synopsis structure
4. A Compendium of Tests
   • Introduction to NIMHANS Neuropsychology Battery
   • Attention
   • Perception
   • Memory
• Motor Performance
• Executive Functions
5. Observational Methods, Rating Scales and Inventories
• Psychological Well-being
• Psychological Distress
• Personality
• Emotional Well-being
• Spiritual Well-being

BOOKS FOR REFERENCE:

MAITRI MILAN – BHAGAVAD GITA II
Semester: II
Sub Code: MS F 201
Credits: 2 Hours/Wk: 7
Total Hrs: 120 Exam Marks: 50
I A Marks: 50 Exam Duration: 3 Hrs
• OM Meditation for 30 minutes.
• Refer Yoga Sādhana.

BHAKTI YOGA II/ADVANCE YOGA TECHNIQUE
Semester: II
Sub Code: MS F 202
Credits: 2 Hours/Wk: 6
Total Hrs: 120 Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs
• Daily attending Bhajan Sandya.
• Daily attending Cyclic Meditation/MSRT Practice.
Refer: Vyasa Pushpanjali & Yoga Sädhana.

YOGA FOR CHILDREN AND YOUTH II – (KRIDA YOGA)

Semester: II
Sub Code: MS F 203
Credits: 2  Hours/Wk: 6
Total Hrs: 120  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs
• Yoga Sädhana.
• Kréöyā Yoga, Vivekananda Yoga Prakashana, 2000

KARMA YOGA II

Semester: II
Sub Code: MS F 204
Credits: 2  Hours/Wk: 6
Total Hrs: 120  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs
• Yoga Sädhana.

YOGA THERAPY TRAINING 1

Semester: II
Sub Code: MS F 201
Credits: 4  Hours/Wk:
Total Hrs: 240  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs
Section A, B, C and D
(Refer Practical Training Summary for M.Sc in Arogyadhama)

III Semester
SCIENCE AND CONSCIOUSNESS

Semester: II
Sub Code: MS T 301
Credits: 4 Hours/Wk: 4
Total Hrs: 60 Exam Marks: 50
I A Marks: 50 Exam Duration: 3 Hrs

Chapter 1: Yoga and Spiritual lore

10 Hours
Jīna Yoga; School of Vedānta, the human system (gross body, subtle body, causal body), states of consciousness, evolution of consciousness and involution of matter, Upaniṣadic Mahāvākyas.

Chapter 2: History of modern science from Newton to Einstein.

20 Hours

Chapter 3: Relativity

10 Hours
Einstein’s discovery, the story of ether, speed of light, Galileo’s principle of relativity, Einstein’s special theory of relativity, verification of the special theory of relativity and general theory of relativity.

Chapter 4: Quantum Mechanics

20 Hours
Classical mechanics to Quantum mechanics; new knowledge base of quantum mechanics.
Role of the Observer and consciousness based approach
- Planck’s equation
- Quantum theory related to atomic model
- Particle wave equation
- Heisenberg’s principle of indeterminancy
M Sc Yoga Therapy

» Copenhagen interpretation
» Schroedinger’s cat
» The EPR paradox
» Unbroken whole
» Double-slit experiments and conscious particles
» Quantum field
» Nihilism and vacuum fluctuation

Text Books:
1. Lecture notes of Prof NVC Swamy.
2. Swami Chinmayananda, Mandukya Upanishad, Chinmaya Mission Trust.

ELECTIVE

Semester: III
Sub Code: MS T 302
Credits: 4 Hours/ Wk: 4
Total Hrs: 60 Exam Marks: 50
I A Marks: 50 Exam Duration: 3 Hrs
1) Major Upaniñads, 2) Vedic Chanting, 3) Neurophysiology,
The student can choose any Elective. (Minimum number of students should be 5 in each class)

ASANA, PRANAYAMA, KRIYAS AND MEDITATION
LEVEL III

Semester: III
Sub Code: MS P 301
Credits: 2 Hours/Wk: 6
Total Hrs: 60                           Exam Marks: 50
I A Marks: 50                           Exam Duration: 3 Hrs
Refer Yoga Sādhana

MAITRI MILAN - BHAGAVAD GITA III

Semester: III
Sub Code: MS F 101
Credits: 2                           Hours/Wk: 7
Total Hrs: 120                         Exam Marks: 50
I A Marks: 50                           Exam Duration: 3 Hrs
• OM Meditation for 30 minutes.
• Refer Yoga Sādhana.

BHAKTI YOGA III/ADVANCE YOGA TECHNIQUE

Semester: III
Sub Code: MS F 302
Credits: 2                           Hours/Wk: 6
Total Hrs: 120                         Exam Marks: 50
I A Marks: 50                           Exam Duration: 3 Hrs
• Daily attending Bhajan Sandya.
• Daily attending Cyclic Meditation/MSRT Practice.
Refer: Vyasa Pushpanjali & Yoga Sādhana.

YOGA FOR CHILDREN AND YOUTH III (KRIDA YOGA)

Semester: III
Sub Code: MS F 303
Credits: 2                           Hours/Wk: 6
Total Hrs: 120                         Exam Marks: 50
I A Marks: 50                           Exam Duration: 3 Hrs
Refer: Krida Yoga & Yoga Sādhana
KARMA YOGA III

Semester: III
Sub Code: MS F 104
Credits: 2
Total Hrs: 120
I A Marks: 50
Refer: Yoga Sādhana

YOGA THERAPY TRAINING II

Semester: III
Sub Code: MS F 305
Credits: 4
Total Hrs: 240
I A Marks: 50
Section E, F, G & H
(Refer Practical Training Summary for M.Sc in Arogyadhma)

IV Semester

TEACHING TECHNIQUE

Semester: IV
Sub Code: MS P 401
Credits: 2
Total Hrs: 240
I A Marks: 50
1. Taking Classes.
2. Preparation of lesson plan.
3. Power Point presentation.

MAITRI MILAN – BHAGAVAD GITA IV

Semester: IV
Sub Code: MS F 401
Credits: 2
BHAKTI YOGA IV/ADVANCE YOGA TECHNIQUE
Semester: IV
Sub Code:  MS F 402
Credits: 2 Hours/Wk: 6
Total Hrs: 120 Exam Marks: 50
I A Marks: 50 Exam Duration: 3 Hrs
- Daily attending Bhajan Sandya.
- Daily attending Cyclic Meditation/MSRT Practice.
Refer: Vyasa Pushpanjali & Yoga Sādhana.

YOGA FOR CHILDREN AND YOUTH IV (KRIDA YOGA)
Semester: IV
Sub Code:  MS F 403
Credits: 2 Hours/Wk: 6
Total Hrs: 120 Exam Marks: 50
I A Marks: 50 Exam Duration: 3 Hrs
Refer: Krida Yoga & Yoga Sādhana

KARMA YOGA IV
Semester: IV
Sub Code:  MS F 404
Credits: 2 Hours/Wk: 6
Total Hrs: 120 Exam Marks: 50
I A Marks: 50 Exam Duration: 3 Hrs
Refer: Yoga Sādhana
YOGA THERAPY TRAINING 3 &
AROGYADHAMA SPECIAL CARE

Sub Code: MS F 301
Credits: 4
Total Hrs: 240
I A Marks: 50

Hours/Wk:
Exam Marks: 50
Exam Duration: 3 Hrs

NATUROPATHY SECTION
(Refer Practical Training Summary for M.Sc in Arogyadhama)
Conducting one day workshop on Sundays for the visiting groups
at Prashanti Kutiram and also in City.
Taking care of VIP guests.

DISSERTATION

Sub Code: MS F 406
Credits: 12
Total Hrs:
I A Marks: 50

Hours/Wk:
Exam Marks: 50
Exam Duration: 3 Hrs

1. Writing paper and sending to International Journal.
3. Submission of scriptural part and experimental part of
dissertation.
4. Presentation of dissertation (PPT Presentation).