

# Master of Science in Yoga Therapy

## Course Curriculum

### TEACHING HOURS AND CREDITS

### SEMESTERWISE THEORY AND PRACTICAL SUBJECTS

<b>Semester-I</b>			
<b>Subjects</b>	<b>Subject code</b>	<b>Credits</b>	<b>Tot Hrs</b>
<b>Theory subjects</b>			
Yoga Philosophy(Institutional core-IC)	MSTIC-101	02	30
Research Methodology(Divisional Elective-DE)	MSTDC-102	02	30
Anatomy(Divisional core-DC)	MSTDC-103	04	60
Physiology(DC)	MSTDC-104	02	45
Yoga for prevention and promotion of health(DC)	MSTDC-105	02	30
<b>Practical subjects</b>			
Yoga practice for Emotion Culturing (DC)	MSPDC-101	02	60
Yoga Practice for Personality development(DC)	MSPDE-102	02	60
Yoga Practice for prevention and promotion of health(DC)	MSPDC-103	02	60
Advanced Yoga Techniques -1(DE)	MSPDE-104	02	60
Yoga Asana (DE)	MSPDE-105	02	60
	<b>Total</b>	<b>22</b>	<b>495</b>
<b>Semester-II</b>			
<b>Theory subjects</b>			
	<b>Subject code</b>	<b>Credits</b>	<b>Tot Hrs</b>
Sanskrit Bhasha Vijnanam(IC)	MSTIC- 201	03	45
Evidence based Yoga Therapy – 1 (DC)	MSTDC- 202	03	45
Evidence based Yoga Therapy – 2(DC)	MSTDC- 203	03	45
Patanjali Yoga Sutra(IE)	MSTIE - 204	03	45
<b>Practical subjects</b>			
Yoga Therapy Techniques - DC	MSPDC-201	02	60
Methods of Scientific Writing & Synopsis(DE)	MSPDE-202	02	60
Classical Yoga (DE)	MSPDE-203	02	60

Yoga way of life(IC)	MSPIC -204	02	60
Advanced Yoga Techniques -2 (DE)	MSPDC-205	02	60
	<b>Total</b>	<b>22</b>	<b>480</b>
<b>Semester-III</b>			
<b>Subjects</b>	<b>Subject code</b>	<b>Credits</b>	<b>Tot Hrs</b>
Yogic Counselling (DE)	MSTDE-301	02	30
Pranayama(DC)	MSPDC-301	02	60
Arogyadhama Field Training – 1	MSFDC-301	04	120
Arogyadhama Field Training – 2	MSFDC-302	04	120
Arogyadhama Field Training – 3	MSFDC-303	04	120
Arogyadhama Field Training – 4	MSFDC-304	04	120
Biostatistics (DE)	MSFDE-305	02	60
	<b>Total</b>	<b>22</b>	<b>630</b>
<b>Semester-IV</b>			
<b>Subjects</b>	<b>Subject code</b>	<b>Credits</b>	<b>Tot Hrs</b>
<b>Theory subjects</b>			
Integrative Medicine Model(IE)	MSTIE -401	03	45
Hatha Yoga Pradipika (DE)	MSTDE -402	04	60
Neutrition and Dietetics (DE)	MSTDE -403	03	45
DE	MSTDE -404	02	30
<b>Practical subjects</b>			
Dissertation (DC)	MSFDC -401	04	120
Classical Yoga (DE)	MSPDE-402	02	60
Japa and Meditation(DE)	MSPDE-403	02	60
Yoga Asana	MSPDE-404	02	60
	<b>Total</b>	<b>22</b>	<b>480</b>