

M.Sc In Yoga For Human Excellence

SEMESTER-1

Theory-1	Applied Yoga
Theory-2	Yoga Of Body And Mind
Theory-3	Elements of Human Biology
Practical-1	Sky Yogo Practice- I
Practical-2	Sky Yogo Practice- II
Discipline Specific Elective-I Theory	Yogic Diet (or) Naturopathy
Ability enhancement Compulsory Course (Theory)-1	Communication skills- I
Co-curricular - 1 (5 Days)	Village Placement Programme

SEMESTER-2

Theory-4	Yoga Of Sublimation And Socila Welfare
Theory-5	Methodology Of Teaching SKY Yoga
Theory-6	Basic Yoga Texts
Practical-3	Psychological Testing In Yoga
Practical-4	Traditional Yoga Practice-I
Discipline Specific Elective-II Theory	Thirumoolars's Thirumandiram (or) Mind
Generic Theory-I	Biomechanics (or)Psychology (or) Physics
Skill Enhancement Course -1	Computer Applications
Co-curricular - 2 (5 Days)	Methods Of Teaching Yoga and Value Education/Teaching Practice In Educational Institution.

SEMESTER-3

Theory-7	Yogic Science Of Energy And Consciousness
Theory-8	World Community Life
Theory-9	Indian Traditional System Of Medicine & Therapies
Practical-5	Traditional Yoga Practice - II
Practical-6	Modality Of Naturopathy
Discipline Specific Elective-III Theory	Hatha Yoga Texts (or) Yoga Education
Generic Theory-II	Biology (Or) Sociolohy (Or) Philosophy
Ability enhancement Compulsory Course- 2	Personality development
Co-curricular - 3 (10 Days)	Internship (Hospitals or Health Centers (or) Naturipathy Centers)

SEMESTER-4

Theory-10	Research Processes In Yoga For
Theory-11	World Community Life
Theory-12	Indian Traditional System Of Medicine & Therapies
Practical-7	Traditional Yoga Practice - II
Practical-8	Modality Of Naturopathy
Discipline Specific Elective-IV Theory	Hatha Yoga Texts (or) Yoga Education
Skill Enhancement Course -2	Biology (Or) Sociolohy (Or) Philosophy