

Programme No.1. M.A. IN YOGA

DURATION: Two years (4 Semesters of six months each)

ELIGIBILITY: Minimum qualification for the admission in the above mentioned course shall be-

- a. A minimum of 45% marks in Graduation from any recognized University.
- b. The admission in the course will be open to the candidates who fulfil the qualification given in the clause 2a and also satisfy the following conditions.
 1. The candidate who are sponsored for the admission to the above course by institutions and public and private bodies.
 2. Foreign students who are permitted by the University to be admitted to the above course.

PROCESS OF ADMISSION: For the admission in the course the candidate to be admitted to the above course, down in clause 2 shall apply on the prescribed application form obtainable from the office of registrar, within last date of submission of the form. Examination and other rule and regulation made by the University shall be applicable.

The admission and the other fees should be as follows:

Tuition Fee: Rs 10000.00 INR per semester

Examination Fee: As decided by University

Besides the above dues the other expenses like practical training, field study and tour shall be borne by the students.

NUMBER OF SEATS: 60

ANNEXURE:-01....

Semester-1st

Code No.	Name of Papers	Core/Elective	Credit	Marks		Total Marks
				Written	Internal Assessment	
YOGA 101	Foundations of yoga		04	70	30	100
YOGA 102	Basic Yoga Texts		04	70	30	100
YOGA 103	Yoga of Nath Sampradaya		04	70	30	100
YOGA 104	Modern Yogis		04	70	30	100
	Practical & Viva-Voce		04	60	40	100
			20			500

Semester-2nd

Code No.	Name of Papers	Core/Elective	Credit	Marks		Total Marks
				Written	Internal Assessment	
YOGA 105	Yoga and Health		04	70	30	100
YOGA 106	A yogic perspective on Anatomy and Physiology		04	70	30	100
YOGA 107	Aasana, Pranayama, Mudra & Bandh		04	70	30	100
YOGA 108	Dhyana yoga		04	70	30	100
	Practical & Viva-Voce		04	60	40	100
			20			500

Semester-3rd

Code No.	Name of Papers	Core/Elective	Credit	Marks		Total Marks
				Written	Internal Assessment	
YOGA 109	Patanjal Yoga Sutra		04	70	30	100
YOGA 110	Human Consciousness Or Yoga and Management	Elective	04	70	30	100
YOGA 111	Indian Philosophy and yoga		04	70	30	100
YOGA 112	Yoga and Value Education		04	70	30	100
	Practical & Viva-Voce		04	60	40	100
			20			500

Semester-4th

Code No.	Name of Papers	Core/Elective	Credit	Marks		Total Marks
				Written	Internal Assessment	
YOGA 113	The Bhagwadgita		04	70	30	100
YOGA 114	Spirituality and Science		04	70	30	100
YOGA 115	Yoga : A Method of Management of Diseases		04	70	30	100
YOGA 116	Research Methodology for Yoga		04	70	30	100
	Practical & Viva-Voce		04	60	40	100
			20			500