

**Learning Outcomes based Curriculum
Framework
(LOCF)**

for

**Postgraduate Programme
M.Sc. (Yoga)**

2021-2023



**Sri Sri University
Sri Sri Vihar, Ward No - 3, Godi Sahi,
Cuttack -754006
Odisha**

MASTER OF SCIENCE (YOGA)

M.Sc. (Yoga)

PREAMBLE

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and nature. It is an art and science for healthy living.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic and life style disorders. This course has the vision of producing Yoga Professional so that they could teach yoga therapy in a paramedical department of a hospital with the ability to select specific practical modules for different diseases.

I. Title of the Programme:

The programme shall be called "**Master of Science (Yoga)**" {M.Sc. (Yoga)}

II. Aim of the Programme:

The aim of the programme is to produce "**Yoga therapist as a Paramedical Professional**"

III. Objectives of the Programme:

- Invoking and inculcating inquisitive, scientific temper in student regarding the Traditional Indian Sciences specially in Yoga and Spirituality.
- A research attitude and orientation will also be inculcated into the student so that they further become able to undertake advance and applied research in Yoga and allied sciences.
- **Prevention:** To introduce Yoga therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.
- **Promotion of positive health:** To prepare the students to conduct promotional yogic activities for healthy life and living.
Treatment: To prepare professional yoga therapists of high caliber who can handle lifestyle diseases under the guidance of a specialist doctor.

IV. Duration:

The minimum duration of the programme will be 2 years (4 semesters) and the maximum duration will be four years.

V. Eligibility: For M.Sc. (Yoga)

- B.Sc. (Yoga) or Any Science Graduate with Minimum 50% marks from a recognized University or an Institute of National repute preferably with diploma/certificate/YCB Certificate

Scheme of Teaching and Examination Master of Science (Yoga):

S.N.	Course Code	Course Name	Periods per week			Evaluation Scheme			Course Total	
			L	T	P	Sessional		SEE		
Ist Year										
Semester – I										
1	MSY-SCT-101	Insights into Indian philosophy	3	1	0	4	30	10	60	100
2	MSY-SCT-102	Applications of Hatha Yoga and Patanjala Yoga	3	1	0	4	30	10	60	100
3	MSY-SCT-103	Human Anatomy and Physiology	3	1	0	4	30	10	60	100
4	MSY-SCT-104	Therapeutic Yoga	3	1	0	4	30	10	60	100
5	MSY-SCP-105	<i>Yoga Practices-I (Yoga therapy techniques)</i>	0	1	4	4	30	10	60	100
		<i>Happiness connect</i>	0		2	2	10	10	30	50
6	MSY-CP-106	Anatomy & Physiology Practicum	0	0	2	2	10	10	30	50
						32 Hrs.	24	TOTAL		600
Semester – II										
1	MSY-SCT-201	Applications of Yoga Vasistha and Bhagavad Gita	4	1	0	4	30	10	60	100
2	MSY-SCT-202	Physiological Effects of Yoga Practices	4	1	0	4	30	10	60	100
3	MSY-SCT-203	Biomechanics and Kinesiology	4	1	0	4	30	10	60	100
4	MSY-SCT-204	Yoga, Dietetics and Nutrition	4	1	0	4	30	10	60	100
5	MSY-SCP-205	<i>Practical: Contemporary Yoga Techniques for self-management</i>	0	0	4	4	30	10	60	100
		<i>Happiness connect</i>	0	0	2	2	10	10	30	50
6	MSY-SCP-206	<i>Practical Biomechanics and Kinesiology</i>	0	0	2	2	10	10	30	50
						32 Hrs.	24	TOTAL		600

II YEAR

SEMESTER – III

1	MSY-SCT-301	Disease specific Pathology-I	4	1	0	4	30	10	60	100
2	MSY-SCT-302	Evidence based yoga therapy-I	4	1	0	4	30	10	60	100
3	<i>DSTE - I</i>	Elective-I----- Choose any one	4	1	0	4	30	10	60	100
4	MSY-SCT-304	Research Methodology and statistics	4	0	0	4	30	10	60	100
5	MSY-SCT-305	Applied psychology and Yogic Counselling	4	0	0	4	30	10	60	100
6	MSY-SP-306	<i>Disease specific pathology practical-I</i>	0	0	2	2	10	10	30	50
7	MSY-SP-307	<i>Evidence based yoga therapy practical-I</i>	0	0	2	2	10	10	30	50
8	MSY-SP-308	Practical: Applied psychology and Counselling	0	0	2	2	10	10	30	50
9	AECC -I	Acupressure Reflexology	1	0	1	2	10	10	30	50
36 Hrs.						28	TOTAL			700

SEMESTER-IV

1	MSY-SCT-401	Disease specific pathology-II	4	1	0	4	30	10	60	100
2	MSY-SCT-402	Evidence based yoga therapy-II	4	1	0	4	30	10	60	100
3	<i>DSTE -II</i>	Elective-II -----Choose any one	4	1	0	4	30	10	60	100
4	MSY-SCT-405	Yoga and Strategic Management	2	-	2	2	10	10	30	50
5	MSY-SCP-406	<i>Disease specific pathology practical-II</i>	2	-	0	2	10	10	30	50
6	MSY-SCP-407	<i>Evidence based yoga therapy practical-II</i>	2	-	4	4	30	10	60	100
7	MSY-DW-408	Dissertation	4	0	0	4	0	0	100	100
8	MSY-FT-409	Field Training	2	0	0	2	0	0	50	50
9	AECC -II	Acupressure Meridianology	1	0	1	2	10	10	30	50
36 Hrs.						28	TOTAL			700
Total number of Credits						104	Total Marks			2600

MSY- Master of Science in Yoga, SCT – Specialized Courses Theory, SCP - Specialized Courses Practical's, DSTE – Discipline specific theory elective, PW-Project work, FW-Field Work, DW - Dissertation Work, L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests, TA - TeachersAssessment, SEE – Semester End Examination.

Discipline specific theory electives

DSTE - I

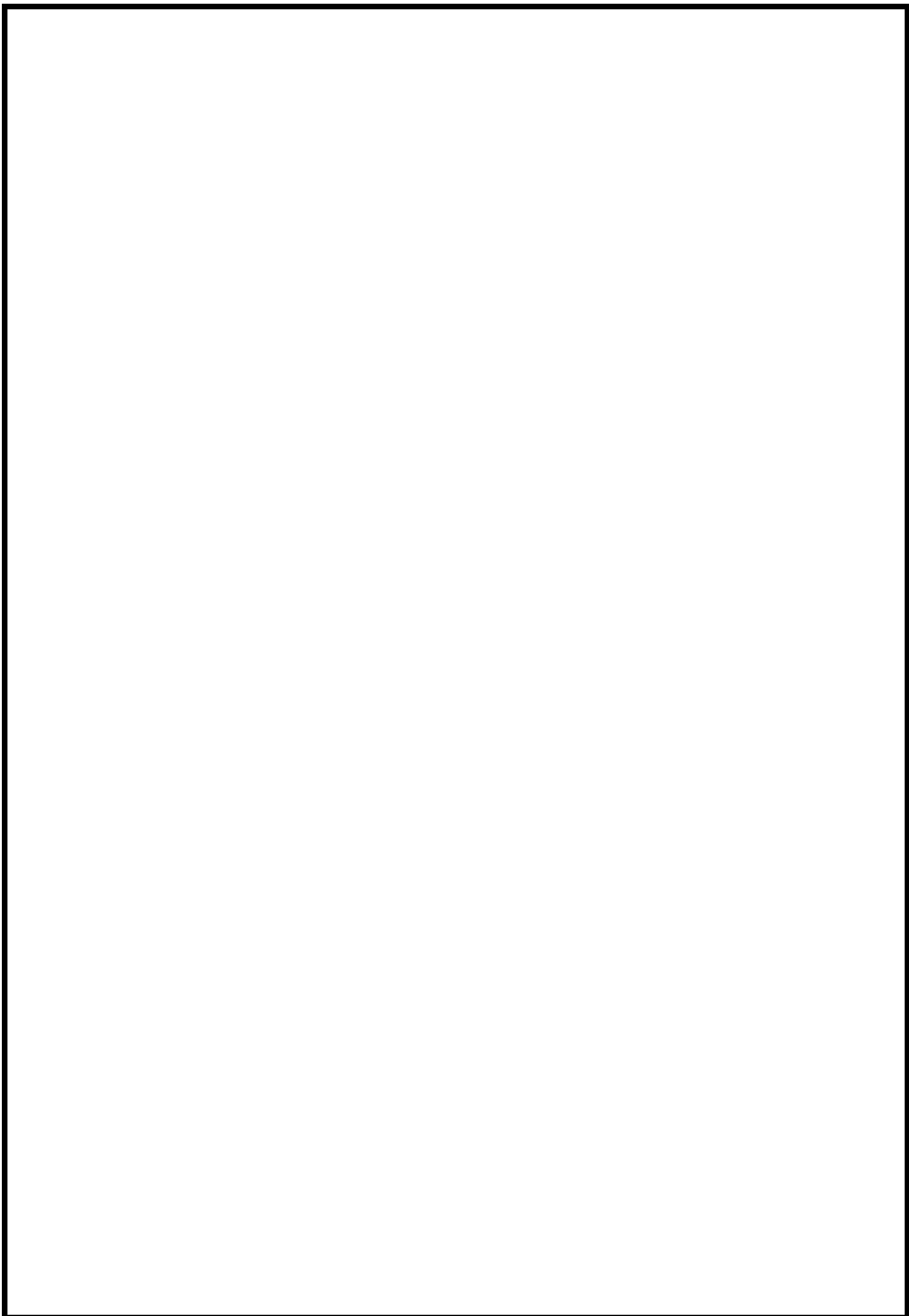
1. Applied yoga therapy
2. Introduction to integrative medicine
3. Yoga and Human Consciousness

DSTE - II

1. Yoga Upanishads
2. Yoga and Personality Development
3. Teaching Methodology of Yoga Practice

AECC-Ability Enhancement Compulsory Course

1. AECC – I - Acupressure Reflexology
2. AECC – II - Acupressure Meridianology



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Sri Sri Vihar, Ward No - 3, Godi Sahi,
Cuttack -754006
Odisha**

MASTER OF ARTS (YOGA)

MA (Yoga)

PREAMBLE

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and nature. It is an art and science for healthy living.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic and life style related ailments. This course has the vision of producing yoga professional so that they could teach yoga therapy in a paramedical department of a hospital with the ability to select specific safe practice modules for different diseases.

I. Title of the Programme:

The programme shall be called
"Master of Arts (Yoga)" {MA (Yoga)}

II. Aim of the Programme:

The aim of the programme is to produce "Yoga professional like, Yoga Teacher, Yoga wellness trainer, Yoga Researchers "

III. Objectives of the Programme:

- The course will provide deeper insight into classical yoga education, its principles and practices.
- To orient the students to promote positive awareness for healthy life and living
- It is intended to produce yoga experts having in-depth knowledge of classical yogic texts.
- Invoking and inculcating inquisitive, scientific temper in student regarding the Traditional Indian Sciences specially in Yoga and Spirituality.
- A research attitude and orientation will also be inculcated into the student so that they further become able to undertake advance and theoretical and applied research in Yoga and allied subjects.
- To establish holistic health, social harmony and world peace by training them to be great citizens who can offer yogic way of life as examples of right living.
- Instilling and inculcating the general interest and inquisitive knowledge about Yoga for Health, personality development and spiritual evolution.

Duration:

The minimum duration of the programme will be 2 years (4 semesters) and the maximum duration will be four years.

IV. Eligibility: For M.A.(Yoga)

- B.A.(Yoga) or any Graduate with Minimum 50% marks from a recognized university or an Institute of National repute preferably with Diploma/ Certificate/ YCB Certificate.

Scheme of Teaching and Examination Master of Arts (Yoga):

S.N.	Course Code	Course Name	Periods per week			Evaluation Scheme			Course Total	
			L	T	P	Sessional		SEE		
			Credit	CT	TA					
Ist Year										
Semester – I										
1	MAY-CTP101	Insights into Indian philosophy	3	1	0	4	30	10	60	100
2	MAY-CTP102	Applications of Hatha Yoga and Patanjala Yoga	3	1	0	4	30	10	60	100
3	MAY-CTP103	Human Anatomy and Physiology	3	1	0	4	30	10	60	100
4	MAY-CTP104	Therapeutic Yoga	3	1	0	4	30	10	60	100
5	MAY-CTP105	<i>Yoga Practices-I (Yoga therapy techniques)</i> <i>Happiness connect</i>	0 0	1	4 2	4 2	30 10	10 10	60 30	100 50
6	MAY-CTP106	Anatomy & Physiology Practicum	0	0	2	2	10	10	30	50
						32 Hrs.	24	TOTAL		600
Semester – II										
1	MAY-CTP201	Applications of Yoga Vasistha and Bhagavad Gita	4	1	0	4	30	10	60	100
2	MAY-CTP202	Physiological Effects of Yoga Practices	4	1	0	4	30	10	60	100
3	MAY-CTP203	Biomechanics and Kinesiology	4	1	0	4	30	10	60	100
4	MAY-CTP204	Yoga, Dietetics and Nutrition	4	1	0	4	30	10	60	100
5	MAY-CTP205	<i>Practical: Contemporary Yoga Techniques for self-management</i> <i>Happiness connect</i>	0 0	0	4 2	4 2	30 10	10 10	60 30	100 50
6	MAY-CTP206	<i>Practica-I Biomechanics and Kinesiology</i>	0	0	2	2	10	10	30	50
						32 Hrs.	24	TOTAL		600

IIInd Year										
Semester – III										
1	MAY -CTP301	Yogic concepts in Principal Upanishads	3	1	0	4	30	10	60	100
2	MAY -CTP302	Yoga and Cultural Synthesis	3	1	0	4	30	10	60	100
3	<i>DSTE - I</i>	Elective-I - ----- Choose any one	3	1	0	4	30	10	60	100
4	MAY -CTP305	Research Methodology and Philosophical Literary Research	3	1	0	4	30	10	60	100
5	MAY -CTP306	Applied psychology and Yogic Counselling	3	1	0	4	30	10	60	100
6	MAY -SP307	<i>Practical: Applied psychology and Counselling</i>	0	0	2	2	10	10	30	50
7	MAY -SP308	Yoga Practicum-III	0	0	6	6	50	10	90	150
						36 Hrs.	28	TOTAL		700
Semester-IV										
1	MAY -CTP401	Yoga Shastras- I- Brahmasutra & Viveka Chudamani	3	1	0	4	30	10	60	100
2	MAY -CTP402	Yoga Shastras II - Sankhya Karika	3	1	0	4	30	10	60	100
3	<i>DSTE - II</i>	Elective-II ----- Choose any one	3	1	0	4	30	10	60	100
4	MAY - CTP405	Yoga and Strategic Management	3	1	0	4	30	10	60	100
5	MAY -SP406	Yoga Practicum - IV	0	0	6	6	50	10	90	150
6	MAY -FW407	Field Work	0	0	2	2	00	00	50	50
7	MAY -DW408	Dissertation Work	0	0	4	4	00	00	100	100
						36 Hrs.	28	TOTAL		700
Total number of Credits							104	Total Marks		2600

MAY – Master of Arts in Yoga, CTP- Compulsory Theory Paper, SP- Subject Practicum, FW- Field Work, DW-Dissertation Work, DSTE – Discipline specific theory elective, L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests, TA - TeachersAssessment, SEE - Semester Examination.

Discipline specific theory electives

DSTE - I

1. Applied yoga therapy
2. Introduction to integrative medicine
3. Yoga and Human Consciousness

DSTE - II

4. Yoga Upanishads
5. Yoga and Personality Development
6. Teaching Methodology of Yoga Practice