

MASTER OF SCIENCE (YOGA)
Scheme of Teaching and Examination

S.N.	Course Code	Course Name	Periods per week			Evaluation Scheme			Course Total	
			L	T	P	Credit	CT	TA		SEE
I Year										
Semester - I										
1	MS-CT101	Foundations of Indian Philosophy	3	1	0	4	20	10	70	100
2	MS-CT102	Applications of Hatha Yoga in Health and Healing	3	1	0	4	20	10	70	100
3	MS-CT103	Human Anatomy and Physiology	3	1	0	4	20	10	70	100
4	MS-CT104	Therapeutic Yoga-I	3	1	0	4	20	10	70	100
5	MS-CP105	Yoga Practicum-I	0	0	12	6	20	10	70	100
6	MS-CP106	Anatomy & Physiology Practicum	0	0	4	2	20	10	70	100
30+ Hrs						24	TOTAL			600
Semester - II										
1	MS-CT201	Synthesis of Gita and Yoga Vasistha	3	1	0	4	20	10	70	100
2	MS-CT202	Applications of Patanjala Yoga in Health promotion	3	1	0	4	20	10	70	100
3	MS-CT203	Biomechanics and Kinesiology	4	1	0	5	20	10	70	100
4	MS-CT204	Therapeutic Yoga-II	3	1	0	4	20	10	70	100
5	MS-CP205	Yoga Practicum-II	0	0	12	6	20	10	70	100
6	MS-CP206	Biomechanics and Kinesiology Practicum	0	0	4	2	20	10	70	100
30+ Hrs						25	TOTAL			600

CT- Core Theory, CP- Core Practical, PW-Project work, FW-Field Work, SEE - Semester End Examination, L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests, TA - Teachers Assessment.

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S.N.	Course	Course Name	Periods per	Evaluation Scheme	Course
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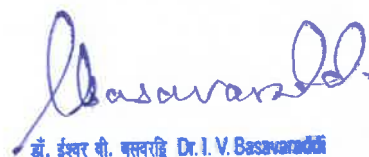
Basavaraddi
Page 1 of 8

डॉ. ईश्वर वी. बसवराद्धि Dr. I. V. Basavaraddi
निदेशक Director

मोरारजी देसाई राष्ट्रीय योग संस्थान Morarji Desai National Institute of Yoga
आयुष मंत्रालय, भारत सरकार Ministry of AYUSH, Govt. of India
६८, अशोक रोड, नई दिल्ली-११०००१ 68, Ashok Road, New Delhi - 110001

	Code		week			Sessional			SEE	Total
			L	T	P	Credit	CT	TA		
II Year										
Semester - III										
1	MS-CT301	Yogic concepts in Principal Upanishads and Yogopanishads	3	1	0	4	20	10	70	100
2	MS-CT302	Applied Bio-chemistry	3	1	0	4	20	10	70	100
3	MS-CT303	Therapeutic Yoga-III	3	1	0	4	20	10	70	100
4	MS-CT304	Research Methodology in Yoga	4	1	0	5	20	10	70	100
5	MS-CP305	Yoga Practicum-III	0	0	10	5	20	10	70	100
6	MS-CP306	Applied Biochemistry Practicum	-	-	4	2	20	10	70	100
7	MS-PW307	Project work	-	-	-	8	-	30	70	100
30+ Hrs						32	TOTAL			700
Semester - IV										
1	MS-CT401	Yoga and Human Consciousness	3	1	0	4	20	10	70	100
2	MS-CT402	Techniques of Psychological Counseling	3	1	0	4	20	10	70	100
3	MS-CT403	Physiological Effects of Yoga Practices	3	1	0	4	20	10	70	100
4	MS-CT404	Applied Yoga	3	1	0	4	20	10	70	100
5	MS-CP405	Practicum in Applied Psychology	-	-	4	2	20	10	70	100
6	MS-FW406	Field Work	-	-	-	4	-	30	70	100
7	MS-PW407	Dissertation	-	-	-	8	-	30	70	100
30+ Hrs						30	TOTAL			700
Total number of Credits						111	Total marks			2600

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**POSTGRADUATE DIPLOMA IN YOGA THERAPY
FOR MEDICOS AND PARA MEDICOS (PGDYTMP)
(One – Year Duration)**

Scheme of Teaching and Examination

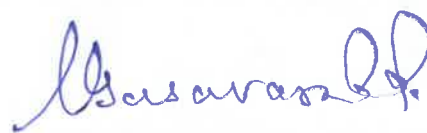
S. N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme			Subject Total	
			L	T	P	Seasonal		SEE		
						Credit	CT			TA
Semester - I										
1	PGDYT-CT101	Foundations of Yoga	3	1	0	4	20	10	70	100
2	PGDYT-CT102	Hatha Yoga and its Practices	3	1	0	4	20	10	70	100
3	PGDYT-CT103	Biomechanics and Kinesiology	3	1	0	4	20	10	70	100
4	PGDYT-CT104	Impacts of Yogic practices on Human body	3	1	0	4	20	10	70	100
5	PGDYT-CT105	Fundamental Principle of Yoga therapy	3	1	0	4	20	10	70	100
6	PGDYT-PC106	Yoga Practicum-I	0	0	8	4	20	10	70	100
7	PGDYT-FW 107	Field work	0	0	-	4	-	30	70	100
			30 + hrs			28	TOTAL			700
Semester - II										
1	PGDYT-CT201	Essence of Principal Upanishads, Gita and Yoga Vasistha	3	1	0	4	20	10	70	100
2	PGDYT-CT202	Patanjala Yoga and its application	3	1	0	4	20	10	70	100
3	PGDYT-CT203	Techniques of Psychological counselling	3	1	0	4	20	10	70	100
4	PGDYT-CT204	Disease specific Yoga Therapy	3	1	0	4	20	10	70	100
5	PGDYT-CT205	Review of scientific research on Yoga	3	1	0	4	20	10	70	100
6	PGDYT-PC 206	Yoga Practicum-II	0	0	8	4	20	10	70	100
7	PGDYT-PR 207	Dissertation	0	0	-	4	-	30	70	100
			30 + hrs			28	TOTAL			700

CT- Theory Core, CP- Practice Core, L - Lecture, T-Tutorial*, P-Practical (practice/ field), CT-Cumulat4e Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record

BACHELOR OF SCIENCE (YOGA)
Scheme of Teaching and Examination

S.N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Sessional			SE	
			L	T	P	Credit	CT	TA		
BS- I Year										
Semester - I										
1	BS-CT101	Foundations of Yoga	3	1	-	4	20	10	70	100
2	BS-CT102	Foundations and Practices of Hath Yoga	3	1	-	4	20	10	70	100
3	BS-CT103	Human Anatomy and Physiology-I	3	1	-	4	20	10	70	100
4	BS-CT104	Fundamentals of Biochemistry	3	1	-	4	20	10	70	100
5	BS-CT105	Basics of Sanskrit language-I	3	1	-	4	20	10	70	100
6	BS-CP106	Yoga Practicum-I	-	-	6	3	20	10	70	100
7	BS-CP107	Human Anatomy and Physiology Practicum-I	-	-	4	2	20	10	70	100
8	BS-CP108	Biochemistry Practicum-I	-	-	4	2	20	10	70	100
30+ Hours						27	TOTAL			800
Semester - II										
1	BS-CT201	Yoga in Principal Upanishads and Yogopanishads	3	1	-	4	20	10	70	100
2	BS-CT202	Hath Yoga Texts-I	3	1	-	4	20	10	70	100
3	BS-CT203	Human Anatomy & Physiology-II	3	1	-	4	20	10	70	100
4	BS-CT204	Applied Biochemistry	3	1	-	4	20	10	70	100
5	BS-CT205	Basics of Sanskrit language-II	3	1	-	4	20	10	70	100
6	BS-CP206	Yoga Practicum-II	-	-	6	3	20	10	70	100
7	BS-CP207	Human Anatomy and Physiology Practicum-II	-	-	4	2	20	10	70	100
8	BS-CP208	Biochemistry Practicum-II	-	-	4	2	20	10	70	100
30+ Hours						27	TOTAL			800

CT- Core Theory, CP- Core Practical, FW - Field Work, PW- Project Work L - Lecture, T-Tutorial, P- Practical (practice/ field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester End Examination, PR- Practical Record.



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BACHELOR OF SCIENCE (YOGA)
Scheme of Teaching and Examination

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			L	T	P	Sessional			SEE	
						Credit	CT	TA		

BS- II Year

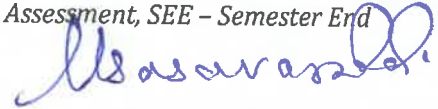
Semester - III

1	BS-CT301	Patanjala Yoga Darshana-I	3	1	-	4	20	10	70	100
2	BS-CT302	Hath Yoga Texts-II	3	1	-	4	20	10	70	100
3	BS-CT303	Impact of Yogic Practices on Human Body	3	1	-	4	20	10	70	100
4	BS-CT304	Fundamentals of Psychology	3	1	-	4	20	10	70	100
5	BS-CT305(H) OR BS-CT305(E)	Functional Hindi-I OR Functional English-I	3	1	-	4	20	10	70	100
6	BS-CP306	Yoga Practicum-III	-	-	6	3	20	10	70	100
7	BS-CP307	Practicum- Practice of Teaching Yoga-I	-	-	4	2	20	10	70	100
8	BS-CP308	Psychology practicum	-	-	4	2	20	10	70	100
30+ Hrs.						27	TOTAL			800

Semester - IV

1	BS-CT401	Patanjala Yoga Darshana-II	3	1	-	4	20	10	70	100
2	BS-CT402	Hath Yoga Texts-III	3	1	-	4	20	10	70	100
3	BS-CT403	Yoga and Health	3	1	-	4	20	10	70	100
4	BS-CT404	Introduction to Common Ailments	3	1	-	4	20	10	70	100
5	BS-CT405(H) OR BS-CT405(E)	Functional Hindi-II / OR Functional English-II	3	1	-	4	20	10	70	100
6	BS-CP406	Yoga Practicum IV	-	-	6	3	20	10	70	100
7	BS-CP407	Practicum- Practice of Teaching Yoga-II	-	-	4	2	20	10	70	100
8	BS-FW408	Field Work	-	-	-	4	20	10	70	100
30+ Hrs.						29	TOTAL			800

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S.N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme			Subject Total
			L	T	P	Sessional	SEE		
			L	T	P	Credit	CT	TA	

BS- III Year

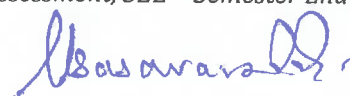
Semester - V

1	BS-CT501	Four Streams of Yoga	3	1	-	4	20	10	70	100
2	BS-CT502	Yogic Management of common Disorders	3	1	-	4	20	10	70	100
3	BS-CT503	Research Methodology	3	1	-	4	20	10	70	100
4	BS-CT504	Fundamentals of Ayurveda	3	1	-	4	20	10	70	100
5	BS-CT505	Computer Applications	3	1	-	4	20	10	70	100
6	BS-CP506	Yoga Practicum-V	-	-	6	3	20	10	70	100
7	BS-CP507	Yoga Therapy Practicum-I	-	-	4	2	20	10	70	100
8	BS-CP508	Computer practical	-	-	4	2	20	10	70	100
30+ Hrs.						27	TOTAL			800

Semester - VI

1	BS-CT601	Yoga and Human Consciousness	3	1	-	4	20	10	70	100
2	BS-CT602	Yogic Management of Non communicable Diseases	3	1	-	4	20	10	70	100
3	BS-CT603	Yoga Protocols for Spacial Targeted Groups	3	1	-	4	20	10	70	100
4	BS-CT604	Fundamentals of Counseling	3	1	-	4	20	10	70	100
5	BS-CT605	Fundamentals of Naturopathy	3	1	-	4	20	10	70	100
6	BS-CP606	Yoga Practicum-VI	-	-	6	3	20	10	70	100
7	BS-CP607	Yoga Therapy Practicum-II	-	-	4	2	20	10	70	100
8	BS-PW608	Project Work	-	-	-	4	20	10	70	100
30+ Hrs.						29				800
TOTAL CREDIT						166				4800

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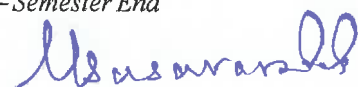
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DIPLOMA IN YOGA SCIENCE (D.Y.Sc)

For Graduates (One-Year Duration)
Scheme of Teaching and Examination
Semester –I

Sl. No.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
			L	T	P	Sessional			SEE	
						Credit	CT	TA		
Section-I Theory										
1	DYS-CT101	Foundations of Yoga	3	1	0	4	20	10	70	100
2	DYS-CT102	Foundations and Practices of Hatha Yoga	3	1	0	4	20	10	70	100
3	DYS-CT103	Human Anatomy & Physiology	3	1	0	4	20	10	70	100
4	DYS-CT104	Fundamentals of Ayurveda	2	1	0	3	10	05	35	50
5	DYS-CT105	Fundamentals of Naturopathy	2	1	0	3	10	05	35	50
Section-II Practical										
6	DYS-CP106	Practical-I Yoga Practicum-I	0	0	8	4	20	10	70	100
7	DYS-CP107	Practical-II Yoga Practicum-II	0	0	4	2	10	05	35	50
8	DYS-CP108	Practical-III Self Appraisals, Assignments OR Study Tour	0	0	4	2	10	05	35	50
30+ Hrs						26*	TOTAL			600

* Non Credit Compulsory Course: Basics of Sanskrit (Duration 15 hours (1hr. in a week) CT- Core Theory, CP- Core Practice, L - Lecture, T-Tutorial, P-Practical (practice/ field), CT-Cumulative Tests, TA - Teachers Assessment, SEE – Semester End Examination.




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DIPLOMA IN YOGA SCIENCE (D.Y.Sc)

For Graduates (One-Year Duration)
Scheme of Teaching and Examination
Semester –II

Sl. No.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
			L	T	P	Sessional			SEE	
						Credit	CT	TA		
Section-I Theory										
1	DYS-CT201	Essence of Principal Upanishads, Bhagavad Gita and Yogavashishtha	3	1	0	4	20	10	70	100
2	DYS-CT202	Patanjala Yoga Darshana	3	1	0	4	20	10	70	100
3	DYS-CT203	Yoga and Health	3	1	0	4	20	10	70	100
4	DYS-CT204	Dietetics & Nutrition	2	1	0	3	10	05	35	50
5	DYS-CP205	Methods of Teaching and Evaluation in Yoga	2	1	0	3	10	05	35	50
Section-II Practical										
6	DYS-CP206	Practical-IV Yoga Practicum-III	0	0	8	4	20	10	70	100
7	DYS-CP207	Practical-V Teaching Practice	0	0	4	2	10	05	35	50
8	DYS-FW208	Practical-VI Field Work	0	0	-	2	10	05	35	50
30+ Hrs						26	TOTAL			600

CT- Core Theory, CP- Core Practice, L- Lecture, T- Tutorial, P- Practical (practice/field),
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