

M.A. in Yoga

Title of the Course	Course Code	Course Outcomes
Fundamentals of Yoga	PVYG101	This course will introduce students to Yoga tradition from the textual and philosophical perspective.
		Familiar with the basic concepts of Yoga.
		Appreciate the philosophy of Yoga as an integral approach to life and well-being. Understand the difference between the paths and schools of Yoga.
		Understand the benefit of Yogic practice in physical and mental healing of the body.
		Understand how Yoga practice facilitates social harmony and spiritual excellence.
		Implementation of these yogic concepts in the class will be taught to the students.
Patanjal Yoga Sutra	PVYG102	This course will introduce students to prominent yoga text with its textual and philosophical perspective.
		Familiar with the basic concepts of Patanjali Yoga Darshan.
		Students will learn about self-enquiry, maintaining ethical principles etc.
		Understand the 8 steps path given by Maharshi Patanjali.
		Pronunciation of all the sutras will be the aim for this course. Students will be able to give lectures in different institutions explaining the concepts taught.
Applied Sanskrit	PVYG103	This course will introduce students to basic concepts of Sanskrit.
		Introduce students to the terminologies of Sanskrit which are helpful in yoga.
		Students will learn to make sentences and counting in Sanskrit language.
		Students will also learn the concept of shabdh roop and dhatu roop.
		Better pronunciation of Sanskrit words and presentation will be achieved.
Practical	PVYG104	At the end of successful completion of the course the student will be
		Able to know the basics of asanas, pranayama, and other yogic kriyas.
		Able to understand the concepts of education and Cognitive Behavior with Learning.
		Able to know the fundamentals of Yoga Education with Teaching Methodology.
		This course will develop body strength and flexibility for different postures and performing shat kriyas.
Shrimad Bhagavad gita	PVYG201	This course will introduce students to basics of shreemad bhagwadgita
		They will get deep insight about the concept of nishkam karm yoga.
		Concept of shamkhya yoga, bhakti and dhyana yoga will also be discussed.
		Understanding of personality, leadership, duties, and dharma will also be given to the students.

Principals of Hath Yoga	PVYG202	Basic knowledge of hath yogic text will be given to the students.
		Hath yoga text Hath Yoga Pradipika will be taught to the students in detail
		Hath yoga text Gherand Samhita will be taught to the students in detail.
		Deep knowledge of the discipline as mentioned in the given text will imparted the students.
		Scientific and spiritual aspects of the Hath yoga practices along with their practical implementation will be taught the students.
Human Anatomy and Physiology	PVYG203	This paper will be giving a basic insight about the human body their structures.
		This course will touch the concept of different organs and systems in the body.
		This course will provide knowledge about the various functioning of the body.
		This course will deeply touch different systems in the human body and the diseases generating form it.
		Students will be able to connect the functioning of organs and diseases and work as a yoga instructor.
Practical	PVYG204	At the end of successful completion of the course the student will be
		Able to know the intermediate asanas, pranayama, and other yogic kriyas.
		Able to understand the concepts of education and Cognitive Behavior with Learning and effect of yoga practices on it.
		Able to know the fundamentals of Yoga Education with Teaching Methodology.
		They will also get better in the basic concept taught in the first semester and will be able to implement it in this semester.
		Detail knowledge and practice of yoga practices and teaching skills will be taught.
Elements of Yoga in Upanishads	PVYG301	This course will introduce students to principal Upanishads.
		Concept of spiritual aspect of yoga will be deeply taught in this subject.
		This course will incline students towards the sadhna marg and towards containment.
		This course tends to teach the concept of brahma, soham, aum tatv etc in a potentially easy way.
		In-depth knowledge of implementing and enhancing the life of the yoga practitioners.
Diet Nutrition and Diet Therapy	PVYG302	This paper will teach the basics of research and enhance the ability of the students to find out new conclusions in various subjects of yoga.
		Students will learn about various tools and techniques of research and how it is done.
		This course will also inspire students for synopsis preparation and dissertation.
		This subject will make students ready for the future research projects and PhD.
Applied Yoga and Teaching Methods	PVYG303	This course will open the psychology of the students and enable them to think like

		teachers.
		This course aims to remove the hesitation of the students and make them think like a yoga teacher.
		This course tends to discuss the different ways of teaching and how to modify it when required.
		This course will help the future teachers to learn the importance of body language, expressions and how to constantly improve it.
		In-depth knowledge of implementing and enhancing the life of the yoga practitioners.
Practical	PVYG304	At the end of successful completion of the course the student will be
		Able to know the intermediate yoga asanas, pranayama, and other yogic kriyas.
		Able to understand the concepts of yoga practices implementation and Cognitive Behavior with Learning.
		Able to improve the practices performed in first and second semester and how to teach them.
Yoga Upanishad	PVYG401	It will give the basic knowledge of the yogic elements mentioned in the Upanishads other than the principle Upanishads.
		Details of the yoga practices will also be discussed in this paper.
		This paper will also put light on the chakras mentioned in the yoga upnishads.
		It will facilitate students towards the different techniques of meditation.
Psychology and Yoga Therapy	PVYG402	This course will introduce students to application of yoga practices.
		This course will teach the group of yoga practices applicable for a particular disease.
		It will focus on the different variations involved in a particular yoga practice required.
		This course will deeply teach the details of different diseases their reason and how it can be cured by group of different yoga practices.
		Students will be able to connect functioning of organs will the yoga modules taught and able to treat diseases accordingly.
Indian Philosophy and Human Conciounness	PVYG403	Basic concepts of modern diet and nutrition will be discussed in this course.
		Knowledge of different food groups and its effect on the human body will be discussed in detail.
		This course will also touch the minute details of therapeutic diet and how it should be prepared.
		This course will teach the different between food, diet and nutrition and why they are essential for them.

		Concepts of different types of diet and nutrition will be taught along with preparation of diet chart.
Practical	PVYG404	At the end of successful completion of the course the student will be
		Able to know the basics of asanas, pranayama, and other yogic kriyas.
		Able to understand the concepts of education and Cognitive Behavior with Learning.
		Able to know the fundamentals of Yoga Education with Teaching Methodology.
		Usage of different props will be taught to the students so that they can improve their quality of the classes and improve the efficiency of their students.