



**Department of Sports Science and Yoga**  
 Ramakrishna Mission Vivekananda Educational and Research Institute  
 (Declared by Govt of India as Deemed University u/s 3 of UGC Act, 1956)  
 Belur Math, Howrah 711202, West Bengal

**Two years full time M.Sc Yoga / M.A. Yoga**  
**2019-2021 session**

**Highlights of the Program:**

- The two-year full time Masters in Yoga program is a unique blend of study of Yogic texts and modern scientific disciplines related to Yoga. Equal importance is given to ancient texts and modern science, both theory and practical.
- Students from Science background can complement their knowledge of science with the knowledge of Sanskrit and Yogic texts, while students of Humanities background will gain knowledge of scientific subjects that are closely related to Yoga
- Students having undergraduate degree in Science, Engineering and Medical will get **M.Sc (Yoga)** degree. Students having undergraduate degree in other disciplines such as Arts, Humanities, Commerce etc. will get **M.A (Yoga)** degree.

**Syllabus**

| Course/subject                                 | <b><u>Semester I</u></b>  | <b><u>Semester II</u></b>   |
|--|---|---|
| Core course (Yogic texts)                      | Indian Philosophical Systems <ul style="list-style-type: none"> <li>• Astika Shad-darshana— Sankhya, Yoga; Nyaya, Vaishesika; Purva-mimansa, Uttara-mimasa (Vedanta)</li> </ul> | The Four Yogas <ul style="list-style-type: none"> <li>• Jnana, Bhakti, Karma and Raja Yogas and their synthesis based on Bhagavad-Gita and Swami Vivekananda's teachings</li> </ul> |
|  | Physiology of Yogic Practices <ul style="list-style-type: none"> <li>• Aasana, pranayama, kriyas, mudra and bandhas (Theory +Practical)</li> </ul>                              | Science of Human Consciousness <ul style="list-style-type: none"> <li>• Based on the Mandukya and Brihadaranyaka Upanishads (especially Avastha-traya)</li> </ul>                   |
| Core course (Science subjects related to Yoga) | Fundamentals of Neuroscience  | Dietetics and Nutrition   |
|  | Biomechanics and Kinesiology (Theory +Practical)  | Yogic Management in Mental Health and Life Style Related Disorders  |
| Core course (Yoga practical)                   | Yoga practicum I: Asanas, Mudra & Bandha  | Yoga practicum II: Pranayama, Shat Kriya  |
| Value added course + Skill development course  | Universal Peace Chants (from the Vedas and Upanishads)--I   | Universal Peace Chants (from the Vedas and Upanishads)--II  |
|  | Sanskrit Language I*  | Sanskrit Language II *  |
|  | Computer Applications**   | Patanjala Yoga Sutra **   |

\* Students have to take **two basic Sanskrit courses** in the 1<sup>st</sup> and 2<sup>nd</sup> semesters along with the PGDY regular batch, unless they have undergone PGDY from our University or have a record of proficiency in basic Sanskrit. Any other student willing to take this course may also opt for it.

\*\* This course will be compulsory for students who have not undergone PGDY from our University or do not have sufficient background on the subject (Yoga Sutras & Computer proficiency )



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**Syllabus**

| Course/subject                                    | Semester III  | Semester IV  |   |
|---|---|--|---|
|   |   | For <u>M.A</u>   | For <u>M.Sc</u>   |
| Core course<br>(Yogic texts)                      | Patanjala Yoga Darshana<br>• Yoga Sutras with Vyasa Bhasya and Bhoja Vritti         | <i>Electives (choose any one)</i><br>(i) Classical Yogic Texts:<br>• Hatha Yoga Pradipika, Gheranda Samhita, Hatha Rathnavali<br>(ii) Yoga Upanishads II<br>• Yogchudamanyupanishad, Yogashikhohanishad, Goraksha Samhita, Shiva Samhita | <i>Electives (choose any one)</i><br>(i) Psycho-physiological effects of Yoga: Evidence from modern research<br><br>(ii) Neurophysiology of Yoga & Meditation |
|   | Yoga Upanishads I<br>• Shandilya, Jabaladarshanopanishad, Trishikhibrahmanopanishad |  |   |
| Core course<br>(Science subjects related to Yoga) | Yoga Therapy I  | Yoga Therapy II  | Yoga Therapy II   |
|   | Psychology and Yogic Counselling  |  |   |
| Core course<br>(Yoga practical)                   | Yoga practicum III: Meditation  | Project work<br>(Yoga literary research based)   | Project work<br>(Scientific evidence based)   |
| Value added course + Skill development course     | Universal Chants (Bhagavad-Gita and Upanishads)--III                                | Universal Chants (Bhagavad-Gita and Upanishads)--IV  |   |
|   | Communicative English I *   | Communicative English II *   |   |

\* Students have to take **two Communicative English courses** in the 3<sup>rd</sup> and 4<sup>th</sup> semesters along with the PGDY regular batch, unless they have undergone PGDY from our University or have a record of proficiency in English. Any other student willing to take this course may also opt for it.