



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

<http://sy.rkmvu.ac.in/>

Two years full time M.Sc Yoga (2022-24 session)

The two-year full time Masters of Science in Yoga program is a unique blend of study of Yogic texts, yogic practices and modern scientific subjects related to Yoga. The curriculum is designed with the majority of the topics that appear in UGC NET Yoga syllabus.

Program Educational Objectives (PEO)	
PEO 1	Have an integrated knowledge of the Yogic texts and various scientific disciplines related to the multidisciplinary field of Yoga
PEO 2	Acquire and be equipped with skills in the application of theoretical knowledge on different subjects allied with Yoga
PEO 3	Be able to practice Yogasanas, kriyas and impart Yoga lessons in the field

Program Outcomes (PO)	
PO 1	Be able to display competencies and knowledge in Yoga and related subjects areas
PO 2	Be able to handle trainees of various age groups and impart yoga lessons to people from various background.
PO 3	Be able to identify, test and analyze physiological and psychological aspects of Yoga

	Semester wise credit distribution				
Semester	I	II	III	IV	Total
Credits	21	24	20	15	80

First semester – 21 credits

Course code **	Name of course	Credits	Mapping with UGC NET Syllabus
MSCY CT 101	Spiritual Heritage of India I	3	Unit: 1
MSCY CT 102	Hatha Yoga	3	Unit: 5
MSCY CT 103	Human Anatomy & Physiology	4	Unit: 6
MSCY CT 104	Yogic Lifestyle	3	Unit: 7
MSCY CT 105	Foundations of Yoga	3	Unit: 1
MSCY CT 106	Sanskrit Language	2	
MSCY CP 107	Yoga Practicum I	3	Unit: 10

** CT = Theory paper, CP = Practical paper

Second semester – 24 credits

Course code**	Name of course	Credits	Mapping with UGC NET Syllabus
MSCY CT 201	Spiritual Heritage of India II	3	Unit: 1
MSCY CT 202	Yoga and mental health	3	Unit: 6
MSCY CT&P 203	Fundamentals of Ayurveda and Panchakarma	2+1	Unit: 7
MSCY CT&P 204	Patanjali Yoga Sutra	3+1	Unit: 4
MSCY CT&P 205	Physiology of Yogic Practices	2+1	Unit: 6
MSCY CT 206	Indian Philosophy I	3	Unit: 1
MSCY CP 207	Yoga Practicum II	3	Unit: 10
MSCY CP 208	Applied Yoga	2	Unit: 7

** CT = Theory paper, CP = Practical paper

Total credits earned in 1st year: 45

Third semester – 20 credits

Course code**	Name of course	Credits	Mapping with UGC NET Syllabus
MSCY CT&P 301	Fundamentals of Neuroscience	2+1	Unit: 6
MSCY CT&P 302	Applied Psychology & Counseling	3+1	Unit: 6
MSCY CT 303	Yoga Therapy I	4	Unit: 8
MSCY CT 304	Principal Upanishads and Bhagavadgita	3	Unit: 2
MSCY CT 305	Yoga Upanishads	3	Unit: 6
MSCY CT 306	Indian Philosophy II	3	Unit: 1

** CT = Theory paper, CP = Practical paper

Fourth semester – 15 credits

Course code**	Name of course	Credits	Mapping with UGC NET Syllabus
MSCY CT 401	Science of Human Consciousness	3	
MSCY CT 402	Integral Yoga	3	Unit: 1
MSCY CT 403	Yoga Therapy II	3	Unit: 8
MSCY CT 404	Nutrition and Dietetics	3	Unit: 6
MSCY CT 405	Teaching Practice/Field work	3	Unit: 9

** CT = Theory paper, CP = Practical paper

Total credits earned in 2nd year: 35

Total credits earned in 1st + 2nd year : 80