

MSc Yoga 2022 curriculum Department of Sports Science & Yoga, RKMVERI Belur Math											
Semester 1						Semester 2					
Sl. no.	Code	Topics	Credits			Sl. no.	Code	Topics	Credits		
			Th	Pr	Total				Th	Pr	Total
1	MSY CT101	Spiritual Heritage of India I	3	0	3	1	MSY CT 201	Spiritual Heritage of India II	3	0	3
2	MSY CT102	Foundations of Yoga	3	0	3	2	MSY CT&P 202	Patanjali Yoga Sutra	3	1	4
3	MSY CT&P103	Human Anatomy & Physiology	3	1	4	3	MSY CT&P 203	Fundamentals of Ayurveda and Panchakarma	2	1	3
4	MSY CT104	Yogic Lifestyle Management	3	0	3	4	MSY CT 204	Applied Yoga	3	0	3
5	MSY CT105	Sanskrit Language	1	0	1	5	MSY CT&P 205	Physiology of Yogic Practices	2	1	3
6	MSY CP106	Yoga Practicum I	0	2	2	6	MSY CP 206	Yoga Practicum II	0	2	2
7	MSY CP107	Computer Applications†	0	2	2	7	MSYCP 207	Science of Pranayama	2	1	3
TOTAL			13	3	18	TOTAL			15	6	21
						1	Swayam	Introduction to Psychology	2	0	2
						2	Swayam	Yoga and Positive Psychology for Managing Career and Life	2	0	2
Semester 3						Semester 4					
Sl. no.	Code	Topics	Credits			Sl. no.	Code	Topics	Credits		
			Th	Pr	Total				Th	Pr	Total
1	MSY CT 301	Biomechanics & Kinesiology / Yoga and mental health	3	0	3	1	MSY CT 401	Science of Human Consciousness	3	0	3
2	MSY CT 302	Yoga Psychology / Applied Psychology & Counselling	3	0	3	2	MSY CT 402	Indian Philosophy	3	0	3
3	MSY CT 303	Yoga Therapy I	3	0	3	3	MSY CT 403	Integral Yoga	3	0	3
4	MSY CT 304	Principal Upanishads and Bhagavadgita	3	0	3	4	MSY CT 404	Yoga Upanishads (new)	3	0	3
5	MSY CT 305	The Four Yogas	3	0	3	5	MSY CT 405	Nutrition and Dietetics /Yoga Therapy II	3	0	3
6	MSY CT 306	Hatha Yogic Texts (new)	3	0	3	TOTAL			15	0	15
TOTAL			18	0	18	1	Swayam	Counseling Psychology	4	0	4