



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

Curriculum for 5 year Integrated Masters (MA/MSc) in Yoga

Semester wise credit breakup

Semester	Semester Credits	Yearly Credits	Remarks
1	22	1st yr - 42 cr	Upon lateral exit after 3 ys, student gets BA/BSc degree with total accrued credits 130
2	22		
3	23	2nd yr -44cr	
4	23		
5	22	3rd yr - 44 cr	
6	22		
7	16	4th yr - 35 cr	Upon completion of 4ys, student gets BA-Hons/BSc-Hons with total accrued credits 165
8	15		
9	20	5th yr - 40 cr	Upon completion of 5ys, student gets MA/MSc with total accrued credits 205
10	20		

Highlights of the program:

- A. The subjects taught fall under Yogic Text, Science and Allied and Skill & Language categories

Major Areas /Subjects of study

Texts

1. Hatha Yogic Texts (Hatha Yoga Pradipika, Gheranda Samhita, Hatha Ratnavali, Hatha Tattva Kaumadi, Vasistha Samhita)
2. Patanjali Yogasutras
3. Bhagavadgita, Principal Upanishads, Indian Philosophy

Sciences

4. Psychology , Mental Health, Stress Management
5. Anatomy, Physiology

Practical

6. Yoga practicum (Asana, Pranayama, Bandha , Mudra, Kriya), Yoga Therapy

Skill & Language related

1. English, Sanskrit
2. Computer applications

Curriculum mapped with UGC NET YOGA SYLLABUS

Unit	Name of unit as per new NET (2019) syllabus	No. of subjects	Subject Name
1	Fundamentals of Yoga: History and Various Schools of Yoga	2	1. Foundation of Yoga I (Sem 1) 2. Foundation of Yoga I (Sem 2)
2	Yoga Texts – I : Principal Upanishads & Bhagavad Gita	4	1. Principal Upanishads I (Sem 3) 2. Principal Upanishads II (Sem 4) 3. Bhagavad Gita I(Sem 5) 4. Bhagavad Gita II(Sem 6)
3	Yoga Texts – II : Yoga Upanishads	2	Yoga Upanishads I (Sem7) Yoga Upanishads II (Sem 8)
4	Patanjal Yoga Sutra	3	1. Patanjali Yoga Sutra I :Samadhi Pada (Sem 3) 2. Patanjali Yoga Sutra II: Sadhana Pada (Sem 4) 3. Patanjali Yoga Sutra III: Kaivalya & Vibhuti Pada (Sem 5)
5	Hatha Yoga Texts Beeja, Goraksha Samhita, Vashishtha Samhita, Shiva Samhita, Siddhasiddhantapaddhati, Hatha epika, Gheranda Samhita and Hatha Ratnavali, Yoga Vasishtha)	4	1. Hatha Yogic Texts I -Corpus of Hatha Yogc Text (Sem 3) 2. Hatha Yogic Texts II- Asanas in Hatha Yogic Texts (Sem 4) 3. Hatha Yogic Texts III: Pranayama in Hatha Texts (Sem 5) 4. Hatha Yogic Texts IV: Bandha & Mudra in Hatha Texts (Sem 6) 5. Hatha Yogic Texts IV : Meditation & other practices in Hatha Texts (Sem 7)
Text subjects		16	Total 48 credits (16 x 3=45)
6	Allied Sciences: General Psychology, Human Biology, Diet & Nutrition	5	1. Human Anatomy and Physiology I (sem1) 2. Human Anatomy and Physiology II (sem 2) 3. Human Anatomy and Physiology III (sem 3) 4. General Psychology & Mental health (Sem 7) 5. Nutrition and Dietetics (Sem 7)
7	Yoga and Health	2	1. Yogic Lifestyle Management I (sem 6) 2. Yogic Lifestyle Management II (sem 7)
8	Therapeutic Yoga	2	Yoga Therapy I (Sem 7) Yoga Therapy II (Sem 8)
Science and allied subjects		9	Total 31 credits (3x5+4x4=31)
9	Applications of Yoga	1 3	Teaching methods in Yoga (Sem 7) Applied Yoga, I, II, III (sem 4,5,6)
10	Practical Yoga – Shatkarma, Asana, yama, Mudra, Bandha, Dhyana, Surya Namaskara	3	Yoga practicum I , II, III (sem 1 to 3)
Practical and applications subjects		7	Total 42 credits (6 x=42)

1st year**Semester: I (Year1)**

Sl no.	Course code	Course title	NET Unit	Credit	Weekly contact hours
1	BSY-CT101	Foundations of Yoga I	1	3	3
2	BSY-CT102	Human Anatomy and Physiology-I	6	3	3
3	BSY-CT&P103	Yoga Practicum-I (Asanas)	10	6	12
4	BSY-CT104	Computer Applications I	NA	2	3
5	BSY-CT105	Sanskrit language-I	1	3	3
6	BSY-CT106	Communicative English-I	NA	3	3
		Spiritual Heritage I	NA	1	1
Total				21	21

Semester: II (Year1)

Sl No.	Course code	Course title	NET Unit	Credit	Weekly contact hours
1	BSY-CT201	Foundations of Yoga II	1	3	3
2	BSY-CT202	Human Anatomy and Physiology-II	6	3	3
3	BSY-CT&P203	Yoga Practicum-II	10	6	12
4	BSY-CT204	Computer Applications II	NA	2	3
5	BSY-CT205	Sanskrit language-II	1	3	3
6	BSY-CT206	Communicative English-II	NA	3	3
		Spiritual Heritage I	NA	1	1
Total				21	28

2nd year

Semester: III (Year2)

Sl No.	Course code	Course title	NET Unit	Credit	Weekly contact hours
1	BSY-CT301	Patanjali Yoga Sutras-I (Samadhi Pada)	4	3	3
2	BSY-CT302	Principal Upanishads I	2	3	3
3	BSY-CT&P303	Yoga Practicum-III	10	6	12
4	BSY-CT304	Hatha Yogic Texts-I	5	3	3
5	BSY-CT305	Human Anatomy and Physiology-III	6	3	3
		Sanskrit Language III	1	3	3
		Spiritual Heritage II	1	1	1
Total				22	27

Semester: IV (Year2)

Sl No.	Course code	Course title	NET Unit	Credit	Weekly contact hours
1	BSY-CT401	Patanjali Yoga Sutras-II (Sadhana Pada)	4	3	3
2	BSY-CT402	Principal Upanishads II	2	3	3
3	BSY-CT&P403	Applied Yoga I (Anatomy & Physiology of Yogic practice)	6	3+3	12
4	BSY-CT404	Hatha Yogic Texts-II	5	3	3
5	BSY-CT405	Yogic lifestyle Management I	7	3	3
		Sanskrit Language IV		3	3
		Spiritual Heritage II	1	1	1
Total				22	27

3rd year

Semester: V (Year3)

Sl No.	Course code	Course title	NET Unit	Credit	Weekly contact hours
1	BSY-CT501	Patanjali Yoga Sutras-III (Vibhuti and Kaivalya Pada)	2	3	3
2	BSY-CT502	Bhagavadgita I	3	3	3
3	BSY-CT&P503	Applied Yoga II (Anatomy & Physiology of Yogic practice)	10	3+3	12
4	BSY-CT504	Hatha Yogic Texts-III	5	3	3
5	BSY-CT505	Yogic Lifestyle Management II	7	3	3
		Environmental Studies		2	2
		Spiritual Heritage III	1	1	1
		Spoken English		1	1
Total				22	27

Semester: VI (Year3)

Sl No.	Course code	Course title	NET Unit	Credit	Weekly contact hours
1	BSY-CT601	General Psychology and mental health+ application of yoga	2	4	4
2	BSY-CT602	Bhagavadgita II	3	3	3
3	BSY-CT&P603	Applied Yoga y III (Anatomy & Physiology of Yogic practice)	10	3+3	10
4	BSY-CT604	Hatha Yogic Texts-IV	5	3	3
5	BSY-CT605	Diet and Nutrition	7	4	3
		Spiritual Heritage III	1	1	1
		Spoken English		1	1
Total				22	27

4th year (Honors option)

Semester: VII (Year 4)

Sl No.	Course code	Course title	NET Unit	Credit	Weekly contact hours
1	BSY-CT701	Yoga Therapy I	8	4	4
2	BSY-CT702	Yoga Upanishads I	3	3	3
3	BSY-CT703	Hatha Yogic Texts V	4	3	3
4	BSY-CT&P704	Teaching Method of Yoga	9	3+3	12
		Dissertation		4	
Total				20	22

Semester: VIII (Year 4)

Sl No.	Course code	Course title	NET Unit	Credit	Weekly contact hours
1	BSY-CT801	Yoga Therapy II	8	4	4
2	BSY-CT802	Yoga Upanishads II	6	3	4
3	BSY-CP804	Honours Project /Internship		8	
		NET Coaching			
Total				15	8

5th year (Masters year)

Semester: IX & X (Year 5)

1. Four Yogas of Swami Vivekananda
2. Science of Pranyama
3. Yoga Darshana
4. Master's Dissertation
5. Internship /field visit
6. SWAYAM courses