



TILAK MAHARASHTRA VIDYAPEETH

(Declared as deemed to be University)

Reaccredited by NAAC with B++ Grade

M.A.Yoga

(The Late Vaidya P.G. Nanal,

Department of Ayurveda and Yoga)

As per NEP 2020

Syllabus: 2024-2025

Tilak Maharashtra Vidyapeeth, Pune- 411037

The Late Vd. P.G. Nanal Department of Ayurveda & Yoga

Syllabus for M.A.Yoga 2024-2025

Programme Degree		M.A
Specialization		Yoga
Preamble		<p>M.A Yoga course is designed to provide students with a comprehensive understanding of the ancient discipline of Yoga, encompassing its philosophical foundations, practical applications, and contemporary relevance. Rooted in the rich heritage of Indian tradition, this curriculum aims to equip students with the knowledge and skills necessary to become proficient practitioners and educators in the field of Yoga.</p> <p>In this program, students will delve into the philosophical aspect of Yoga, studying ancient texts such as the Yoga Sutras of Patanjali, Bhagavad Gita, and other classical scriptures. Along with this, students will engage in practical training, learning a wide array of asanas, pranayama techniques, and meditation practices under the guidance of experienced instructors.</p> <p>This program seeks to empower students to become catalysts for personal and societal transformation through the practice and teachings of Yoga.</p>
Programme Specific Outcomes (POs)		After successful accomplishment of this program, learner will be able to;
	1.	Worldwide opportunities as yoga therapist, consultant & demonstrators.
	2.	Deeper insight into the curriculum of Yogic Sciences along with the therapeutic applications of Yoga and alternative therapies.
	3.	Healthy & Peaceful life by propagating Yoga for all.
Eligibility Criteria for the Programme		<ol style="list-style-type: none">Any Graduate with minimum second class.Entrance Examination
Intake		20
RM: Research Methodology, OJT: On-Job Training, RP: Research Project		

M.A.Yoga

Structure of the Course

Semester I

Course Code	Course Name	Credits	Theory/ Practical
Major Core			
MA24N-101P	Basics of Yoga	2	Practical
MA24N-102TH	Srimad Bhagwadgeeta	4	Theory
MA24N-103TH	Basics of Anatomy & Physiology	4	Theory
MA24N-104TH	Concepts of Ayurveda	4	Theory
Research Methodology			
MA24N-105TH	Research Methodology	4	Theory
Major Elective			
MA24N-106TH	Fundamentals of Yoga	4	Theory
MA24N-107TH	Principles of Naturopathy & Allopathy	4	Theory
Total		22	
END OF SEMESTER I			

M.A.Yoga

Structure of the Course

Semester II

Course Code	Course Name	Credits	Theory/ Practical
Major Core			
MA24N-201TH	Yoga in Darshan Shastra	4	Theory
MA24N-202TH	Hathyoga Pradipika	4	Theory
MA24N-203TH	Lifestyle Management through Ayurveda & Yoga	4	Theory
MA24N-204P	Foundation of Yoga –Asanas & Pranayama	2	Practical
Internship/ On Job Training			
MA24N-205P	Internship of Yogic Practices	4	Practical
Major Elective			
MA24N-206TH	Concept of Yoga in Vedas & Upanishadas (Ancient literature)	4	Theory
MA24N-207TH	Yogic Diet – Holistic Approach	4	Theory
Total		22	
END OF SEMESTER II			
Exit with Post Graduate Diploma in Nutrition and Food Science (Recommended internship of 4 Credits in Multispecialty Hospital)			
Cumulative credits for PG Diploma (after 3 Years) Degree = 44 CR			
Major		28	
Elective		08	
OJT		04	
Research Methodology		04	
Total		44	

M.A.Yoga
Structure of the Course

Semester III

Course Code	Course Name	Credits	Theory/ Practical
Major Core			
MA24N-301TH	Fundamentals of Diseases in Ayurveda	4	Theory
MA24N-302TH	Gherand Samhita	4	Theory
MA24N-303P	Techniques of meditation	2	Practical
MA24N-304TH	Advanced Yogic Practices	4	Theory
Research Project			
MA24N-305P	Minor Research Project	4	Practical
Major Elective			
MA24N-306TH	Basics of Diet & Nutrition	4	Theory
MA24N-307TH	Geriatrics & Yoga	4	Theory
Total		22	
END OF SEMESTER III			

M.A.Yoga

Structure of the Course

Semester IV

Course Code	Course Name	Credits	Theory/ Practical
Major Core			
MA24N-401TH	Application of Yoga (Theory & practical)	4	Theory
MA24N-402TH	Patanjal Yog Sutra	4	Theory
MA24N-403P	Introduction to Shuddhikriyas	4	Practical
Research Project			
MA24N-404P	Dissertation	6	Practical
Major Elective			
MA24N-405TH	Yoga for women's health	4	Theory
MA24N-406TH	Teaching methods in Yoga	4	Theory
Total		22	
END OF SEMESTER IV			
Elective subjects will be offered only if there are minimum 10 students for the respective selected course. <ul style="list-style-type: none"> • Nutrition in Diabetes care/ Cardio-metabolic health will be offered as values added course. • Micronutrients and Trace elements- Value added course (compulsory) to be completed by January. 			
Credit for 1 year PG Degree (after 4 Year UG) = 44 CR			

Major	26
Elective	08
Research Project	10
Total	44

Cumulative Credit for 2 Year PG Degree = 88 CR

Major	54
Elective	16
Research Practical	10
Research Methodology	04
OJT	04
Total	88

M.A.Yoga
Course Details
Semester I

Sr.No.	Course details	Marks (Theory)		Marks (Practical)		Total	Credits
		Internal	External	Internal	External		
1.	Basics of Yoga (MA24N-101P)	-	-	20	30	50	2
2.	Srimad Bhagwad Gita (MA24N-102TH)	40	60	-	-	100	4
3.	Basics of anatomy & Physiology (MA24N-103TH)	40	60	-	-	100	4
4.	Concepts of Ayurveda (MA24N-104TH)	40	60	-	-	100	4
5.	Research Methodology (MA 24N-105TH)	40	60	-	-	100	4
6.	Fundamentals of Yoga (MA24N-106 TH) Principles of Naturopathy & Allopathy (MA24N-107 TH)	40	60	-	-	100	4
						550	22 Credits

M.A.Yoga
Course Details
Semester II

Sr.No.	Course details	Marks (Theory)		Marks (Practical)		Total	Credits
		Internal	External	Internal	External		
1.	Yoga in Darshan Shastra (MA24N-201 TH)	40	60	-	-	100	4
2.	Hathayoga Pradipika (MA24N-202 TH)	40	60	-	-	100	4
3.	Lifestyle Management through Ayurveda & Yoga (MA24N-203 TH)	40	60	-	-	100	4
4.	Foundation of Yoga – Asanas & Pranayama (MA24N-204 P)	-	-	20	30	50	2
5.	Internship of Yogic Practices (MA24N-205 P)	-	-	50	100	150	4
6.	Concept of Yoga in Vedas & Upanishadas (MA24N-206 TH) Yogic Diet – Holistic Approach (MA24N- 207 TH)	40	60	-	-	100	4
						600	22 Credits

M.A.Yoga
Course Details
Semester III

Sr.No.	Course details	Marks (Theory)		Marks (Practical)		Total	Credits
		Internal	External	Internal	External		
1.	Fundamentals of Diseases in Ayurveda (MA24N-301 TH)	40	60	-	-	100	4
2.	Gherand Samhita (MA24N-302 TH)	40	60	-	-	100	4
3.	Techniques of Meditation (MA24N-303 P)	-	-	20	30	50	2
4.	Different methods of Dharana (MA24N-304 TH)	40	60	-	-	100	4
5.	Minor Research Project (MA24N-305 P)	-	-	-	150	150	4
6.	Basics of Diet & Nutrition (MA24N-306 TH)	40	60	-	-	100	4
	Geriatrics & Yoga (MA24N-307 TH)						
						600	22 Credits

M.A.Yoga
Course Details
Semester IV

Sr.No.	Course details	Marks (Theory)		Marks (Practical)		Total	Credits
		Internal	External	Internal	External		
1.	Application of Yoga (MA24N-401 TH)	40	60	-	-	100	4
2.	Patanjal Yoga Sutra (MA24N-402 TH)	40	60	-	-	100	4
3.	Introduction to Shuddhikriyas (MA24N-403 P)	40	60	-	-	100	4
4.	Dissertation (MA24N-404 P)	-	-	-	200	200	6
5.	Yoga for women's health (MA24N-405 TH) Teaching methods in Yoga (MA24N-406 TH)	40	60	-	-	100	4
						600	22 Credits