

Tilak Maharashtra Vidyapeeth, Pune

MA Yoga Programme Structure

Subject	Credit	Hours	Theory	Internal
Semeter I				
Practical I	4	60	60	40
Srimad Bhagwad Gita	4	60	60	40
Basics of anatomy & Physiology OR Communication skills	4	60	60	40
Basics of Ayurveda - I	4	60	60	40
Semester II				
Yoga in ancient literature OR Ancient Indian science and technology	4	60	60	40
Hathayoga Pradipika	4	60	60	40
Basics of Ayurveda II	4	60	60	40
Practical – II	4	60	60	40

Semester III				
Basics of Diet & Nutrition OR Occupational and environmental health	4	60	60	40
Gherand Samhita	4	60	60	40
Research Methodology & Biostatistics	4	60	60	40
Practical –III	4	60	60	40
Semester IV				
Application of Yoga	4	60	60	40
Patanjal Yoga Sutra	4	60	60	40
Different systems of medicine OR Medical tourism	4	60	60	40
Practical – IV	4	60	60	40