



# DEPARTMENT OF YOGA

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## Master of yogic art and sciences (MYASc. )

**OBJECTIVE :** Our curriculum takes you through the essential elements required to deepen and enrich your own yoga practice and to teach students with confidence. Our expert team of teachers will guide you from the fundamental stages to teaching with ease.

Briefly the aims and objectives of Yoga education are:

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

All these objectives could be dealt with in an integrated manner.

### **CAREER OPPORTUNITY :**

- Be a certified yoga trainer ,valid across the World
- Job opportunity in USA/European countries .
- Can apply for government/private jobs as yoga teacher
- One can start his/her own Yoga studio(center)
- One can pursue career as college professor.
- Minimum eligibility criteria for NET exam.
- Can pursue Phd. in yoga

**DURATION :** 2 years

**INTAKE :** 25 Students / year

**ATTENDANCE :** Minimum requirement of attendance is 90% of working days.

**PASSING STANDARDS :** 40% in theory and 50% in practical

### **ADMISSION PROCEDURE AND ELIGIBILITY**

**Application:** The candidate must apply for admission on the prescribed form which can be obtained from the office. Application forms are available during the month of May from the office.

**Eligibility:** A Graduate\* from any stream with 40% with Second Class with first trial is eligible for MYASc entrance test.

(\*Those, whose last year's result is awaited even they can apply but they must fulfilled above-mentioned eligibility conditions before a certain specified date.)

□ **Selection Procedure:** The applicants for admission are called for objective type admission test. The Admission test will contain questions related to basic yogic knowledge ,basic anatomy and physiology,general knowledge and from the books provided along with the application form . Those are qualified in the entrance test will be invited for personal interview. Admission will be decided based on the merit of entrance exam and personal interview. The selection procedure is carried out during the month of June.

**SYLLABUS :** The curriculum is divided into four(4)semester in two years.

	<b>Semester - One</b>		<b>Semester -Two</b>
1.	Introduction to Yoga (History ,evolution & basic yogic texts)	1.	Basic Principles of Ayurveda & Naturopathy
2.	Anatomy and Physiology	2.	Patanjali's Yoga Sutra
3.	Yoga Psychology	3.	Fundamental of Sankhya Darshan
4.	Different kind of yoga in Gita	4.	Teaching methods in Yoga
5.	Yoga Practical level -1 (Asana ,Pranayama ,shuddhi-kriya)	5.	Yoga Practical level -2 (Asana ,Pranayama ,shuddhi-kriya)

	<b>Semester -Three</b>		<b>Semester - Four</b>
1.	Research Methodology	1.	Alternative Therapies (Diet)
2.	Yoga Therapy	2.	Dissertation
3.	Principle concepts in Upanishads /Basic Principle of Hatha Yoga	3.	Narad Bhakti Sutra
4.	Yoga Application	4.	Contemporary yoga & Gandhian Thought
5.	Yoga Practical level -3 (Asana ,Pranayama ,shuddhi-kriya)	5.	Yoga Practical level-4 (Asana ,Pranayama ,shuddhi-kriya)