

**GUJARATVIDYAPITH: AHMEDABAD**  
**DEPARTMENT OF YOGA**  
**Faculty of Physical Education and Sports Science**  
**2 Years PG Course Structure For**  
**M.Y.A.Sc (Master of YOGA)**  
**(Semester I to IV)**

**Availability of time for direct teaching in each semester 16 weeks X 19 hours / week = 304 hours**

<b>M.Y.A.Sc - Semester-I</b>						
<b>Sr. no</b>	<b>Broad Category of Course</b>	<b>Subject Name</b>	<b>Hours</b>		<b>Credits</b>	
			<b>Theory</b>	<b>Practical</b>	<b>Theory</b>	<b>Practical</b>
1	Major(Core)	1. Fundamentals of Yoga	60	-	4	-
		2. Psychology in Yoga	60		4	
		3. <b>Biology in yoga</b>	60		4	
2	Minor	1. Practical - Asana & Suryanamaskar ( Traditional)	-	30	-	2
		2. Practical ( Kriya, Bandh & Pranayama )		30		2
3	Multidisciplinary	-	-	-	-	-
4	Ability Enhancement Course					
5	Value added Courses	1 Bhagvad gita & Yoga	60		4	
6	Skill Enhancement Course	-	-	-	-	-
<b>Total</b>			<b>240</b>	<b>60</b>	<b>16</b>	<b>4</b>

**Available Total Credits = 20**

**Total required hours per semester = 300**

**Total available hours er semester = 304 hours**

**Available hours per week= 19 hours**

**Calculation of required hours per week**

16 credits for theory = **15 hours**

4 credits for practical's = **4 hours**

**Total required hours per week = 19 hours,**

**Extra hours = 4 hours** (Can be used for tutorial class, remedial class, library class)

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<b>M.Y.A.Sc - Semester-II</b>						
<b>Sr. no</b>	<b>Broad Category of Course</b>	<b>Subject Name</b>	<b>Hours</b>		<b>Credits</b>	
			<b>Theory</b>	<b>Practical</b>	<b>Theory</b>	<b>Practical</b>
1	Major(Core)	1. Patanjali Yog sutra	60	-	4	-
		2. Yoga Therapy	60	-	4	-
2	Minor	1. Practical ( Asana & Suryanamaskar)	-	30	-	2
		4. Practical ( Kriya, Bandh & Pranayama)	-	30	-	2
3	Multidisciplinary	1 Ayurveda & Yoga	30	-	2	-
4	Ability Enhancement Course	1 Naturopathy	15	15	1	1
5	Value added Courses					
6	Skill Enhancement Course	1 Teaching Methods in Yoga	30	30	2	2
<b>Total</b>			<b>195</b>	<b>105</b>	<b>13</b>	<b>07</b>

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4 credits for practical's = 4 hours

**Total required hours per week = 19 hours,**

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**\*PG Diploma:** Students who opt to exit after completion of the first year and have secured 40 credits will be awarded a PG Diploma **if, in addition, they fulfill the requirements mentioned in NEP guidelines.**

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<b>M.Y.A.Sc - Semester-III</b>						
<b>Sr. no</b>	<b>Broad Category of Course</b>	<b>Subject Name</b>	<b>Hours</b>		<b>Credits</b>	
			<b>Theory</b>	<b>Practical</b>	<b>Theory</b>	<b>Practical</b>
1	Major(Core)	1. Principles of Hatha Yoga & Yog Vashistha	60	-	4	-
		2. Research Methodology in Yoga	30	-	2	-
2	Minor	1. Practical - Asana ( Modern Modified)	-	30	-	1
		2. Practical ( Kriya, Bandh- Mudra , Pranayama & Meditation )	-	30	-	1
3	Multidisciplinary					
4	Ability Enhancement Course	2 Statics in Yoga Reasearch	15	15	1	1
5	Value added Courses	1 Samkhya Darshan & Yoga	60	-	4	-
6	Skill Enhancement Course	1 Applied Yoga 2 ( 15 days internship )	30	30	2	2
<b>Total</b>			<b>195</b>	<b>105</b>	<b>13</b>	<b>07</b>

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<b>M.Y.A.Sc - Semester-IV</b>						
<b>Sr. no</b>	<b>Broad Category of Course</b>	<b>Subject Name</b>	<b>Hours</b>		<b>Credits</b>	
			<b>Theory</b>	<b>Practical</b>	<b>Theory</b>	<b>Practical</b>
1	Major(Core)	1 Upnishad & Nard Bhakti Sutra	60	-	4	-
2	Minor	1. Practical ( Asana Practical - Asana ( Modern Modified)	-	30	-	2
		2.) ( Kriya, Bandh- Mudra , Pranayama & Meditation )	-	30	-	2
3	Multidisciplinary	1. Information Technology & Yoga	-	15	-	1
4	Ability Enhancement Course	1 Dissertation	-	120	-	4
5	Value added Courses	1 Contemporary Yog & Gandhian Thoughts	45	-	3	-
6	Skill Enhancement Course	1 Alternative Therapy (Acupressure , Sujok , Diatics & Food & Nutrition)	45	15	3	1
<b>Total</b>			<b>150</b>	<b>201</b>	<b>10</b>	<b>10</b>

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