



MATS UNIVERSITY

SCHOOL OF PHYSICAL EDUCATION

Teaching – Learning Scheme

For

(Two Year Full-time Degree Programme)

Master of Arts in Yoga

(M.A. in Yoga)

Session: 2025-27

(Semesters Based Course)



Teaching–Learning Scheme for M.A. in Yoga

Teaching–Learning Scheme

1. Lecture Method

- Conceptual teaching of classical yoga texts such as *Yoga Sūtras of Patañjali*, *Bhagavad Gītā*, *Haṭha Yoga Pradīpikā*, *Gheraṇḍa Samhitā*
- Philosophical foundations of Yoga (Darśanas, Samkhya, Vedanta)
- Yogic psychology, anatomy, physiology, and research methodology

2. Demonstration & Practical Training

- Step-by-step demonstration of:
 - Āsanās
 - Prāṇāyāma
 - Kriyās
 - Mudrās & Bandhas
 - Dhyāna (Meditation) techniques
- Correction of posture, alignment, breathing, and safety aspects
- Therapeutic application of Yoga practices

3. Experiential Learning

- Daily guided yoga practice sessions
- Meditative awareness and self-observation
- Lifestyle-based yogic discipline (Yama–Niyama)
- Stress management and wellness modules

4. Discussion & Seminar Method

- Student-led seminars on:
 - Yogic philosophy and psychology
 - Modern scientific validation of Yoga
 - Yoga therapy case studies

- Group discussions and peer learning
- Critical analysis of classical and contemporary texts

5. Tutorial & Mentoring System

- Individual guidance for:
 - Practical performance
 - Research work and dissertation
 - Personal yogic development
- Remedial coaching for slow learners
- Advanced mentoring for high achievers

6. Project-Based & Research-Oriented Learning

- Minor and major research projects
- Dissertation work using:
 - Experimental methods
 - Survey and case study approaches
- Training in research tools, statistics, and academic writing
- Exposure to yoga research journals and databases

7. ICT-Enabled Teaching

- Use of:
 - PowerPoint presentations
 - Audio–visual yoga demonstrations
 - Online lectures, MOOCs, and e-resources
- Virtual yoga sessions and digital learning platforms

8. Field Work & Internship

- Yoga therapy centers
- Hospitals, wellness centers, schools
- Community yoga camps and outreach programs
- Exposure to professional yoga teaching environments

9. Guest Lectures & Workshops

- Interaction with:
 - Renowned yoga scholars
 - Medical professionals
 - Yoga therapists and researchers
- Workshops on advanced practices and therapy

10. Assessment-Based Learning

- Continuous Internal Assessment (CIA):
 - Practical exams
 - Presentations
 - Assignments
- End-semester theory and practical examinations
- Viva-voce and performance evaluation

Outcome of Teaching–Learning Methods

- Holistic development of students
- Strong theoretical foundation with practical competence
- Research aptitude in Yoga studies
- Professional readiness as Yoga teachers, therapists, and researchers