

MATS School of Physical Education (B.P.Ed & Yoga)

COURSE: -Master of Arts (Yoga) (M.A. YOGA)

Semester I

SUBJECT CODE	NAME OF THE SUBJECT
CC- 101	Fundamentals of Yoga
CC- 102	Anatomy, Physiology and Yogic practices
CC- 103	Principles of Hath Yoga
CC- 104	Human Anatomy & Physiology-1
PC- 101	Prectical -1
PC- 102	Prectical -2

Semester II

SUBJECT CODE	NAME OF THE SUBJECT
CC- 201	Patanjalyoga sutra
CC- 202	Human Consciousness
CC- 203	Teaching Methodology in Yoga
PC- 201	Prectical -1
PC- 202	Prectical -2
	Discipline Centric Elective (any one)
EC-201	Introduction to Ayurveda
EC-202	Hygiene, Diet & Nutrition

SEMESTER - III

SUBJECT CODE	NAME OF THE SUBJECT
CC- 301	Yoga Skill & Development
CC- 302	Principles of Naturopathy
PC- 301	Practical -1
PC- 302	Practical -2(comp.lab., H.P & Teaching Plan)
	Discipline Centric Elective
	Group A (Any One)
EC-301	Yoga and Mental Health
EC-302	Research Methodology & Statistics
	Group B (Any One)
EC-303	Yoga & Alternative Therapy E-IV
EC-304	Bhagwatgeeta & Shankhya Karika

SEMESTER - IV

SUBJECT CODE	NAME OF THE SUBJECT
CC- 401	Yoga & Health
CC- 402	Yoga Therapy
PC- 401	Practical -1
PC- 402	Practical -2
	Discipline Centric Elective
	Group A (Any One)
EC-401	Marma Therapy –E-III
EC-402	Applied Yoga E-III
	Group B (Any One)
EC-403	Essay E-IV
EC-404	Dissertation E-IV

