

**Master of Arts [ ] / Master of Science [ ] in Yogic Science & Ayurveda (YSA)**  
**(Outcome-Based Curriculum for M.A./M.Sc. in Yogic Science & Ayurveda)**

Course	Credits	Assessment Marks (Ext + Int)	
<b>Semester I</b>			
Core : 1	Fundamentals of Yoga	4	60+40
Core : 2	Basics of Ayurveda	4	60+40
Core : 3	Human Anatomy & Physiology	4	60+40
Core : 4	Ayurvedic Diet Therapy	4	60+40
Core : 5	Sujok Accupressure, Marma Science & Pranic Healing	4	60+40
Core : 1 Practical	Yoga Practical	3	60+40
Core : 2 Practical	Sujok Accupressure, Marma Science & Pranic Healing Practical	2	30+20
Skill Enhancement	Life Management	2	100
<b>Semester II</b>			
Core : 6	Fundamentals of Psychology & Mental Health	4	60+40
Core : 7	Yoga Therapy	4	60+40
Core : 8	Rog Vigyan	4	60+40
Core : 9	Marma Therapy	4	60+40
Core : 3 Practical	Yoga Practical	3	60+40
Core : 4 Practical	Marma Therapy Practical	2	30+20
Skill Enhancement	Life Management	2	100
<b>Semester III</b>			
Core : 10	Panchakarma Therapy	4	60+40
Core : 11	Contemporary Yogic Models	4	60+40
Core : 12	Research methodology and Statistics	4	60+40
Core : 5 Practical	Yoga Practical	3	60+40
Core : 6 Practical	Panchkarma Practical	2	30+20
Discipline Specific Elective : 1/2	Ayurvedic Acupressure & Divine Meridians / Advance Pranic Healing Techniques	4	60+40
Discipline Specific Elective : 1/2 Practical	Ayurvedic Acupressure & Divine Meridians Practical / Advance Pranic Healing Techniques Practical	2	30+20
Skill Enhancement	Life Management	2	100
<b>Semester IV</b>			
Core : 13	Yagyopathy	4	60+40
Core : 14	Dravya Guna & Single Herb Therapy	4	60+40
Core : 15	Dissertation	6	100
Core : 7 Practical	Yoga Practical	3	60+40
Core : 8 Practical	Yagyopathy Practical	2	30+20
Core : 9 Practical	Dravya Guna & Single Herb Therapy Practical	2	30+20
Discipline Specific Elective : 3/4	Yoga and Strategic Management / Yogic Psychotherapy & Counselling	4	60+40
Skill Enhancement	Life Management	2	100

# **Master Degree Programme**

## **Duration**

Two years

## **Admission**

On the basis of entrance test and personal interview

## **Eligibility Criteria**

Bachelor's degree with minimum 50% marks from any UGC recognized university following 10+2+3 course pattern

## **Age Limit**

Up to 30 years

## **Objectives**

The basic objectives of this programme are to give philosophical and practical information about Yoga and Ayurveda systems as well as to make the students aware of the Ancient Indian systems of medicine. Through this programme students should be able to provide their services to the society in various areas related to health & wellness; and help in conducting innovative research in the area of Yoga and Ayurveda. *(It is important to mention here that these students will not be able to serve as Ayurvedic Doctors by completing only this programme)*

## **Single Entry Multiple Exit option**

The student will have the option of Single Entry, but Multiple Exit option in this program; the nature of the same will be as follows:

**A)** After passing the first semester, student can leave the program with a Certificate in 'Yogic Science & Ayurveda' (YSA). The maximum duration for completing this Certificate program will be 1 year from the starting date of the Masters program.

**B)** After passing the first and second semesters, student can leave the program with a Post-Graduate Diploma in 'Yogic Science & Ayurveda' (YSA). The maximum duration for completing this Post-Graduate Diploma program will be 2 years from the starting date of the Masters program.

## **Employment Opportunities**

Holistic Healer with NGOs

With Government Bodies

With Academic Institutes

Self Employment

Yoga Therapists (with additional expertise in Traditional Therapies)