

Curriculum Structure									
Session 2024-2025 onwards									
Name of the Programme: M.A./M.Sc. Yoga							Semester: I (Pawas)		
Year: First									
Course Code	Course Title	Contact Hrs. per Week			Credits	Weightage (%)			
		L	T	P		CW\$	MTE	ETE	
Discipline Specific Core(DSC):									
24MYO9101T	Fundamentals of Yoga - I	4	0	0	4	20	10	70	
24MYO9102T	Principles, Practices and Essentials of Hathayoga	4	0	0	4	20	10	70	
24MYO9103T	Human Anatomy, Physiology and Yogic Practices	4	0	0	4	20	10	70	
24MYO9101P	Sequential Practice of Yoga Practices-I	0	0	6	6	20	10	70	
Discipline Specific Elective(DSE):									
24MYO9104T	Principles of Naturopathy and Natural Dietetics	4	0	0	4	20	10	70	
OR									
24MYO9105T	Diet, Nutrition and Yogic Life Style	4	0	0	4	20	10	70	
Value Added Course(VAC):									
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Seminar/Internship/Dissertation (S/I/D):									
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Total					24				

Summary: I Semester		
S.N.	Particulars	Credits
1.	Discipline Specific Core(DSC):	18
2.	Discipline Specific Elective(DSE):	04
3.	Seminar/Internship/Dissertation(S/I/D):	--
4.	Value Added Course (VAC):	02
Total		24
\$CW (Class work): It would include attendance, assignments, class test/quiz test/assignments, ppt, play, learn by fun activities etc.		

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 Dy. Res
 Pandit Deendayal Upadhyaya
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 Sikar(Rajasthan)

Curriculum Structure									
Session 2024-2025 onwards									
Name of the Programme: M.A./M.Sc. Yoga							Semester: II (Vasant)		
Year: First									
Course Code	Course Title	Contact Hrs. per Week			Credits	Weightage (%)			
		L	T	P		CWS	MTE	ETE	
Discipline Specific Core (DSC):									
24MYO9201T	Patanjala Yogasutra	4	0	0	4	20	10	70	
24MYO9202T	Yogic Texts—Shrimad Bhagwatgeeta	4	0	0	4	20	10	70	
24MYO9203T	Indian Philosophy and Culture	4	0	0	4	40	--	60	
24MYO9201P	Sequential Practices of Yogic Practices – II	0	0	6	6	40	--	60	
Discipline Specific Elective (DSE):									
24MYO9204T	Introduction to Ayurveda	4	0	0	4	20	10	70	
OR									
24MYO9205T	Yoga and Health	4	0	0	4	20	10	70	
Value Added Course(VAC):									
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Seminar/Internship/Dissertation (S/I/D):									
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Total					24				

Summary: II Semester		
S.N.	Particulars	Credits
1.	Discipline Specific Core(DSC):	18
2.	Discipline Specific Elective (DSE):	04
3.	Seminar/Internship/Dissertation(S/I/D):	--
4.	Value Added Course (VAC):	02
Total		24
SCW (Class work): It would include attendance, assignments, class test/quiz test/assignments, ppt, play, learn by fun activities etc.		

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Dy. Registrar
Pandit Deendayal Upadhyaya
Shekhawati University,
Sikar(Rajasthan)