

CYS

Objectives

To impart Yoga Education and Training for promotion of positive health and also for overall personality development of an individual

Paper- I Foundations of Yoga

1. Positive creative and constactive thinking is the result of Yoga
2. Individual will get basic knowledge of Yoga
3. Person will have the positive thinking and spiritual enlightenment

Paper-II Yoga and Health

1. Yoga Purifies body, mind and the society.
2. person will have the awareness of balanced diet
3. helps in personality development.

Yoga Practical

1. Practice of Yoga helps to prevent diseases promotes health and incase of diseases helps to cure
2. helps to develop immunity.
3. Integration of body, prana and mind
4. stability of body, mind helps to spiritual enlightenment

PGDYS

Objectives

To train the students to undertake higher training and research in various aspects of Yogic science

Paper-I Traditional Yogic texts

1. provides basic information to yogic practices
2. These texts imparts deep knowledge yoga practiesto teachers and Partitioners

Paper-II Philosophical Foundations of Yoga

1. Philosophy and Yoga are the two sides of the same coin for Spiritual enlightenment.
2. Expanding once's own consciousness in the entire manifestation is Rajayoga
3. To impart proper way to Yogic practices.

Paper-III- Human biology and Psychology

1. For Yoga Practices this texts gives information of body and mind

2. This text imparts nature of mind and helps to balance emotions

Paper-IV Applied Yoga

1. This text gives strength to build one's own personality and the entire society
2. This text imparts Knowledge of therapy to cure several diseases.

Practical-I

1. Practice of Yoga helps to prevent diseases promotes health and in case of diseases helps to cure
2. helps to develop immunity.
3. Integration of body prana and mind
4. stability of body, mind helps to spiritual enlightenment

Practical-II

1. Practical Classes Provide teaching Skills to Students

Practical-III

1. Yoga camp and Journals

Practical IV: Study Tour

1. Study tour helps students open themselves to many possibilities in their Field
2. Study tour helps to gain personal awareness for students allowing them to further development their self confidence self esteem and resilience.

M.A YOGA

Objectives

1. To impart Yoga education and promotion of positive health and perfect personality of an individual in particular and entire humankind in general.
2. To train the student, to create Yogic culture for shaping a holistic personality so as to become global and noble citizens. And to shape future mankind which enjoy peace and tranquillity.

Paper 1.1 Philosophy of Yoga

1. Student will get knowledge of Bhakti Yoga, Karma Yoga, Jnana Yoga and other methods of Yoga
2. Philosophy imparts to get super consciousness.

Paper 1.2 Anatomy and Physiology

1. For Yoga practices this text gives awareness of body and its functions

Paper 1.3 Patanjali Yoga Sutra

1. Yoga sutra constitutes astanga Yoga which helps to attain Ultimate goal of Yoga

Paper 1.4 Elementary Sanskrit in Yoga

1. It gives basic knowledge about Sanskrit literature. It is essential to understand Yogic texts.

1.5 Yoga Practicals

1. Practice of Yoga helps to prevent diseases promotes health and in case of diseases helps to cure
2. helps to develop immunity.
3. Integration of body prana and mind
4. stability of body, mind helps to spiritual enlightenment

1.6 Dashopanishad (Core paper)

1. All Upanishads impart knowledge about jeeva- atma- Brahman
2. Realisation of soul and its liberation.

M.A- II Semester**Paper 2.1 Human Consciousness**

1. To impart the knowledge of the self consciousness
2. To impart realization

Paper 2.2 Yoga Psychology

1. This text provides knowledge of stress strain, anger and anxiety.
2. Yoga casts off stress, strain anger and anxiety

Paper 2.3 Hathyoga Pradeepika and Gherand samhita

1. It imparts deep knowledge of yoga practice to teacher and Practitioner

Paper 2.4 Yoga Vashistha

1. It imparts realization of soul

2.5 Yoga Practicals

1. Practice of Yoga helps to prevent diseases promotes health and incase of diseases helps to cure
2. helps to develop immunity.
3. Integration of body prana and mind
4. stability of body, mind helps to spiritual enlightenment

Paper 2.6 Yoga and Holistic Health (OEC)

1. To impart the importance of nutrients in health and disease.
2. Yoga sutra constitutes astanga yoga which helps attain ultimate goal of Yoga

MA Yoga III Semester

Paper 3.1 Research Methodology for Yogic science

1. To impart scientific research in Yoga field.
2. Scientific research helps to develop proper vision in Yoga field.

Paper 3.2 Yoga Spiritualism and Globle peace

1. Yoga establishes Spiritual globalizton
2. Yoga divinizes human Consciousness for the world peace and Hormones
3. Yoga is the Science of Spirituality

Paper 3.3 Shivasamhita

1. This Yoga Text destroys all filth in us and in the humanity
2. This Text provides Importance of Nadies
3. This text impart Tantric practice of Meditation.

3.4 Yoga Practical

1. To Strengthen body, prana, and Mind
2. Improve flexibility
3. helps to Participate in Yoga Compitation

Paper 3.5 Yoga Therapy (Diagnoses)

1. Gives knowledge about diseases and Testament

Paper 3.6 Yoga and Spiritualism (OEC)

1. Yoga establishes Spiritualism and globalization
2. Yoga is the science of Spirituality

M.A Yoga IV Semester

Paper 4.1 Bhagavadgeeta

1. Bhagavadgeeta impart knowledge of Birth and Death
2. Imparts knowledge right action

Paper 4.2 Yoga Therapy (Treatment)

1. It mainly helps to get the information about Psychosomatic disorders and its treatment

4.3 Yoga Practical

1. To Strengthen body, prana and Mind

Paper 4.4 I Educational Tour Report

1. Study tour helps students open themselves to many possibilities in their Field
2. Study tour helps to gain personal awareness for students allowing them to further development their self confidence self esteem and resilience.

II Yoga Camp report

1. Conducting Yoga Camps helps to get more knowledge.

Paper 4.5 Project Dissertation

1. Its gives a self ability to Yoga practitioners
2. It helps to gain new facts in the Yoga feald.

Paper 4.6 Yoga and World Peace (Core Paper)

1. Yoga divinizes human consciousness for the world peace and harmony
2. Yoga Provides Global Vision