

DEPARTMENT OF YOGA EDUCATION
DR. HARI SINGH GOUR VISHWAVIDYALA, SAGAR (MP)
 Scheme of M.A. / M.Sc. Program in Yoga Science under CBCS System

Learning Outcomes of M.A. /M.Sc. Yoga Science

Structure of Program:

Semester – I

Course	Title of the Paper	Expected Learning Outcomes
YSC CC-121	Foundation of Yoga	At the end of course, students will be able: • To understand concept of Yoga and its historical development • To understand relevance of Yoga in modern age and scope • To explain concept of Yoga in different texts • To gain insight on misconceptions about yoga and their solutions • To attain knowledge about the different school of yoga • To understand difference between yogic and non-yogic system of exercises
YSC CC-122	Principles and Practices of Hatha Yoga	At the end of course, students will be able: • To attain knowledge about the concept of Hatha yoga and basic Hatha yoga text • To get an in-depth knowledge about the prerequisites of Hatha Yoga, the principles of Hatha Yoga and essential Hatha Yoga texts • To get introduced to various Yoga practices described in Hatha Pradipika & Gheranda Samhita. • To attain knowledge about the Hatha yogic Human Body System.
YSC CC-123	Yoga Practical	At the end of course, students will be able: • To perform all the selected mantra, asana, pranayama, mudra, bandha, shatkarma and mediation • To impart knowledge about the prevention of health problems by promoting positive health through Yoga practices • To describe the underlying mechanisms of Yoga practices • To illustrate how to strengthen the different systems using Yoga which will help them to prevent health problems and promote positive health
YSC EC-124	Eminent Indian Yogis	At the end of course, students will be able: • To understand life sketches and contributions of eminent Yogi's in the field of Yoga.
YSC EC -125	Project/Seminar/Workshop on Yoga	
YSC EC -126	Teaching Methods/Pathology in Yoga	

Semester – II

Course	Title of the Paper	Expected Learning Outcomes
YSC CC-221	Patanjal Yoga Darshan	At the end of course, students will be able: • To describe Patanjali's contribution to the field of Yoga. • To get well verse with the Yogic principles and it's meaning mentioned in Patanjala Yoga Sutra. • To understand human's psychology as Patanjali had explained. • To impart knowledge of Eights limbs.
YSC CC-222	Human Anatomy Physiology & Yoga	At the end of course, students will be able: • To describe inclusive knowledge of the gross structure and development of human body. • To provide a basis for enhancing the knowledge of body's structure and function. • To get familiarized with the structure of the different systems in the human body. • To illustrate Anatomy and Physiology of various systems.
YSC CC -223	Yoga Practical	At the end of course, students will be able: • To perform all the selected mantra, asana, pranayama, mudra, bandha, shatkarma and mediation. • To impart knowledge about the prevention of health problems by promoting positive health through Yoga practices. • To describe the underlying mechanisms of Yoga practices. • To illustrate how to strengthen the different systems using Yoga which will help them to prevent health problems and promote positive health.
YSC EC-224	Principles of Yoga in Bhagwad Gita & Upanishadas	At the end of course, students will be able: • To discuss Shrimad Bhagwad Geeta & Upanishads as basic philosophical and theoretical foundations of Yoga. • To a deeper understanding to Yogic concepts mentioned in them. • To relate and implement in everyday activities and motivate others to follow Yogic style of living.
YSC EC -225	Project/Seminar/Workshop on Yoga	
YSC EC -226	Teaching Methods/Pathology in Yoga	
YSC OE-227	Fundamentals of Yoga	At the end of course, students will be able: • To understand concept of Yoga, different school of yoga and yoga practices • To get an in-depth knowledge about the prerequisites of Hatha Yoga, the principles of Hatha Yoga • To understand life sketches and contributions of eminent Yogi's in the field of Yoga.
YSC OE-228	Yoga & Holistic Health	At the end of course, students will be able: • To understand the concept of health, disease & holistic health. • To apply knowledge of Yogic principle and practices for healthy living. • To understand concept of Yoga, different school of yoga and yoga practices

Semester ~ III

Course	Title of the Paper	Expected Learning Outcomes
YSC CC-321	Indian Philosophy	At the end of course, students will be able: • Appreciate the insight in the six systems of Indian philosophy. • Explain the understanding of Yoga as a philosophy and inculcate the essence. • Describe the various schools of philosophy like Buddhism, Samkhya, Mimamsa etc. which are relevant to yoga practice. • Discuss concept, objectives, and applications of Indian Culture for living & learning.
YSC CC-322	Holistic Health and Yoga Therapy	At the end of course, students will be able: • To understand the concept of health and disease. • Have understanding about yogic concepts of health and healing. • Yogic principle and practices for healthy living. • To understand the concept of Yoga therapy its role in healthy living. • To explain the sign, symptoms, prevalence and their Patho-physiology, medical management and total rehabilitation with Integrated approach of Yoga therapy.
YSC CC-323	Yoga Practical	At the end of course, students will be able: • To perform all the selected mantra, asana, pranayama, mudra, bandha, shatkarma and mediation. • To impart knowledge about the prevention of health problems by promoting positive health through Yoga practices. • To describe the underlying mechanisms of Yoga practices. • To illustrate how to strengthen the different systems using Yoga which will help them to prevent health problems and promote positive health.
YSC EC-324	Research Methodology in Yoga	At the end of course, students will be able: • To describe the basic theoretical concepts of conducting scientific research. • To describe basic concepts of research methodology, process of research designing a scientific study. • To describe basic statistical concepts and specific statistical tests for analysis. • To pursue higher research. • To apply knowledge of Research & Statistical Methods to draft mini research synopsis & undertake the same in Master Program as Dissertation to create rigid base for advanced research career in future.
YSC EC -325	Project/Seminar/Workshop on Yoga	
YSC EC -326	Teaching Methods/Pathology in Yoga	
YSC OE-327	Fundamentals of Yoga	At the end of course, students will be able: • To understand concept of Yoga, different school of yoga and yoga practices • To get an in-depth knowledge about the prerequisites of Hatha Yoga, the principles of Hatha Yoga • To understand life sketches and contributions of eminent Yogi's in the field of Yoga.
YSC OE-328	Yoga & Holistic Health	At the end of course, students will be able: • To understand the concept of health, disease & holistic health. • To apply knowledge of Yogic principle and practices for healthy living. • To understand concept of Yoga, different school of yoga and yoga practices

Semester ~ IV

Course	Title of the Paper	Expected Learning Outcomes
YSC CC-421	Ayurveda, Swasthavritta & Diet	At the end of course, students will be able: • To attain knowledge about the aims, objectives & principles of Ayurveda • To understand and practice daily regimen, night regimen and seasonal regimen for health promotion, disease prevention and age reversal. • To understand the concept of diet • To apply concept of Yogic food as an alternative to treat illness and disease.
YSC CC-422	Yoga-Psychotherapy	At the end of course, students will be able: • To get familiarize with the basic concept of mind & Consciousness • To describe basic concept of Psychology and Psychotherapy and their role in Yogic Counselling. • To discuss of role of Yoga in development of personality and its concept. • To undersatand the aspects of mental health in texts such as ShrimadBhagwadGeeta, Patanjali yoga sutra, Hathayoga & Ayurveda.
YSC CC-423	Yoga Practical	At the end of course, students will be able: • To perform all the selected mantra, asana, pranayama, mudra, bandha, shatkarma and mediation. • To impart knowledge about the prevention of health problems by promoting positive health through Yoga practices. • To describe the underlying mechanisms of Yoga practices. • To illustrate how to strengthen the different systems using Yoga which will help them to prevent health problems and promote positive health.
YSC EC-424	Principles of Naturopathy	At the end of course, students will be able: • To get introduced to various naturopathy practices, their principles and methods. • To impart the principles of Naturopathy that is compatible to Yoga therapy. • To integrate Naturopathy with Yoga for recovering from a disease sooner. • To understand and prescribe the line of treatments employed for relieving the common disease conditions.
YSC EC -425	Project/Seminar/Workshop on Yoga	
YSC EC -426	Teaching Methods/Pathology in Yoga	