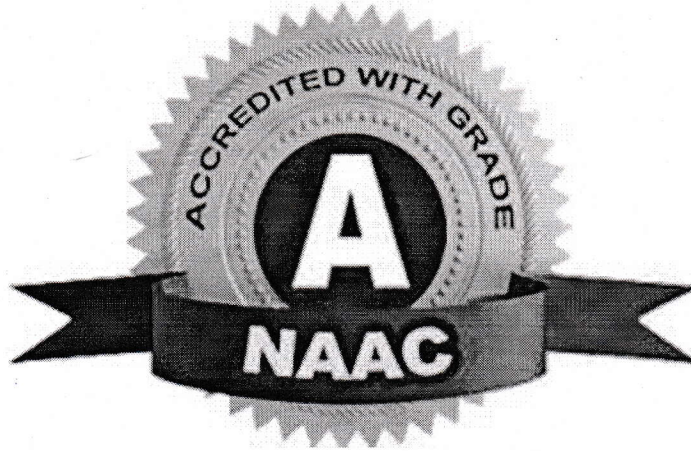


SWAMI VIVEKANAND SUBHARTI UNIVERSITY

(Established under U.P. Govt. Act no. 29 of 2008 and approved under section 2(f) of UGC Act 1956)

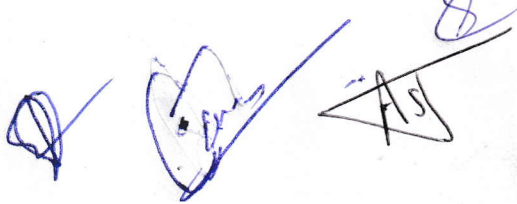
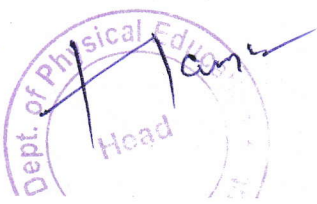


Master of Arts in Yoga Ordinance No.V-108(A)

Swami VivekanandSubharti University

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Ordinance Approved Academic Council Date 31July 2021



Dean
Faculty of Education
S.V. Subharti University,
MEERUT

Ordinance No. - V (108)

SEMESTER WISE TITLE OF THE PAPERS FOR THE PROGRAMME (MASTER OF ARTS IN YOGA)

Year	Semester	Course Code	Core/ Elective	Title of the Paper	T/p	Credits
1 st	1 ST	MA-Y-101	Core	Fundamental of Yoga	T	04
		MA-Y-102	Core	Principles of Hath – Yoga	T	04
		MA-Y-103	Core	Anatomy – Physiology & Yogic Practices - 1	T	04
		MA-Y-104 MA-Y-105	Elective	Elective Course: (Opt any one) 1. Food, Nutrition & Diet Therapy 2. Indian Philosophy & Cultural pride	T	04
		MA-Y-106 P	Core	PRACTICAL	P	08
	2 nd	MA-Y-201	Core	Yoga Sutra	T	04
		MA-Y-202	Core	Basic Texts of Yoga (Srimad Bhagavad Gita, Yoga Vashistha, Shiva Samhita, Goraksha Samhita, Hatharatnavali Siddh Siddhant Paddhati, Bhakti Sagar)	T	04
		MA-Y-203	Core	Anatomy – Physiology & Yogic Practices – 2	T	04
		MA-Y-204 MA-Y-205	Elective	Elective Subject: (Opt any one) 1. Swasthvirrit Vigyan 2. Applied Yoga	T	04
		MA-Y-206 P	Core	PRACTICAL	P	08
2 nd	3 rd	MA-Y-301	Core	Naturopathy	T	04
		MA-Y-302	Core	Upanishadas	T	04
		MA-Y-303	Core	Yoga Therapy – 1	T	04
		MA-Y-304 MA-Y-305	Elective	Elective Course: (Opt any one) 1. Teaching Methodology in Yoga 2. Yoga & Physical Education	T	04
		MA-Y-306 P	Core	PRACTICAL	P	08
	4 th	MA-Y-401	Core	Alternative Therapy	T	04
		MA-Y-402	Core	Yogic Research & Statistics	T	04
		MA-Y-403	Core	Yoga Therapy – 2	T	04
		MA-Y-404 MA-Y-405	Elective	Elective Course: (Opt any one) 1. Yoga Psychology & Ayurveda 2. Disseration	T	04
		MA-Y-406 P	Core	PRACTICAL	P	08

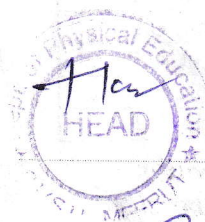
PROGRAMME OUTCOMES

The Purpose of the M.A Yoga is to impart knowledge of yoga to the students in order to enable them to teach yoga in the schools and colleges and to the interested individuals of all age groups. This Programme is highly research oriented which would motivate and enable a student to develop a critical, curious, thoughtful approach towards the philosophy of the subject. This in totality would definitely provide the way for new avenues where one can explore opportunities for entrepreneurship and self-expression.

Syllabus Developed By:

S.No.	Name	Designation	Department	University/ College
1.	Dr. Sandeep Kumar	Professor & Head	Physical Education	SVS University, Meerut, U.P
2.	Dr. Manju Adhikari	Associate Professor	Physical Education	SVS University, Meerut, U.P
3.	Dr. Divesh Chaudhary	Assistant Professor	Physical Education	SVS University, Meerut, U.P.
4.	Dr. Arvind Vedwan	Assistant Professor	Physical Education	SVS University, Meerut, U.P.
5.	Dr. Deepak Raghav	Assistant Professor	Physical Education	SVS University, Meerut, U.P.

6.	Dr. Praveen Saharawat	Assistant Professor	Physical Education	SVS University, Meerut, U.P.
7.	Dr. Jagdish Chand Arya	Assistant Professor	Physical Education	SVS University, Meerut, U.P.
8.	Dr. Nibu R. Krishna	Assistant Professor & Head	Yogic Sciences	LNIFE, Gwalior, MP
9.	Dr. Jitendra Baliyan	Assistant Professor	Physical Education	SMPG College, Meerut, U.P.



Shree
Dr. Jitendra Baliyan
[Signature]

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 Dean
 Faculty of Education
 S.V. Subharti University
 MEERUT