

# Master of Arts (M.A.) – Yoga

**Duration:** 2 Years (4 Semesters)

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## Semester – I

S. No.	Paper Code	Paper Title
1	MAY-101	Foundations of Yoga
2	MAY-102	Yogic Philosophy
3	MAY-103	Advanced Human Anatomy & Physiology
4	MAY-104	Practical Yoga – I

### Course Details (Semester – I)

- Concept, scope, and evolution of Yoga
  - Schools of Indian philosophy related to Yoga
  - Advanced anatomy and physiological systems
  - Advanced asanas and basic pranayama practices
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## Semester – II

S. No.	Paper Code	Paper Title
1	MAY-201	Pranayama, Mudra & Bandha
2	MAY-202	Yogic Diet & Lifestyle
3	MAY-203	Yoga Psychology
4	MAY-204	Practical Yoga – II

### Course Details (Semester – II)

- Detailed study of pranayama techniques
  - Yogic nutrition, daily routine, and lifestyle
  - Mind-body relationship and mental health
  - Therapeutic practical training
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## Semester – III

S. No.	Paper Code	Paper Title
1	MAY-301	Yoga Therapy
2	MAY-302	Stress Management & Counseling
3	MAY-303	Research Methodology in Yoga
4	MAY-304	Practical Yoga – III

### Course Details (Semester – III)

- Yogic therapy for lifestyle and chronic disorders
  - Stress management techniques and yogic counseling
  - Research tools, methodology, and data collection
  - Advanced therapeutic yoga practices
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## Semester – IV

S. No.	Paper Code	Paper Title
1	MAY-401	Patanjali Yoga Sutra (Advanced Study)
2	MAY-402	Yoga & Spiritual Development
3	MAY-403	Dissertation / Project Work
4	MAY-404	Practical Yoga – IV & Viva Voce

### Course Details (Semester – IV)

- In-depth study of Yoga Sutras and commentaries
  - Spiritual growth through yogic practices
  - Dissertation / research project submission
  - Final practical assessment and viva voce
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## Scheme of Examination (General)

- **Theory:** 70 Marks
- **Practical / Project:** 30 Marks
- **Total:** 100 Marks per Paper