



Dr. Bhimrao Ambedkar University, Agra

A State University of Uttar Pradesh (Paliwal Park, Agra -282004)

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A Documentary Support
for
Matric No. – 1.1.2
employability/ entrepreneurship/ skill development

under the
Criteria - I
(Curriculum Design and Development)

Key Indicator - 1.1

in
Matric No. – 1.1.2

MASTER OF ARTS IN YOGA SCIENCE

2023

Mapping of course to:



Employability



Entrepreneurship



Skills Development


Registrar
Dr. B.R.A. University, Agra

M.A. in Yoga Science

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yōga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course, the student is taught the fundamental & advanced concepts of Yōga as well as the techniques for the treatment and prevention of various psychosomatic and life style related ailments.

I. Title of the Programme The programme shall be called "M. A. in Yoga Science"

II. Aim of the Programme The aim of the programme is to produce "Yoga professionals for academic & therapeutic fields"

III. Objectives of the programme



Deeper Understanding of Yoga: To make students understand the classical nature of Yoga & giving them the in-depth knowledge of its various components.

Prevention: To introduce yoga as therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.

Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.

Scheme of Teaching & Examination

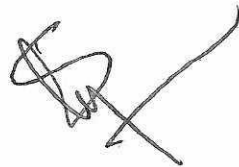
S.N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
			L	T	P	Credit	CT	TA		
I Year										
Semester I										
1	MA 101	Fundamentals of Yoga	3	1	0	4	20	10	70	100
2	MA 102	Principles of Hath Yoga	3	1	0	4	20	10	70	100
3	MA 103	Introduction To Shrimad BhagavadGeeta and Samkhya karika	3	1	0	4	20	10	70	100
4	MA 104	Human Biology I	3	1	0	4	20	10	70	100
5	MA 105	Yoga Practicum	0	0	8	4	20	10	70	100
6	MA 106	Human Biology Practicum	0	0	8	4	20	10	70	100
7	MA CE 01	Communicative English(Non Credit)	3	1	0	0	20	10	70	100
36 Hrs						24	Total			600
Semester II										

1	MA 201	Patanjal Yoga Darshan	3	1	0	4	20	10	70	100
2	MA 202	Indian Philosophy & Culture	3	1	0	4	20	10	70	100
3	MA 203	Yoga Psychology	3	1	0	4	20	10	70	100
4	MA 204	Human Biology-II	3	1	0	4	20	10	70	100
5	MA 205	Yoga Practicum	0	0	8	4	20	10	70	100
6	MA 206	Human Biology Practicum-II	0	0	8	4	20	10	70	100
7	MA CE 02	Communicative English (Non Credit)	3	1	0	0	20	10	70	100
						36 Hrs	24	Total		600
II Year										
Semester – III										
1	MA 301	Methods of Teaching Yoga and Value Education	3	1	0	4	20	10	70	100
2	MA 302	Introduction to Ayurveda	3	1	0	4	20	10	70	100
3	MA 303	Research & Statistical Methods	3	1	0	4	20	10	70	100
4	MA 304	Naturopathy	3	1	0	4	20	10	70	100
5	MA 305	Yoga Practicum	0	0	8	4	20	10	70	100
6	MA 306	Naturopathy Practicum	0	0	8	4	20	10	70	100
7	MA CE 03	Communicative English(Non Credit)	3	1	0	0	20	10	70	100
						36 Hrs	24	Total		600




Semester- IV										
1	MA 401	Hygiene, Diet & Nutrition	3	1	0	4	20	10	70	100
2	MA 402	Yoga Therapy	3	1	0	4	20	10	70	100
3	MA 403	Complementary & Alternative Therapy (CAT)	3	1	0	4	20	10	70	100
4	MA 404	Dissertation/Field Training	3	1	0	4	20	10	70	100
5	MA 405	Yoga Practicum	0	0	8	4	20	10	70	100
6	MA 406	Complementary & Alternative Therapy Practicum	0	0	8	4	20	10	70	100
7	MA CE 04	Communicative English(Non Credit)	3	1	0	0	20	10	70	100
						36 Hrs	24	Total		600
Total number of Credits						96	Total Marks		2400	

L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests,
 TA - Teachers Assessment, SEE - Semester Examination





Employability



Entrepreneurship



Skill Development



Dr. B. R. Ambedkar University, Agra

(Formerly: Agra University, AGRA)

Date: 29-04-2022

Meeting of the Board of Studies/ Academic Committee for P.G. Diploma in Yoga Education (PGDYE), Master in Physical Education & Sports Sciences (MPES) and B A in Yoga (BAY) held on 29-04-2022 at 11.00am in the Department of Library & Information Science, Paliwal Park, Dr. B.R.A. University, Agra.

The Following members were present in meeting –

1. Prof. U.C. Sharma (Dean Arts)
2. Dr. Akhilesh Chand Saxena (Convenor)
3. Dr. Dhanajay Singh, Assistant Professor R.B. S. College, Agra (Subject Expert)
4. Dr. Sheeldhar Dubey, Associate Professor, PDDU College, Lucknow (Subject Expert)
5. Dr. S. N. Singh, Associate Professor, S.D. PG College, Muzaffarnagar (Subject Expert)
6. Dr. Ramji Mishra, Assistant Professor, Patanjali University (Subject Expert)

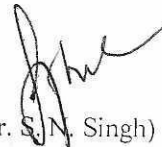
MINUTES

1. The Committee confirms the minutes of previous meeting.
2. The syllabus as per CBCS of P.G. Diploma in Yoga Education (PGDYE) thoroughly studied by the committee and passed by some little changes (Enclosure -1). The theory subjects and practical of this course are given below-
 - a. Theory - Introduction of Yoga
 - b. Theory - Patanjali Yogsutra
 - c. Theory - Mental Health
 - d. Theory - Anatomy & Physiology
 - e. Practical – Yogic Practices
3. The syllabus as per Two Year Course having four semester on the basis of CBCS for Master in Physical Education & Sports Sciences (MPES) thoroughly studied by the committee and passed by some little changes (Enclosure - 2). The details of theory subjects and practical of this course are given in encloser.
4. The syllabus as per Three Year Course having six semester on the basis of CBCS for B A in Yoga, M.A. in Yoga (BAY) thoroughly studied by the committee and passed with appreciation (Enclosure - 3). The details of theory subjects and practical of this course are given in encloser.
5. The committee also submitted the list of examiners for the above three courses.
6. The meeting ends with the vote of thanks.

Note : Committee has decided to amend in if further there will change in the above courses as per National Education Policy (NEP)


(Dr. Dhanajay Singh)

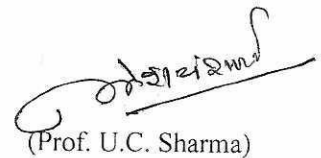

(Dr. Sheeldhar Dubey)


(Dr. S. N. Singh)


(Dr. Ramji Mishra)


(Dr. Akhilesh Chand Saxena)


02/08


(Prof. U.C. Sharma)

OSC Aced
through
Registrar
M. Singh
03-06-22 (MAY)