

SYLLABUS
M.A. / M.Sc. IN YOGA AND SCIENCE OF LIVING
(In accordance with NEP2020)
(Regular Mode)



JAIN VISHVA BHARATI INSTITUTE
(Deemed-to-be University)
LADNUN-341 306 (Rajasthan)

PROGRAMME SPECIFIC OUTCOMES

- PSO1: Skill Development** - To develop understanding about foundation of yoga, need and importance of yoga in modern lifestyle, conceptualize and practice astanga yoga, various asanas, kriyas, bandha, mudras, Preksha Meditation and pranayama and Yogic Therapies with reference to wellness.
- PSO2: Knowledge about Anatomy Physiology for Yogic Sciences** - Students to understand the structural and functional aspect of human body and develop understanding about classification of Asanas, Kriya, Bandha Mudra, Pranayama and its mechanism on various system.
- PSO3: Understanding Ability** - Develop understanding about new value education system i.e. Science of living. Also understand Teaching Method, Teaching technique and style, lesson planning and teaching innovations.
- PSO4: Develop the Concept of Yoga and its Verities** - It aims to develop understanding about different ways to achieve Raj Yoga, According to different yoga texts like Hatha, Patanjali etc. Concept of Indian Philosophy.
- PSO5: Develop the Concept of Scientific Research in Yoga** - It aims to develop understanding about the need and importance of research in Yoga, research problem, Hypothesis, Variables, research design and sampling techniques.
- PSO6:** To understand the theories of Psychology and personality and develop the ability to do research in this. Develop the concept of statistics, types of statistics, function of statistics, population, variable and data. It aims to develop understanding about the measures of dispersion and scale, probability distribution, graphical presentation and analyze the data.

- PSO7:** Understand the basic concept and components of food nutrition. It aims to develop understanding about the objective of yogic nutrition Food groups and food metabolism.
- PSO8:** Understand the concept of yoga etiology, diagnosis and therapy. It develop the knowledge of students about various treatment for relieve from musculo-skeletal disorders, Gastro intestinal and excretory disorder, management of cardio-pulmonary disorders and neurological and psychiatric disorders.
- PSO9:** Develop skills and competencies for conducting therapy and perform rigorous, theoretically correct and practically relevant research in the field of Yogic Sciences.

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SEMESTER-I

COURSE CODE	COURSE TITLE	COURSE NATURE	CREDIT	TOTAL CREDIT	CIA MARKS	THEORY (T)/ PARCTICAL (P) MARKS	MAXIMUM MARKS
MYSL101MJ	Foundation of Yoga	Subject Major (Core Compulsory)	4	12	30	T-70	100
MYSL102MJ	Basic Elements of Preksha Meditation		4		30	T-70	100
MYSL103MJ	Practical		4		30	P-70	100
MYSL104EL	Applied Human Anatomy and Physiology	Subject Minor (Core Elective) (Any Two)	4	8	30	T-70	100
MYSL105EL	Alternative Therapies		4		30	T-50+P-20	100
MYSL106EL	Basic Yoga Texts		4		30	T-70	100
MJVB101VA	Jain Culture and Life Values	Value Added (IKS Nature)	4	4	30	T-70	100
TOTAL				24	180	420	600

SEMESTER-II

COURSE CODE	COURSE TITLE	COURSE NATURE	CREDIT	TOTAL CREDIT	CIA Marks	THEORY (T)/ PARCTICAL (P) MARKS	MAXIMUM MARKS
MYSL201MJ	Patanjal Yoga	Subject Major (Core Compulsory)	4	12	30	T-70	100
MYSL202MJ	Basic Elements of Science of Living		4		30	T-70	100
MYSL203MJ	Practical		4		30	P-70	100
MYSL204EL	Applied Psychology and Science of Living	Subject Minor (Core Elective) (Any Two)	4	8	30	T-70	100
MYSL205EL	Samkhya, Shaiv, Jaina and Bauddh Yoga		4		30	T-70	100
MYSL206EL	Hath Yoga		4		30	T-70	100
MYSL207EL	Human Consciousness and Parapsychology		4		30	T-70	100
MYSL208EL	Student can select any similar nature course from MOOCs		4		30	T-70	100
MYSL209SE	Naturopathy	Skill Enhancement Course (Any One)	4	4	30	T-50+P-20	100
MJVB201SE	Information Technology and Computer Application		4		30	T-50+P-20	100
MJVB202SE	Astrology and Vastu		4		30	70	100
MJVB203SE	Choose any course form MOOCs		4		30	70	100
TOTAL				24	180	420	600

SEMESTER-III

COURSE CODE	COURSE TITLE	COURSE NATURE	CREDIT	TOTAL CREDIT	CIA MARKS	THEORY (T) / PARCTICAL (P) MARKS	MAXIMUM MARKS
MYSL301MJ	Health Management and Preksha Meditation-Yoga	Subject Major (Core Compulsory)	4	12	30	T-70	100
MYSL302MJ	Dietetics and Nutrition		4		30	T-70	100
MYSL303MJ	Practical		4		30	P-70	100
MJVB301MD	Self Management and Preksha Meditation	Inter Disciplinary (Any One)	4	4	30	T-70	100
MJVB302MD	Introduction to Sanskrit		4		30	T-70	100
MJVB303MD	Introduction to Prakrit		4		30	T-70	100
MJVB304MD	The Use of English		4		30	T-70	100
MJVB305MD	Introduction to Non-violence and Peace		4		30	T-70	100
MJVB306MD	Introduction to Political Science		4		30	T-70	100
MJVB307MD	Introduction to Jainism		4		30	T-70	100
MJVB301RP	Research Methodology	Introductory	4	4	30	T-70	100
TOTAL				20	150	350	500

SEMESTER-IV

COURSE CODE	COURSE TITLE	COURSE NATURE	CREDIT	TOTAL CREDIT	CIA MARKS	THEORY/ PARCTICAL/ PRESENTATION/ PUBLICATION MARKS	MAXIMUM MARKS
MYSL401MJ	Practical	Major Core Compulsory	4	4	30	Practical-70	100
MJVB401RP	Review of Literature	Research (Core Elective) (Any One)	4	4	15	Writing Work-35 Presentation-50	100
MJVB402RP	Formation of Research Proposal		4		15	Writing Work-35 Presentation-50	100
MJVB403RP	Research Publication of Article in Refereed Journal	Research Core Elective (Any One)	4	4	30	Publication-70	100
MJVB404RP	Paper Presentation in National/International Seminar/Conference		4		30	Presentation-70	100
MJVB405RP	Dissertation Writing	Dissertation & Viva	4	8	30	70	100
MJVB406RP	Presentation and Viva-Voce		4		30	70	100
TOTAL				20	135	365	500
GRAND TOTAL				88	645	1555	2200