



# DR. RAMMANOHAR LOHIA AVADH UNIVERSITY, AYODHYA

Structure of Syllabus for  
Program: M.A.

Subject: HUMAN CONSCIOUSNESS YOGIC SCIENCE AND  
THERAPY DEPARTMENT OF YOGIC SCIENCE

Structure of Syllabus Developed by			
Name of BOS Convener/ BOS Member	Designation	Department	College/ University
Prof. S. S. Mishra	Director and Convener	Department of Yogic Science, Institute of Physical Education Sports and Yogic Sciences	Dr. Rammanohar Lohia Avadh University, Ayodhya
Prof. D. N. Yadav	External Expert	Department of Philosophy	Pt. Deen Dayal Upadhyaya Gorakhpur University Gorakhpur
Dr. Gurudev	External Expert	Department of Yoga	Morarji National Institute of Yoga, New Delhi
Dr. Sudheer Mishra	External Expert	Department of Tourism Study	Lucknow University, Lucknow

Course Code		Course Title	Credits	T/P	Evaluation	
					CIE	ETE
A	B	C	D	E	F	G
<b>SEMESTER I (YEAR I)</b>						
A630701T	CORE	Shrimad Bhagwatgeeta	5	T	25	75
A630702T	CORE	Foundation of Yoga	5	T	25	75
A630703T	CORE	Principle of Hath Yoga	5	T	25	75
A630704T	FIRST ELECTIVE (Subject Elective) (Select any one)	Human Biology-I	5	T	25	75
A630705T		Moral Values & Sanskar in Vedas	5	T	25	75
A630706P	SECOND ELECTIVE (Subject Elective) (Select any one)	Yoga Practical	5	P	50	50
A630707P		Project and Presentation	5	P	50	50
<b>SEMESTER II (YEAR I)</b>						
A630801T	CORE	Human Life & Yogic Management	5	T	25	75
A630802T	CORE	Indian Philosophy & Human Consciousness	5	T	25	75
A630803T	CORE	Patanjal Yoga	5	T	25	75
A630804T	THIRD ELECTIVE (Generic Elective) (Select any one)	Human Biology-II	5	T	50	50
A630805T		Computer Fundamental & Office Automation	5	T	50	50

A630806P	FOURTH ELECTIVE (Subject Elective) (Select any one)	Yoga Practical	5	P	50	50
A630807P		Project and Presentation	5	P	50	50
<b>SEMESTER III (YEAR II)</b>						
A630901T	CORE	Basics of Yoga Text	5	T	25	75
A630902T	CORE	Yoga Teaching Methodology	5	T	25	75
A630903T	CORE	Principle of Naturopathy	5	T	25	75
A630904T	FIFTH ELECTIVE (Subject Elective) (Select any one)	Yogic Research & Statistics	5	T	25	75
A630905T		Swasthritt	5	T	25	75
A630906P	SIXTH ELECTIVE (Subject Elective) (Select any one)	Yoga Practical	5	P	50	50
A630907P		Project Work & Educational Tour	5	P	50	50
<b>SEMESTER IV (YEAR II)</b>						
A631001T	CORE	Alternative Therapy	5	T	25	75
A631002T	CORE	Yoga Therapy and Yogic Diet	5	T	25	75
A631003T	SEVENTH ELECTIVE (Subject Elective) (Select any one)	Yoga Practical	5	T	25	75
A631004T		General Psychology	5	T	25	75
A631005P	RESEARCH PROJECT/ DISSERTATION	Dissertation	10	P	50	50