

# Karnataka Samskrit University, Chamarajapete, Bengaluru-18

## Syllabus for MSc Yoga Therapy & Counselling (Two Years-4 semester)

### MSc Yoga Therapy & Counselling 1<sup>ST</sup> SEMESTER

Sl. No	Paper	Sub Code	Subject Title	Total Marks	No. of Hours	No. of Credits
<b>Hard core subjects</b>						
1	Paper-1	MYTC1401	Foundation of yoga-1*	70+30=100	70	5
2	Paper-2	MYTC1402	Fundamentals of Counselling*	70+30=100	70	5
<b>Soft Core Subjects</b>						
3	Paper-3	MYTC1SC1403	Human Anatomy & Physiology	70+30=100	60	4
4	Paper-4	MYTC1SC2403	Patanjala Yoga Sutra (Samadhi & Sadhana padas)	70+30=100	60	4
5	Paper-5	MYTC1SC3403	Sanskrit Basic and Grammar	70+30=100	60	4
6	Paper-6	MYTP1PC404	Practical- Yoga Skill and Props-I*	70+30=100	120	6
<b>Open elective subjects</b>						
7	Paper-7	MYTC1OE1405	Shrimad Bhagwad Geeta (Jnana Yoga & Karma Yoga)	70+30=100	60	3
8	Paper-8	MYTC1OE2405	Samkhya Karika	70+30=100	60	3
9	Paper-9	MYTC1OE3405	Yoga Practical: Asana, Pranayama, Dhyana Etc....	70+30=100	60	3
<b>*Compulsory paper's</b>						<b>23</b>

## MSc Yoga Therapy & Counseling - 2<sup>nd</sup> SEMESTER

Sl. No	Paper	Sub Code	Subject Title	Total Marks	No. of Hours	No. of Credits
<b>Hard core subjects</b>						
1	Paper-1	MYTC2501	Foundation of yoga-2*	70+30=100	70	5
2	Paper-2	MYTC2502	Hatha Yogic Texts*	70+30=100	70	5
<b>Soft Core Subjects</b>						
3	Paper-3	MYTC2SC1503	Patanjala Yoga Sutra (Vibhuti & Kaivalya Padas)	70+30=100	70	4
4	Paper-4	MYTC2SC2503	Yogic Counselling	70+30=100	70	4
5	Paper-5	MYTC2SC3503	Methods of Teaching Yoga and Value Education	70+30=100	70	4
6	Paper-6	MYTP2PC504	Practical- Yoga Skill and Props-II*	70+30=100	120	6
<b>Open elective subjects</b>						
7	Paper-7	MYTC2OE1505	Shrimad Bhagwad Geeta (Bhakthi yoga & dhyana yoga)	70+30=100	60	3
8	Paper-8	MYTC2OE2505	Yoga & Naturopathy	70+30=100	60	3
9	Paper-9	MYTC2OE3505	Yoga vasistha	70+30=100	60	3
<b>*Compulsory paper's</b>						<b>24</b>

## MSc Yoga Therapy & Counseling- 3<sup>rd</sup> SEMESTER

Sl. No	Paper	Sub Code	Subject Title	Total Marks	No. of Hours	No. of Credits
<b>Hard core subjects</b>						
1	Paper-1	MYTC3601	Yoga Psychology and Mental health *	70+30=100	70	5
2	Paper-2	MYTC3602	Research Methodology*	70+30=100	70	5
<b>Soft Core Subjects</b>						
3	Paper-3	MYTC3SC1603	Scientific Approaches of Yoga	70+30=100	60	4
4	Paper-4	MYTC3SC2603	Shiva samhitha	70+30=100	50	4
5	Paper-5	MYTC3SC3603	Yoga Therapy for Common Ailments –I	70+30=100	60	4
6	Paper-6	MYTC3P604	Practical- Yoga Therapy Techniques*	70+30=100	120	6
<b>Open elective subjects</b>						
7	Paper-7	MYTCOE1605	Yogic diet And Nutrition	70+30=100	60	3
8	Paper-8	MYTCOE2605	Integrated Alternative Therapy	70+30=100	60	3
9	Paper-9	MYTCOE3605	Yoga Practical: Teaching and Therapeutic methods Etc....	70+30=100	60	3
<b>*Compulsory paper's</b>						<b>23</b>

## MSc Yoga Therapy & Counselling 4<sup>th</sup> SEMESTER

Sl. No	Paper	Sub Code	Subject Title	Total Marks	No. of Hours	No. of Credits
<b>Hard core subjects</b>						
1	Paper-1	MYTC4701	Counselling Techniques and skills*	70+30=100	70	5
2	Paper-2	MYTC4702	Gherandasamhitha*	70+30=100	70	5
<b>Soft Core Subjects</b>						
3	Paper-3	MYTC4SC1703	Advanced Yoga Techniques-Cum Viva-voce	70+30=100	60	4
4	Paper-4	MYTC4SC2703	Practical- Methods of Scientific Writing and Synopsis Presentation	70+30=100	60	4
5	Paper-5	MYTC4SC3703	Dissertation	70+30=100	60	4
6	Paper-6	MYTC4P704	Yoga Therapy for Common Ailments -II*	70+30=100	120	6
<b>Open elective subjects</b>						
7	Paper-7	MYTCOE1705	Field works -Medical College, Hospital & health care centers <b>*Compulsory NON MEDICAL STUDENTS</b>	70+30=100	90	3
8	Paper-8	MYTCOE2705	Vaidhyakiya Subhasitha	70+30=100	60	3
9	Paper-9	MYTCOE3705	Yogic Counseling	70+30=100	60	3
<b>*Compulsory paper's</b>				<b>Total</b>		<b>23</b>