



Karnataka Samskrit University

Accredited 'A' Grade by NAAC

Department of Counselling & Yoga Therapy

SYLLABUS FOR NATIONAL EDUCATIONAL POLICY (NEP)

M. Sc. Yoga Therapy and Counselling.

(Two Years-4 semester)

2024-25

Faculty of Ancient Indian Sciences

Karnataka Samskrit University (KSU)
Pampa Mahakavi Road, Chamarajpet, Bangalore – 560 018.

Karnataka Samskrit University, Chamarajapete, Bengaluru-18

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

Sl. No	Paper	Sub Code	Subject Title	Total Marks	No. of Hours	No. of Credits
1	Paper-1	MYTC1401	Foundation of yoga-1*	60+40=100	65	4
2	Paper-2	MYTC1402	Fundamentals of Counselling*	60+40=100	65	4
3	Paper-3	MYTC1403	Human Anatomy & Physiology*	60+40=100	65	4
Open elective subjects						
4	Paper-4	MYTC1OE1404	Patanjala Yoga Sutra (Samadhi & Sadhana padas)	60+40=100	65	4
	Paper-4	MYTC1OE2404	Sanskrit Basic and Grammar	60+40=100	65	4
	Paper-4	MYTC1OE3404	Samkhaya Karika	60+40=100	65	4
5	Paper-5	MYTP1PC405	Practical- Yoga Skill and Props-I*	60+40=100	120	4
6	Paper-6	MYTC1406	Research Methodology-1*	30+20=50	35	2
*Compulsory paper's						22

MSc Yoga Therapy & Counselling 1ST SEMESTER

MSc Yoga Therapy & Counselling - 2nd SEMESTER

Sl. No	Paper	Sub Code	Subject Title	Total Marks	No. of Hours	No. of Credits
1	Paper-1	MYTC2501	Foundation of yoga-2*	60+40=100	70	4
2	Paper-2	MYTC2502	Hatha Yogic Texts-1*	60+40=100	70	4
3	Paper-3	MYTC2503	Patanjala Yoga Sutra (Vibhuti & Kaivalya Padas)*	60+40=100	70	4
Open elective subjects						
4	Paper-4	MYTC2OE1504	Yoga & Naturopathy	60+40=100	70	4
	Paper-4	MYTC2OE2504	Methods of Teaching Yoga and Value Education	60+40=100	70	4
	Paper-4	MYTC2OE3504	Yoga Vasistha	60+40=100	120	4
5	Paper-5	MYTP2PC505	Practical- Yoga Skill and Props-II*	60+40=100	120	4
6	Paper-6	MYTC2406	Research Methodology-2*	30+20=50	35	2
*Compulsory paper's						22

MSc Yoga Therapy & Counselling - 3rd SEMESTER

Sl. No	Paper	Sub Code	Subject Title	Total Marks	No. of Hours	No. of Credits
Hard core subjects						
1	Paper-1	MYTC3601	Yoga Psychology and Mental health *	60+40=100	65	4
2	Paper-2	MYTC3602	Scientific Approaches of Yoga*	60+40=100	65	4
3	Paper-3	MYTC3603	Hatha Yogic Texts-2*	60+40=100	65	4
Open elective subjects						
4	Paper-4	MYTC3OE1604	Shiva samhitha-1	60+40=100	65	4
		MYTC3OE2604	Yoga Therapy for Common Ailments –I	60+40=100	65	4
		MYTC3OE3604	Yogic diet And Nutrition	60+40=100	120	4
5	Paper-5	MYTPPC605	Practical- Yoga Therapy Techniques*	70+30=100	60	2
6	Paper-6	MYTC2406	Research Project*	30+20=50	35	2
*Compulsory paper's						22

MSc Yoga Therapy & Counselling 4th SEMESTER

Sl. No	Paper	Sub Code	Subject Title	Total Marks	No. of Hours	No. of Credits
1	Paper-1	MYTC4701	Counselling Techniques and skills*	60+40=100	65	4
2	Paper-2	MYTC4702	Gheranda samhitha-2 *	60+40=100	65	4
3	Paper-3	MYTC4703	Practical- Methods of Scientific Writing and Synopsis Presentation*	60+40=100	65	4
4	Paper-4	MYTC4704	Dissertation*	60+40=100	65	4
5	Paper-5	MYTC4P705	Yoga Therapy for Common Ailments –II*	60+40=100	120	4
6	Paper-6	MYTCOE1705	Field works (Medical College, Hospital, schools & health care centers)	60+40=100	90	4
		MYTCOE2705	Vaidhyakiya Subhasitha	30+20=50	60	2
*Compulsory paper's						22