

**Board of Studies  
Of  
M.A. /M. Sc. (Yoga Sciences)  
2 Years duration (4 semesters)**

**(Effective from the Academic Year 2022-23)**



**Himalayan School of Yoga Sciences  
SWAMI RAMA HIMALAYAN UNIVERSITY  
Swami Ram Nagar, Jolly Grant, Doiwala,  
Dehradun**

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Registrar  
Swami Rama Himalayan University

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# Swami Rama Himalayan University

## Office of the Registrar

SRHU/Reg/OO/2022-83

Date: 30<sup>th</sup> April, 2022

### OFFICE ORDER

In accordance with duly approved Statute 5.07 of Swami Rama Himalayan University, the Hon'ble Vice Chancellor has constituted the Board of Studies for Programmes - BA/B.Sc. (Yoga Science & Holistic Health), Post Graduate Diploma (Yoga Science & Holistic Health) and Master Degree (M.A./M.Sc.) in Yoga Sciences under Himalayan School of Yoga Sciences (HSYS), as under:

Dr. Suresh Barnwal

Professor,

Dev Sanskriti Vishvavidyalaya, Shanti kunj,  
Haridwar

External Expert

Dr. Surendra Kumar Tyagi

Professor,

Gurukul Kangri University,  
Haridwar

External Expert

Dr. Somlata Jha, Assistant Professor, HSYS and Dr. Ram Narayan Mishra, Assistant Professor, HSYS shall coordinate and provide all the necessary assistance to the said Board of Studies.

By Order,

  
30/4/22  
Registrar

Copy to: Hon'ble Chancellor  
Hon'ble Vice Chancellor } for kind information please  
Pro Vice Chancellor  
In-charge, HSYS  
All concerned members

  
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# Swami Rama Himalayan University

## Office of the Registrar

SRHU/Reg/Int/2022-128

Date: 5<sup>th</sup> May, 2022

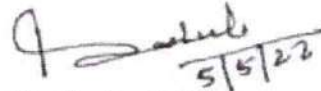
### Meeting Notice

The Meeting of the Board of Studies for Programmes - B.Sc. (Yoga Science & Holistic Health), Post Graduate Diploma (Yoga Science & Holistic Health) and Master Degree (M.A./M.Sc.) in Yoga Sciences under Himalayan School of Yoga Sciences (HSYS) and for BA/B.Sc. (Yoga Science & Holistic Health) under Hill Campus of the University, will be held on **17<sup>th</sup> May 2022, Tuesday (10:00 a.m.) at HSYS.**

The Agenda of the meeting shall be as follows:

1. To recommend, upon reference to it by the faculty, the courses of study, curriculum and methods of assessment in the subject or group of subjects within its purview.
2. To recommend programme objective and course outcome.
3. To recommend books, including text-books, supplementary reading, reference books and other study material for such courses of study.
4. To advise the faculty or faculties concerned regarding improvements in the courses of study.
5. To recommend organization of orientation and refresher courses in the subject.

Members of the said Board of Studies are requested to please make it convenient to attend the meeting.

  
5/5/22  
**Dr. Susheela Sharma**  
Registrar

Copy to: Hon'ble Chancellor  
Hon'ble Vice Chancellor  
Pro Vice Chancellor  
In-charge, HSYS  
All concerned of the Board of Studies } for kind information please

  
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**Swami Rama Himalayan University**  
**Himalayan School of Yoga Science**

**Attendance**

Date:-17/05/2022

1. Prof. Suresh Lal Barnwal

Professor,

Dev Sanskriti Vishvavidyalaya, Shanti Kunj

Haridwar

  
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2. Surendra Kumar

Professor,

Gurukul Kangri University

Haridwar

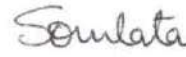
  
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3. Dr. Somlata Jha

Assistant Professor

Himalayan School of Yoga Science

Jolly Grant


  
(Signature)

4. Dr. Ram Narayan Mishra

Assistant Professor

Himalayan School of Yoga Science

Jolly Grant

  
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**Swami Rama Himalayan University**  
**Himalayan School of Yoga Science**



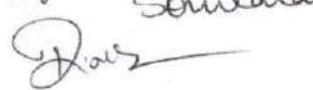
**BOARD OF STUDIES MAY 2022**

**Minutes of Meeting**

In pursuance to the notification on.SRHU/Reg/OO/2022-83 dated 30 April, 2022 the meeting of Board of Studies for B.Sc.(Yoga Science & Holistic Health) was held on 17/May/2022 at 10:00am in the Himalayan School of Yoga Science.

The following members were present:

- |                           |   |                 |
|---------------------------|---|-----------------|
| 1. Dr.Suresh Lal Barnwal  | - | External Expert |
| 2. Dr.Surendra Kumar      | - | External Expert |
| 3. Dr. Somlata Jha        | - | Member          |
| 4. Dr. Ram Narayan Mishra | - | Member          |



Dr.Somlata Jha welcomed all the members of the committee.

The members went through the curriculum of B.Sc.(Yoga Science & Holistic Health) and given suggestions which are the following. These will be applied in after the suggested correction.

1. Program Name trem should be used Yogic Science.
2. Intrenship should not be Maximum Two months.
3. Graduation program should be Only B.Sc. Yogic Science on the behalf of UGC guide line.

All the members also found the pattern of examination and method of assessment to be excellent one. All of them were of the opinion after doing little deliberations, the Board of Studies approved.

The meetings ended with vote of thanks to external experts.






  
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## M.A. /M.Sc. Yoga Sciences Program-

### Goals

Yoga Science could help to equip oneself with basic knowledge about one's personality, to learn to handle oneself well in all life situations, to learn technique of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity.

### National Goals-

- The course aims to build physical, mental, and spiritual discipline in the students.
- To train students in Yoga so as to enable the students to become well versed in Yoga Therapy.
- To integrate Yoga with other systems of medicine to speed up the process of recovery.
- To explore the possibilities of promoting Yoga integrating medical practice at conventional medical facilities attached to the institute.
- To produce Yoga Therapists with in-depth understanding of basic sciences and mechanism of action of every technique prescribed for a disease.
- To bring all round personality development of the students at all levels of their personality.
- To produce the therapists of high caliber who could work efficiently as a yoga therapist in the hospitals, spa, wellness Centre, start their yoga Centre and join the yoga department of the universities as an assistant professor.

### Institutional Goals-

- The main goal is to develop the department as a Center of Excellence and deliver high quality teaching-learning matching the needs of the contemporary world of education and health industry. Yoga Science at SRHU. Intersects with other allied sciences.
- Goals to deliver training in advanced areas of Yoga Science and Holistic health as also high moral values in keeping with the teachings of Swami Rama and ancient Indian gurus.
- In addition to the overall personality development, this course enables the learner to be equipped with therapeutic skills and research base in yoga.
- This course includes the ancient wisdom of the Vedas, Upanishads, Bhagavad Gita, Patanjala Yoga Sutra, Hatha Yoga and Gheranda Samhita along with modern scientific-based anatomy, physiology, psychology, research methodology and teaching skills.

### Goals and Roles for the learner-

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

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### Programme Outcomes -

- To develop the ability in the students to apply the knowledge and skills they have acquired to the solution of specific theoretical and applied problems in Yoga.
- To assist Therapist/consultants to give Yoga Training and Therapy at hospitals.
- To promote the awareness for positive health and personality development in the student through Yoga.
- Instilling and inculcating the general interest and inquisitive knowledge about Yoga, personality development and spiritual evolution.
- To prepare institutionally trained Yoga professionals to impart Yoga training to all sections of the society.

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Dr

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Swami Rama Himalayan University



# SWAMI RAMA HIMALAYAN UNIVERSITY

## Himalayan School of Yoga Sciences

### STUDY & EVALUATION SCHEME

M.A/M.Sc. Yoga Sciences

(w.e.f. 2022-2023)

#### SEMESTER I

S. N.	Course Code	Course Title	Course Category	Units		Sessional Test 1	Sessional Test 2	Day to Day assessment	End Semester	Hrs. of Instruction/ Week (L-T-P)	Credits
	MYS101	Foundations of Yoga	CC	I.	Introduction and evolution of Yoga	50	50	50	100	3-0-0	3
				II.	Schools of Yoga						
				III.	Eminent Yogies and their contribution in Yoga						
				IV	General Introduction of shruties and Darshana						
	MYS102	Human Consciousness	DSEC	I	Introduction of Consciousness	50	50	50	100	3-0-0	3
				II	Concept of Sampling and Hypothesis						
				III	Consciousness and Soul						
				IV	Consciousness and Human Behavior						
	MYS103	Human Anatomy and Physiology-I	DSEC	I	Basic Structure and Function of Human Body	50	50	50	100	3-0-0	3
				II	Digestive and excretory System						
				III	Respiratory System						
				IV	Cardio- Vascular System						
	MYS104	Principles of Hatha Yoga	CC	I	Introduction	50	50	50	100	3-0-0	3
				II	Essentials of Hatha yoga						
				III	Limbs of Hath Yoga I						
				IV	Limbs of Hath Yoga II						
	MYS105	Yoga Practical - I	CC		Recitation of Hymns & Hasta Mudras, Shatkarma, Breathing Practices	50	50	50	100	0-0-8	4
	MYS106	Yoga Practical - II	CC		Yoga Suksma Kriya(Joints & Glands), Suryanamskar, Yogasanas	50	50	50	100	0-0-8	4
Total						300	300	300	600	2-0-16	20

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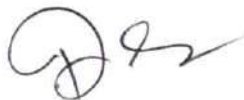
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## SEMESTER II

S. N.	Course Code	Course Title	Course Category	Units		Sessional Test 1	Sessional Test 2	Day to Day assessment	End Semester	Hrs. of Instruction/ Week (L-T-P)	Credits
1.	MYS201	Patanjala Yoga Darshana	CC	I	Introduction of Patanjala Yoga Sutras	50	50	50	100	3-0-0	3
				II	Samadhi Pada						
				III	Sadhana and Vibhuti Pada						
				IV	Kaivalya Pada						
2.	MYS202	Fundamentals of Ayurveda and Naturopathy	GEC	I	Principles of Ayurveda	50	50	50	100	3-0-0	3
				II	Pillars of Ayurveda						
				III	Fundamental of Naturopathy and health						
				IV	Five elemental treatment and diseases						
3.	MYS203	Human Anatomy and Physiology-II	DSEC	I	Structure and Function of Human Body	50	50	50	100	3-0-0	3
				II	Digestive and excretory System						
				III	Respiratory System						
				V	Cardio- Vascular System						
4.	MYS204	Essence of Upanishad	CC	I	Introduction of Upanishadas	50	50	50	100	3-0-0	3
				II	Messages of Upanishadas						
				III	Basic Introduction of Upanishadas -I						
				V	Basic Introduction of Upanishadas -II						
5.	MYS205	Yoga Practical - III	CC		Shatkarmas, Pranayama, Practices leading to Meditation	50	50	50	100	0-0-8	4
6.	MYS206	Yoga Practical - IV	CC		Yogasana (Sitting, Prone and Supine Positions)	50	50	50	100	0-0-8	4
Total						300	300	300	600	12-0-16	20

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# SEMESTER III (MA-YS)

S. N.	Course Code	Course Title	Course Category	Units	Sessional Test 1	Sessional Test 2	Day to Day assessment	End Semester	Hrs. of instruction/ week (L-T-P)	Credits
1.	MYS301	Yoga Psychology	DSEC	I Psychology: a science of behavior. II Yoga for personality development III Yogic Concept of Psychology and mental IV Yogic Psychotherapy and	50	50	50	100	4-0-0	4
2.	MYS302	Indian Philosophy	CC	I General Introduction to Indian II Philosophy of Non Vedic Traditions III Vedic Tradition: I IV Vedic Tradition: II	50	50	50	100	4-0-0	4
3.	MYS303	Elective for M.A Elective I - Bhagwad Gita	AECC	I Introduction & Significance of Bhagwad Gita II Importance of life as per Bhagwad Gita III Jnan Yoga, Karma Yoga and Bhakti Yoga IV Importance of Bhagwad Gita	50	50	50	100	4-0-0	4
4.	MYS304	Elective II - Basics of Sanskrit	AECC	I संस्कृतभाषा परिचय II सूत्र, प्रत्याहार, कारक एवं विभक्ति III शब्दरूप, धातुरूप एवं सन्धि IV भाषाभ्यास एवं भाषादक्षता	50	50	50	100		
5.	MYS305	Yoga and Alternative Therapy	AECC	I Human Energy structure and mechanism of Influence of Yogic exercises II Yoga therapy and Integrative Medicine III Diverse approaches to Yoga therapy IV Study of other Alternative Medicines	50	50	50	100	4-0-4	4
6.	MYS306	Yoga Practical - V	CC	Yoga Sukshma Vyamaya, Suryanamaskar, Shatkarmas, Yogasanas,	50	50	50	100	0-0-8	4
Total					250	250	250	500	16-0-12	20

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# SEMESTER III (MSC-YS)

S. N.	Course Code	Course Title	Course Category	Units	Sessional Test 1	Sessional Test 2	Day to Day assessment	End Semester	Hrs. of instruction/ week (L-T-P)	Credits
1.	MYS3 01	Yoga Psychology	DSEC	<div>I</div> <div>Psychology: a science of behavior.</div> <div>II</div> <div>Yoga for personality development</div> <div>III</div> <div>Yogic Concept of Psychology and mental Health</div> <div>IV</div> <div>Yogic Psychotherapy and Techniques</div>	50	50	50	100	4-0-0	4
2.	MYS3 02	Indian Philosophy	CC	<div>I</div> <div>General Introduction to Indian</div> <div>II</div> <div>Philosophy of Non Vedic Traditions</div> <div>III</div> <div>Vedic Tradition: I</div> <div>IV</div> <div>Vedic Tradition: II</div>	50	50	50	100	4-0-0	4
3.	MYS3 03	Elective for M.Sc Elective I - Environmental Pollution and Human Health	DSEC	<div>I</div> <div>Environmental Pollution</div> <div>II</div> <div>Ambient Environmental Quality</div> <div>III</div> <div>Environmental Toxicology</div> <div>IV</div> <div>Environment and Health</div>	50	50	50	100	4-0-0	4
4.	MYS3 04	Elective II - Applied Astrology, Vaastu Shastra & Holistic Healing Methods	DSEC	<div>I</div> <div>Basics of Astrology</div> <div>II</div> <div>Applied Astrology</div> <div>III</div> <div>General Introduction of Vastu Shastra</div> <div>IV</div> <div>Applied Vastu Shastra</div>						
5.	MYS3 05	Yoga and Alternative Therapy	AECC	<div>Human Energy structure and mechanism of Influence of Yogic exercises</div> <div>Yoga therapy and Integrative Medicine</div> <div>Diverse approaches to Yoga therapy</div> <div>Study of other Alternative Medicines</div>	50	50	50	100	4-0-4	4
6.	MYS3 06	Yoga Practical - V	CC	Yoga Sukshma Vyamaya, Suryanamaskar, Shatkarmas, Yogasanas,	50	50	50	100	0-0-8	4
Total					250	250	250	500	16-0-12	20

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## SEMESTER IV

S. N .	Course Code	Course Title	Course Category	Units		Sessional I Test 1	Sessional Test 2	Day to Day assessment	End Semester	Hrs. of Instructions/ week	Credits
I	MYS401	Research Methodology & Statistics	DSEC	I	Introduction	50	50	50	100	4-0-0	4
				II	Concept of Sampling and Hypothesis						
				III	Review of related literature						
				IV	Introduction of Statistics & its Application						
II	MYS402	Yogic Management of Diseases	CC	I	Yoga for General Health	50	50	50	100	4-0-0	4
				II	Yoga for Various disorder						
				III	Yoga Therapy as Rehabilitation						
				IV	Yoga therapy in Palliative care						
III	MYS403	Elective I - Holistic Health	AECC	I	Concept of Holistic Health	50	50	50	100	4-0-	4
				II	Four Primitive Fountains						
				III	A Self Training Program (Sthitpragya)						
				IV	Yogic Diet for Holistic Health						
IV	MYS404	Elective II - Basics of Computer	DSEC	I	Basics of computer and its applications	50	50	50	100	4-0-	4
				II	Operating system						
				III	Office Software						
				IV	Internet Technology						
V	MYS405	Case Study	SEC	Patient History, Posting and Case presentations		50	50	50	100	0-0-8	4
VI	MYS406	Dissertation	DST	Dissertation will be based on assignment given to the students		50	50	50	100	0-0-8	4
Total						250	250	250	500	12-0-16	20

**Grand Total:**

### FIRST YEAR

TOTAL CREDITS/MARKS SEMESTER-I 20/600

TOTAL CREDITS/MARKS SEMESTER-II 20/600

### SECOND YEAR

TOTAL CREDITS/MARKS SEMESTER-III 20/600

TOTAL CREDITS/MARKS SEMESTER-IV 20/600

**AGGREGATE CREDITS/MARKS**

**80/2400**

Semester	I	II	III	IV	Total Credits
Credits	20	20	20	20	80
Total credits to be earned for the award of Degree : 80					

Course Category					
CC	Core Course	PW/FW/DST	Project/Field Work/Dissertation	AECC	Ability Enhancement Compulsory Course
DSEC	Discipline Specific Elective Course	GEC	Generic Elective Course	SEC	Skill Enhancement Course

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# Swami Rama Himalayan University

## Office of the Registrar

SRHU/Reg/OO/2022-162

Date: 23<sup>rd</sup> August, 2022

### OFFICE ORDER

I am directed to inform that the Academic Council in its 26<sup>th</sup> Meeting under Agenda Item Nos. 26/8, 26/9 and 26/10 has approved the recommendations of Board of Studies for the following programmes under Himalayan School of Yoga Sciences, as enclosed herewith, for implementation:

1. B.A./B.Sc. (Yoga Science & Holistic Health).
2. Post Graduate Diploma (Yoga Science & Holistic Health).
3. M.A./M.Sc. (Yoga Sciences).

By Order,



Registrar

Encl.: As above.

Copy to: Hon'ble Chancellor  
Hon'ble Vice Chancellor  
Pro Vice Chancellor  
Controller of Examinations  
In-charge, Himalayan School of Yoga Sciences

} for kind information please