

University of Patanjali

Uttarakhand, Haridwar



OUTCOMES

B.A with Yoga Science

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing.

Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore, the aim of Yoga is to unite the individual consciousness with the supreme consciousness.

Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of Yoga. As Yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effects following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce Yoga as a science of **Holistic Living** and not merely as Yoga postures. During the course the student is taught the concepts of Yoga for the treatment and

prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach Yoga under the supervision of a doctor for health and healing.

I. Title of the Programme

The programme shall be called "**BA WITH YOGA SCIENCE**"

II. BA with yoga Science Course Suitability.

- Students must have great speaking and communication skills, as well as motivating abilities.
- Students who want to enhance their personal practice, teach yoga, or incorporate yogic practices into their existing work are ideal candidates.

III. How is the BA with yoga Science Course Beneficial?

- The Bachelor of Arts in Yoga program prepares them to work as Yoga Therapy Instructors as paramedical personnel in hospitals and nursing homes to introduce IAYT under the supervision of doctors, and participants run their own Yoga Centers. They also work as therapists at Naturopathy hospitals, health clubs, and other facilities.
- Students who complete this course have the option of pursuing a Master's Degree in the field.
- They can also work as Yoga instructors at Yogpeeths.

IV. BA with yoga Science Employment Areas

- Educational Institutes
- Housing Societies
- Hotels and Restaurants
- Resorts
- Spa & Health Clubs
- Yoga Centres

V. BA with yoga Science Job Types

- Assistant Ayurveda Doctor
- Clinical Psychologist
- Research Officer
- Trainer / Instructor
- Therapist & Naturopath
- YOGA Therapist
- Yoga Teacher / Yoga Instructor

VI. Advanced Courses in BA Yoga

- MA Yoga
- Ph.D. (Yoga)

VII. Duration

The minimum duration of the programme will be three years (6 semesters) and the maximum duration will be six years.

VIII. Eligibility

The candidate should have completed 12th Standard with any discipline from a recognized board or equivalent.

Program outcomes (PO)

PO1- The programme will give access to the students about traditional indic sciences through memorization of yoga texts.

PO2- The programme will cater the students with various yogic practices and their scientific methods.

PO3- The programme extends its arms for the experience and substantial changes in the internal environment in the body, mind and emotions in the students.

PO4- It would develop the insight among students about identifying the problem at large and utilize the gained strata about the yoga therapy in the paradigm of health and excellence.

PO5- The programme would enhance the students' ability to create specific yoga module according to the need.

Program specific outcomes (PSO)

PSO1: Students will have knowledge of improving the health of mind and body, basic knowledge of yoga on physical and mental level.

PSO2: Students will have knowledge of classical and theoretical foundation of the field of yoga therapy.

PSO3: Students can conduct yoga class on general level. Eligible for the post of yoga teacher or yoga instructor.

PSO4: Spiritually becomes strong and solving problems of stress and strain leading to various diseases.

PSO5: Complete knowledge of yoga on physical, mental, intellectual, emotional and spiritual way. Student will learn sadhana and yogic concepts in Upanishads.

PSO6: They will be able to get the knowledge about human anatomy and physiology, management for diseases.

PSO7: Students will be able to work towards teaching methodology and realization of health for all, as a national goal through yoga.

PSO8: Students will be able to demonstrate empathy and humane approach towards patients and their families and exhibit interpersonal behavior in accordance with the scientific norms and expectations.

PSO9: Students will be aware and updated with the research advances, various tools and developments in the field of yoga. Students will become eligible to do research on national and international level.

PSO10: Students will gain better understanding of ethical, social issues and human values.

BACHELOR OF SCIENCE (HONOURS) YOGA

NAME OF PROGRAM: BACHELOR OF SCIENCE (HONOURS) YOGA

The minimum duration of the programme will be three years (6 semesters) and the maximum duration will be three years.

1. PROGRAMME EDUCATION OUTCOMES (PEOs):

Following the completion of the program, the students will be able

PEO 1 – To explain about origin, history and development of Yoga.

PEO 2 – To show the colloquial words of Sanskrit.

PEO 3 – To illustrate about the structure and necessary functions of the body.

PEO 4 – To develop the ideas of Yoga therapy in recovering the common health related complication.

PEO 5 – To identify the problem, review research literature, analyze, and design the experiments and identify solutions in clinical Yoga therapy using specific modern tools.

PEO 6 - To idea regarding the traditional System of Medicine

PEO 7 – To explain the health conditions in the society with specific reasons, and introduce the practices to assess the common health conditions, incorporate health measures, and introduce the techniques for the people dwelling in the community.

PEO- 8 – To apply ethical principles and commit to professional ethics and responsibilities and norms of the Yoga therapy practices.

PEO- 9 – To apply the idea of Yoga practical in field, hospital, school and society.

PEO- 10 – To explanation about the nature of major principal Upanishads.

PEO-11- To communicate effectively on complex Yoga therapy practices, techniques with the society at large, and able to perceive, make effective presentations, and give instruction for a solution.

PEO-12 - To work efficiently and develop a protocol for a particular disease based on the instruction of a Medical Specialist.

2. PROGRAM OUTCOMES (PO):

Basic and applied idea: Interdisciplinary idea to find solution for diverse health complications.

Problem analysis: Ability to analyze a complication with the help of a specialist and develop a day wise protocol for the recovery of acute and chronic health conditions.

Advanced Usage of Technology: Ability to use the technology to under the severity of a condition using the basic medical equipments such as Pulmonary function test, PEFr, BP, HR, Hb%, SpO₂, Anthropometric measurements, BMI, BMR, and RMR. EEG, and Psychophysiology measurements, ECG & GSR.

Ethics: Develop personal and professional ethics for carrying out the responsibilities in a smooth manner.

3. PROGRAM SPECIFIC OUTCOMES (PSOs):

After completion of UG course, the students will be able:

PSO-1- To explain the basic principles and applications of Yoga.

PSO-2- To explain the principles of Anatomy, Physiology, Hatha yoga, classical yoga, Pathophysiology of diseases, Nutrition & Dietetics, Health Psychology, Practical Yoga & Yoga therapy to have in-depth about a diseases and the Yoga therapy techniques to be given for their recovery.

PSO-3- To esteem the importance of Yoga and its relevance in the society.

PSO-4- To interpret the miracles of Yoga therapy techniques in getting rid of a disease.

PSO-5- To have a perception of theoretical as well as practical aspects of Yoga and its related techniques to have a perception of diseases from every dimension.

PSO-6- To choose the effect of Advance Yoga techniques and their use in the treatment of many highly complicated non-communicable diseases.

PSO-7- To have an in-depth comprehension about the vital concepts of Nutrition and dietetics for suitable management of the diet for various diseases.

PSO-8- To the role of psychology in the manifestation of wide range of non-communicable diseases.

PSO-9- To appreciate the principles of the Yoga and their techniques and how do those concepts get reflected in the disease manifestation.

PSO-10- To integrate the principles given in the ancient texts with the modern idea of the manifestation of the diseases.

M. A. in Yoga Science

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and wellbeing. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word “Yoga” is derived from the Sanskrit root ‘yuj’ meaning “to join”, “to yoke” or “to unite”. Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course, the student is taught the fundamental & advanced concepts of Yogaas well as the techniques for the treatment and prevention of various psychosomatic and life style related ailments.

1. **Title of the Programme** The programme shall be called “M. A. in Yoga Science”
2. **Aim of the Programme** The aim of the programme is to produce "Yoga professionals for academic & therapeutic fields"
3. **Objectives of the programme**

Deeper Understanding of Yoga: To make students understand the classical nature of Yoga & giving them the in-depth knowledge of its various components.

Prevention of diseases: To introduce yoga as therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.

Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.

Program Outcome

PO1. Have an integrated knowledge of the various disciplines in multidisciplinary field of Yoga Science

PO2. Acquire and be equipped with skills in the application of theoretical knowledge on different subjects within the board field of Yoga science.

PO3. Will be able to practice for real life problem solving in an increasing complex and dynamic Yoga world.

PO4. Develop ability of focused research and thinking process mastering complex skills that are grounded in and guided by systematic theory and research

PO5. Will be well informed, ethical and committed citizens contributing to the Yoga development

Program Specific outcome

Of late, utilization of scientific concepts in Yoga to achieve higher level of knowledge could be observed all over world. In India, Yoga Science is an emerging discipline in higher education. Yoga Science or Hatha yogic science is a multidisciplinary approach encompassing various subjects like Hatha yoga, biomechanics, Yoga psychology, diet and nutrition and so on. A higher University degree is a requirement for working in yoga science in Clinics, Sports Clubs, Fitness Centers and teaching fields. Yoga students requires a much higher standard of care from the yoga scientists who should hold postgraduate university qualifications and be proficient in their job. Considering the future need in the country and shortage of persons trained to support different yoga teams, the University of Patanjali has embarked in research and academic courses in this field. The present course is an integrated course for M.A Yoga Science.

By the end of the program post graduating students should

- Be able to display competencies and knowledge in yogic science functional areas
- Be able to work collaboratively with the instructors, administrators, professor and other scientists from various disciplines.
- Be able to identify research problems, carry out research and tests on yoga persons.
- Be able to prepare research reports and research projects.

MASTER OF SCIENCE (YOGA) – MSc (Yoga)

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques now known as Yoga are, therefore, based on the collective experiences of many individuals over thousands of years. How the methods are taught and practised today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and Nature; and a holistic approach to health and well-being. Yoga is not about exercise but about discovering the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke", or "to unite". Therefore, Yoga aims to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; it is a body of techniques that lead us to consciously connect with ourselves and life, the experience of Yoga. As Yoga is an art and science, no dogma or belief system is attached to it. Yoga tells us to do a particular practice and feels its effect following the procedure, e.g. if we breathe slowly in a relaxed manner, we will slow our heart rate; if we focus the mind, we will develop peace and deep insight. In addition, Yoga is becoming popular day by day and has become a wave sweeping across the globe. In this course, we introduce Yoga as a science of Holistic living and not merely as yoga postures. During the procedure, the student is taught the concepts of Yoga for treating and preventing various psychosomatic and lifestyle-related ailments. This course has the vision of producing yoga professionals to teach yoga therapy in a paramedical department of a hospital with the ability to select specific safe practice modules for different diseases.

I. Title of the Programme

The programme shall be called "**Master of science in Yoga**" (MS)

II. Eligibility Criteria: The applicant of this program must have completed B.Sc. Yoga.

III. Aim of the Programme

The aim of the programme is to produce "**Yoga therapist as a paramedical professional**"

IV. Objectives of the Programme

PO1: Prevention: To introduce yoga therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.

PO2: Promotion of positive health: To prepare them for giving talks and offer techniques

to promote healthy yogic lifestyle.

PO3: Treatment: To create professional therapists of high caliber who know the concepts, techniques and can handle lifestyle disease under the guidance of a super specialist doctor to select safe specific practices for different diseases.

Programme Specific Outcomes: This programme targets to produce Yoga professionals having knowledge, skills and innovative insights on

PSO₁) Yoga

PSO₂) Dietetics

PSO₃) Human Biology

PSO₄) Biochemistry

PSO₅) Pathology

PSO₆) Biomechanics & Kinesiology

PSO₇) Psychology

PSO₈) Research and Statistical Methods

PSO₉) Principal Upanishads

PSO₁₀) Brahmasutra

PSO₁₁) Human Consciousness

PSO₁₂) Religions

PSO₁₃) Home Remedies

PSO₁₄) Naturopathy and other Complementary and Alternative Therapy

Post Graduate Diploma in Yoga Science

Preamble

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The word “Yoga” is derived from the Sanskrit root ‘yuj’ meaning “to join”, “to yoke” or “to unite”. Therefore, the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight. In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course, the student is taught the fundamental & advanced concepts of Yoga as well as the techniques for the treatment and prevention of various psychosomatic and life style related ailments.

Title of the Programme: The programme shall be called “Post Graduate Diploma in Yoga Science”

Aim of the Programme The aim of the programme is to produce "Yoga professionals for academic & therapeutic fields"

Objectives of the programme:

Deeper Understanding of Yoga: To make students understand the classical nature of Yoga & giving them the in-depth knowledge of its various components.

Prevention of diseases: To introduce yoga as therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.

Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.

Duration: Duration of the course will be 1 year (2 semesters)

Program Outcome:

PEO1.Have an integrated knowledge of the various disciplines in multidisciplinary field of Yoga Science

PEO2. Acquire and be equipped with skills in the application of theoretical knowledge on different subjects within the board filed of Yoga science.

PEO3.Will be able to practice for real life problem solving in an increasing complex and dynamic Yoga world.

PEO4.Develop ability of focused research and thinking process mastering complex skills that are grounded in and guided by systematic theory and research

PEO5.Will be well informed, ethical and committed citizens contributing to the Yoga development.

Program Specific Outcome:

PSO1: Apply and demonstrate various yogic activities, naturopathy techniques and yogic therapies for recovery from disease and promotion of health.

PSO2: Design, analyse, modify nutritional programme in consideration with physiological aspects, health aspect along with anatomical aspects that will positively affect yogic performance.

PSO3: Apply the basic concept of research process, test and measurement techniques and statistical application for computing result for generalization.

PSO4: Demonstrate and apply various psychological techniques and strategies to enhance performance in yoga and other fields of human life while applying best pedagogical techniques.

PSO5: Demonstrate and apply different yogic practice such as asana, pranayama and meditation and sudhikriya for the prevention of disease and other health benefits for masses.

PG Diploma in Yogasana Sports Coaching

This is a regular course, extended over a period of one-year, and comprising of two semesters.

1. PROGRAMME EDUCATIONAL OBJECTIVES (PEOs):

PEO - 1- To develop personality of the learners at all levels.

PEO - 2- To provide curriculum based on modern terminology, modern coaching methods and training principles

PEO - 3- To impart technical and tactical knowledge of teaching skills of field yoga.

PEO - 4- To prepare trained personnel to instruct Yoga at Secondary Schools, Pre-University, Colleges, Universities and other educational set ups.

PEO - 5- To create awareness of Positive Health and Spiritual evolution.

PEO - 6- To motivate Graduates to take up Yoga as a profession.

PEO - 7- To deliver the course for modern yoga and especially considering the fundamental terms, language, principles and drills, strategies, formation etc.

2. PROGRAM SPECIFIC OUTCOMES (PSOs):

After completion of this course, the students will be able:

PSO-1- To learn the basic, intermediate and advance skills of yoga.

PSO-2- To esteem the importance of Yogasana sports and its relevance in the society.

PSO-3- To discover the technical and tactical knowledge of imparting coaching

PSO-4- To learn the systematic preparation of athletes at various levels

PSO-6- To choose the effect of Advance Yoga techniques and their use in the treatment of many highly complicated non-communicable diseases.

PSO-7- To have an in-depth comprehension about the vital concepts of Nutrition and dietetics for suitable management of the diet for various diseases.

PSO-8- To comprehend the role of sports psychology in the manifestation of wide range of non-communicable diseases.

PSO-9- To appreciate the principles of the Yoga and their techniques and how do those concepts get reflected in the disease manifestation.

PSO-10- To integrate the principles given in the ancient texts with the modern idea of the manifestation of the diseases.