

JIWAJI UNIVERSITY, GWALIOR

Centre for Yogic Science

The Centre for Yogic Science, Jiwaji University, Gwalior came into existence in 2001 under self-financing scheme (SFS) to start various courses on Yoga education. Since then the centre is running post graduate diploma in yoga therapy (PGDYT). From the current session 2017-18, the centre has started MA course in Yoga (two years/four semester) and post graduate diploma in yoga (one year/two semester) under CBCS system.

Yoga being a system to link the man with the master has been practiced in India from thousands of years to overcome physical, mental and emotional distress. Even then it has not been recognized as a regular system of education in the Universities/ Institutions.

In the changed scenario of the world in health management, and the new initiatives taken by Prime Minister, Govt. of India for declaring International Yoga Day on 21st June, yoga has been observed plying a vital role in physical health and stress management. Therefore, an innovative programme in this re-emerging area has been thought of for all the Universities/ Institutions and University Grant Commission in Master of Arts in Yoga to institutionalize and promote a proper healthy development of this ancient Indian wisdom as a tribute to our cultural heritage. This gives an opportunity to study the yogic activities in a scientific spirit.

Very recently, UGC in its notification dated 27th September 2016 has declared syllabus of Yoga as a new Subject for National Eligibility Test (NET). Hence, the MA course in Yoga will enable potential students to not only furtherance higher studies but also cater the need of the society in a better way.

M.A. Yoga

P.G. Diploma Yoga

Programme Outcomes (POs)

Yoga is a physical, mental, and spiritual practice or discipline which originated in ancient India and is followed in all over the world. Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma, and heart disease. The University has been celebrating International Yoga day every year on 21st June. The University has developed a Yoga Centre to provide physical, mental and spiritual practices to the employees, students of the university, students and teachers of the nearby schools. As per the approval of the Ministry of Human Resource and Development, the university is keen to start the following yoga courses. Our distinguishing features are:

- Awareness of Yoga on Physical Level.
- Knowledge of relation between Yoga & Ayurveda.
- Physical implementation of Yoga.

- Theoretical Knowledge of relation between Yoga & body (physical & Mental) in a spiritual way.
- Knowledge of Yogic Kriyas to improve health.
- General knowledge of anatomy physiology & Naturopathy Concept.
- Experience of common Naturopathy treatments, diet & Pranayama.
- Knowledge of Yoga through Religion.
- Deep knowledge of Yoga Concept History & Philosophy of Yoga.
- Experience of Yoga on Physical Level.
- Awareness of Practical Yoga on Mind & Body.
- Knowledge of Yoga Concept & Teaching Method of How to conduct yoga Class.
- Practical Implementation of Yoga Class on Basic Level.
- Theoretical Knowledge of Yoga Concept & How to represent as an ideal yoga Teacher.
- Experience of Yoga Practices in a long duration (Up to certain Limit.).
- Deep knowledge of Yogic Concept.
- Knowledge of Therapeutic Yoga which helps to solve Physical & mental Disorder.
- Research Project on specific yogic Kriya for the welfare of community and awareness of yoga & Human Values.
- Feeling of Spiritual Stability.
- Knowledge of Spiritual and Theoretical Yoga to develop personality.
- Knowledge of How to conduct awareness Project of Yoga in our Community.
- Knowledge of Teaching aptitude and research project.

Programme Specific Outcomes (PSOs)

Curriculum of Yoga is designed to prepare diploma and post graduates to attain the following program specific outcomes:

PSO1: Improving the health of mind and body, Basic knowledge of Yoga on Physical & Mental Level.

PSO2: Eligible to conduct yoga class on general level.

PSO3: 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: Eligible to do Research on National & International Level.

PSO6: Eligible for NET/SET/Ph. D.

PSO7: Eligible for the post of Assistant Professor.

PSO8: Eligible as a Yoga Teacher in industries, health centres & various institutes.

PSO9: Eligible to do Practice as a Yoga Consultant.

PSO10: Complete knowledge of Yoga on physical, mental intellectual, emotional & Spiritual way.

Course Outcomes (COs) For M.A. Yoga Programmes Foundation of Yoga

Students after studying Foundations of Yoga courses are expected:

CO1: to learn about Origin and History of Yoga.

CO2: to have an idea about Evolution of Yoga.

CO3: to learn Yogic Traditions of Ramakrishna and Swami Vivekanand etc.

Basic Yoga Texts

Students after studying these areas of knowledge are expected:

CO1: to have an sound knowledge of Principal Upanishads.

CO2: They will have an idea about Bhagavad Gita.

CO3: Introduction about Yoga Vasishtha.

CO4: To enrich various concepts such as those from Katha Upanishad and build a sound perception of a wide variety of Yoga.

Hatha Yoga

Students after studying these areas of knowledge are expected:

CO1: to enrich various concepts about Hatha Yoga and its texts.

CO2: to have an idea about Asanas, Pranayama, Bandha, Mudra and other practices.

CO3: to have an idea about Nada and Nadaanushandhana.

Human Anatomy and Physiology

Students after studying these areas of knowledge are expected:

CO1: to learn the background knowledge of basic concepts of anatomy and physiology.

CO2: to enrich the various concepts of respiratory, digestive and endocrine systems.

CO3: To learn the involvement of special senses.

CO4: To get the considerable insight into Endocrine System.

Patanjali Yoga Darshan

Students after studying these areas of knowledge are expected:

CO1: to know about the Brief introduction to Yog Darshan of Patanjali.

CO2: to have an idea about commonalities of the concept across the texts.

CO3: to know about various concepts of Padept, Kriya and Dukhavada.

CO4: to have an understanding about Yog Darshan of Patanjali and concept of Chitta, Vritti and Chitta Vritti Nirodhaya.

CO5: to have an idea about commonalities of the concept across the texts.

Therapeutic Yoga-I & II

Students after studying these areas of knowledge are expected:

CO1: to learn the systemic knowledge of principle of yoga therapy for each disease.

CO2: to know the determination of Integrated approach of yoga therapy protocol for each disease.

CO3: to gain knowledge of Understand the cause of disease and the role of yoga for its healing.

Diet and Nutrition

Students after studying these areas of knowledge are expected:

CO1: To promote the active use of yogic concept of food and nutrition.

CO2: To find out the role of different food groups and nutritive value.

CO3: To gain the knowledge of food and metabolism.

Yoga and Health

Students after studying these areas of knowledge are expected:

CO1: to gain a deep insight knowledge of essential elements of a yogic life style.

CO2: to learn about Role of Yoga in preventing disease and concept of health.

CO3: to learn about concept of ill health and their remedies through yoga.

Research Methodology and Statistics

Students after studying these areas of knowledge are expected:

CO1: to gain an overall understanding of nature and scope of research in yoga

CO2: to contribute the value of qualitative and quantitative research approach

CO3: to have an idea about methods of data collection, data analysis and publication

CO4: to study of the various methods of data collection, data analysis and publication.

CO5: to understand Preparation of Research Proposal, Report Writing and Publication process.

General Psychology

Students after studying these areas of knowledge are expected:

CO1: to know about the current trends and diversities of Psychology

CO2: to understand the introduction to Altered States of Consciousness.

CO3: to gain a deep insight about the Psychology as a Science of Behavior.

CO4: to explore the characteristics of Psychology.

CO5: to know about Mental Health.

Indian Philosophy

Students after studying these areas of knowledge are expected:

- Understand Philosophy of Vedas, Buddhism and Jainism.
- Have an idea about Samkhya Yoga.

CO1: to gain the basic knowledge of. Indian Philosophy

CO2: to build a sound perception of a wide variety of Philosophy of Vedas, Buddhism and Jainism.

CO3: to understand about the Non-Vedic Tradition.

CO4: to learn about the Nyaya-Vaisesika.

CO5: to know about Samkhya Yoga.

Applications of Yoga

Students after studying these areas of knowledge are expected:

CO1: to understand the importance of yoga in different domain.

CO2: to have an idea about the role of yoga for stress management.

CO3: to learn about yoga for personality development.

Naturopathy and Ayurveda

Students those are pursuing doctoral degree, after successfully finishing the course, will be capable

CO1: to develop innovative ideas related to various fields of Naturopathy and Yoga.

CO2: to having hands-on/operational experience of different concepts of Ayurveda and Yoga.

CO3: to have an idea about Acupressure and Psychotherapy.