



Dr Sagar Mal Juniwal's  
**APEX UNIVERSITY**<sup>®</sup>  
**JAIPUR**



**FACULTY OF HEALTH & ALLIED SCIENCES**  
**Department of Naturopathy & Yogic Sciences**  
**Teaching Scheme Session 2023 - 2024**

Program Name: MA

Course: MA (Yogic Science)

YEAR/SEMESTER: I/I

S. No.	Subject Code	Subject Title	Credit
<b>Theory Papers</b>			
1		Historical Basis of Yoga	6
2		Philosophical Background of Yoga	4
3		Patanjali Yoga I	4
4		Human Anatomy I	6
<b>Practical Papers</b>			
1		Seminar	1
2		Limbs of yoga practice I	2
3	SODECA	Social Outreach, Discipline & Extra Curricular Activities	1



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YEAR/SEMESTER: I/II

S. No.	Subject Code	Subject Title	Credit
<b>Theory Papers</b>			
1		Ethical Values for yoga Education	5
2		Patanjali yoga II	5
3		Psychology and its relevance	5
4		Human Anatomy & Physiology II	6
<b>Practical Papers</b>			
1		Seminar	1
2		Limbs of yoga practice II	2
3	SODECA	Social Outreach, Discipline & Extra Curricular Activities	1



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YEAR/SEMESTER: II/III

S. No.	Subject Code	Subject Title	Credit
<b>Theory Papers</b>			
1		Theoretical study of Yoga Practices	5
2		Sadhana & amp; Theory of Hatha yoga	4
3		Study of Naturopathy	5
4		Advaita Vedanta of Sankara	4
<b>Practical Papers</b>			
1		Seminar	1
2		Limbs of yoga practice III	2
3	SODECA	Social Outreach, Discipline & Extra Curricular Activities	1



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S. No.	Subject Code	Subject Title	Credit
<b>Theory Papers</b>			
1		Yogic Management for Disease	6
2		Psychotherapy and Counselling	6
3		Diet & Dietary Management	6
4		Research Methods and Statistic in yoga Education	5
<b>Practical Papers</b>			
1		Seminar	1
2		Clinical Project & Advance Technology of Therapy	2
3	SODECA	Social Outreach, Discipline & Extra Curricular Activities	1