

SVYASA Deemed-To-Be University, Bengaluru

Division of Yoga & Spirituality

M.A. YOGA DARSHANAM (YOGA PHILOSOPHY AND TEXTUAL STUDIES)

Preamble

The MA - Yoga Darshanam program is designed to:

- Delve deeply into the scriptural and philosophical foundations of Yoga.
- Integrate rich textual traditions with contemporary practices to offer a holistic understanding of Yoga.
- Provide an ideal pathway for those seeking a profound scholarly and experiential journey into Yoga Shastra.
- Enhance knowledge and support spiritual growth.

Vision

To be a leading center of excellence in the study and dissemination of Yoga Shastra, fostering an environment where:

- Ancient wisdom and modern insights merge,
- Inspiring holistic well-being and spiritual enlightenment.

Mission

- Provide a comprehensive and in-depth study of Yoga Shastra through classical texts and modern interpretations.
- Cultivate a scholarly and experiential understanding of Yoga philosophy, ethics, and practices.
- Empower students to apply Yoga Shastra principles for personal growth, professional development, and community service.

- Promote research and innovation in the field of Yoga Shastra, contributing to the global discourse on Yoga.

Objectives

- **Scriptural Mastery:** Equip students with thorough knowledge and understanding of key Yoga scriptures such as the Yoga Sutras of Patanjali, Bhagavad Gita, Hatha Yoga Pradipika, and other relevant texts.
- **Philosophical Insight:** Foster deep philosophical inquiry into the principles and teachings of Yoga Shastra.
- **Practical Application:** Integrate scriptural wisdom with practical techniques to enhance personal and professional practices in Yoga.
- **Research and Innovation:** Encourage scholarly research and critical analysis in the field of Yoga Shastra.
- **Spiritual Growth:** Support the spiritual development of students through a balanced approach of theoretical knowledge and practical experience.
- **Community Engagement:** Promote the application of Yoga Shastra in community and social settings for holistic well-being.

Program Outcomes

By the end of the program, students will be able to:

- Demonstrate a comprehensive understanding of key Yoga scriptures and their interpretations.
- Critically analyze and interpret Yoga texts and philosophies.
- Apply the principles of Yoga Shastra in personal practice and professional settings.
- Conduct scholarly research in the field of Yoga Shastra, contributing to academic and practical advancements.
- Facilitate Yoga teachings and practices with a deep scriptural foundation.

- Integrate the ethical and philosophical teachings of Yoga Shastra into daily life for personal and community well-being.
- Promote holistic health and spiritual growth through informed Yoga practices and teachings.

Curriculum Structure

Semester 1

Sl. No.	Subject Title	Credits
1	Sanskrita Bhasha Vijnanam	4
2	Essentials of Darshanas & Yoga Parampara	4
3	Introduction to Ayurveda	4
4	Essentials of Psychology	4
5	Classical Yoga Practices	2
6	Yoga Practice for Emotion Culturing	2
7	Yoga Practice for Personality Development	2
	Total Credits	22

Value-added Course: Jnana Yoga, Karma Yoga, Bhakti Yoga, Raja Yoga (2 Credits)

Semester 2

Sl. No.	Subject Title	Credits
1	Samkhya Karika	4
2	Bhagavad Geeta – 1	4
3	Patanjali Yoga Sutra	4

4	Textual Research Methodology	3
5	Yoga Special Techniques	2
6	Vedic Chanting – 1	2
7	Tantrayukti & Synopsis Presentation	2
8	Yoga Yatra – 1	2
	Total Credits	23

Value-added Course: Vedic Practices – Sandhya Vidhi (2 Credits)

Semester 3

Sl. No.	Subject Title	Credits
1	Yogopanishads	4
2	Bhagavad Geeta – 2	4
3	Hatha Yoga Pradeepika	4
4	Elective – 1: Introduction to IKS Elective – 2: Yoga Vasistha & Narada Bhakti Sutra	4
5	Yogasana Practical – 1	2
6	Advanced Yoga Techniques	2
7	Vedic Chanting – 2	2
	Total Credits	22

Value-added Course: Agni Karya (2 Credits)

Semester 4

Sl. No.	Subject Title	Credits
1	Selected Upanishads	4
2	Classical Texts of Hatha Yoga	4
3	Elective – 3: Introduction to Medical Astrology Elective – 4: Teaching Methods of Yoga	3
4	Dissertation	6
5	Yogasana Practical – 2	2
6	Chanting of Yogasutras & Selected HYP Verses	2
7	Yoga Yatra – 2	2
	Total Credits	23

Value-added Course: Pooja Vidhi (2 Credits)