



Central University of Rajasthan

Department of Yoga

e- prospectus

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About Yoga and our department

Yoga is an age old science and our ancestors were used to live longer and leading a disease free life using Yoga as a tool for health and well being and plant extract as medicine. Yoga practices are based on culturing the internal viscera of the body and giving a pace for the body for its auto recovery. There are many customized practices of Yoga evolved as line of treatment based on research evidences and authenticity. These research based treatment protocols are broadly known as Yoga therapy. This particular branch of science is allied in nature and best of the amalgamation of Health sciences, Psychology, food and nutrition, and therapy, besides Yoga practices and its philosophy.

The department of Yoga at Central University of Rajasthan was established in 2017 and has been offering one postgraduate programme, M.Sc. in Yoga Therapy since 2017. The department has excellent experimental and computational lab for the students. The department of Yoga has made a significant contribution to attaining the objectives of its formation by functioning very successfully and effectively over two years. With a view to attaining the main objective of bringing the benefits of Yogic science in general and students in particular for their physical mental, emotional and spiritual development, the department has been playing a pivotal role. It has been creating self-employment opportunities for students. The department of Yoga has an excellent team of competent faculty involved in cutting-edge research and teaching to develop the careers of the next generations as Yoga therapists, researchers and academicians.

Head
Dr. Sanjib K Patra

Programmes Offered

Programme offered: MSc Yoga therapy

Duration of the programme :- Four Semesters in 2 Years

The Department of Yoga offers Masters in Yoga Therapy with the focus on imparting knowledge for the treatment of existing mental and physical health issues. Yoga therapy is a growing field and scientific evidences have begun to emphasize its efficacy in the prevention of illnesses and promotion of health along with treating non-communicable diseases. This programme provides comprehensive knowledge of Yoga therapeutic techniques applicable for various ailments. It also provides exposure to various fundamentals, types and aspects of Yoga practices and philosophies.

Programme Objectives

- To impart to the students the knowledge of teachings and philosophy of yoga tradition.
- To impart to the students the knowledge of human anatomy and physiology and understanding of pathogenesis of diseases and their management in Yoga therapy.
- To provide the knowledge of various Yoga therapy practices like asana (posture), pranayama (voluntarily regulated breathing techniques), meditation and relaxation techniques, counseling and basic dietary concepts with their implication.
- To Train the students to handle a client and administer yoga therapy under the supervision of a Specialized Medical practitioner.
- To train the students in Yoga Therapy so that they can integrate the Yoga therapy with different systems of medicine and clinical settings.
- To produce Yoga Therapists of high caliber with in-depth understanding of basic sciences and holistic health techniques.
- To enable the students to develop the communication skills and computer skills and applications in Yoga science.

Admission Procedure

The admission to this programme shall be through Central Universities Common Entrance Test (CUCET) to be conducted on all – India basis.

Eligibility of the Candidates

Bachelor's Degree in any discipline of Science with not less than 50% marks or equivalent grade in aggregate from a recognized University. Up to 5% relaxation in the minimum requirement of marks is to SC/ST/OBC/PWD candidates.

Semester Syllabus & Credits

SEMESTER –I		
Course Title	Credits	Type of Course
Principles and Practice of Yoga Therapy	3	Core 1
Essentials of Anatomy and Alignment principles in Yoga Therapy	4	Core 2
Essentials of Physiology in Yoga Therapy	4	Core 3
Therapeutics in Classical Yoga	4	Core 4
Discipline Specific Elective –I	4	DE1
Yoga Practicum – I	3	P1
Alignment Principles in Yoga postures and Practical Physiology	2	P2
Total number of Credits	24	
SEMESTER –II		
Therapeutics in Hatha Yoga	4	Core 5
Nutrition and Dietetics in Therapy	3	Core 6
Yoga Therapy for Specific Common Ailments – I	4	Core 7
Discipline Specific Elective – II	4	DE2
Discipline Specific Elective – III	4	DE3
Yoga Practicum – II	3	P3
Yoga Therapy Techniques – I	2	P4
Total number of Credits	24	

SEMESTER –III		
Course Title	Credits	Type of Course
Research Methodology	4	Core 8
Yoga Therapy for Specific Common Ailments – II	3	Core 9
Discipline Specific Elective –IV	4	DE4
Discipline Specific Elective – V	4	DE5
Elective –I	4	E1
Yoga Practicum – III	3	P5
Yoga Therapy techniques – II	2	P6
Total number of Credits	24	
SEMESTER –IV		
Discipline Specific Elective –IV	4	DE6
Elective – II	4	E2
Dissertation	16	-
Total number of Credits	24	

LIST OF ELECTIVES

Course Title	Credits
Essentials of Clinical examination in Yoga therapy	4
Symptoms based analysis in Yoga therapy	4
Physiology of Yoga therapy techniques	4
Essentials of Biochemistry in Yoga therapy	4
Mind Body Medicine	4
Science of Meditation	4
Stress management in Yoga therapy	4
Fundamental of Sanskrit	4
Fundamentals of Yoga	4
Fundamental of Ayurveda	4
Health Psychology and Counseling	4
Research Advances in Yoga therapy	4
Yoga for prevention and promotion of health	4
Fundamentals of Integrative Medicine	4
Yoga and Rehabilitation	4
Advance Yogasana	4

Faculty

Regular



Dr. Sanjib K Patra
Associate Professor & Head

Master of Science in Applied Yogic Sciences from TM University, Bhagalpur, Bihar Yoga Bharati, 2001; Ph.D. in Sleep medicine and Meditation from Swami Vivekanand Yoga Anusandhan Samsthan (S-VYASA University), Bengaluru, 2011

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Dr. Kashinath G Metri
Assistant Professor

Bachelor of Ayurveda Medicine and Surgery (BAMS): Rajiv Gandhi University of Health Sciences, Bengaluru, Karnataka, 2009; Doctor of Medicine- MD (Yoga and Rehabilitation): Swami Vivekanand Yoga Anusandhan Samsthan (S-VYASA University), Bengaluru, 2013; UGC NET Yoga; Ph.D. in Cardiovascular medicine and Yoga from Swami Vivekanand Yoga Anusandhan Samsthan (S-VYASA University), Bengaluru, 2011

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Other

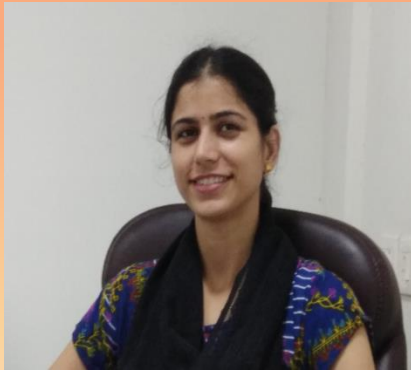


Dr. Chobe Shivaji
Assistant Professor

BAMS: RGUHS – Bangalore. MD-Y&R: SVYASA- Bangalore, MSc Counseling and Psychotherapy: Kuvempu University, Shimoga, UGC NET Yoga

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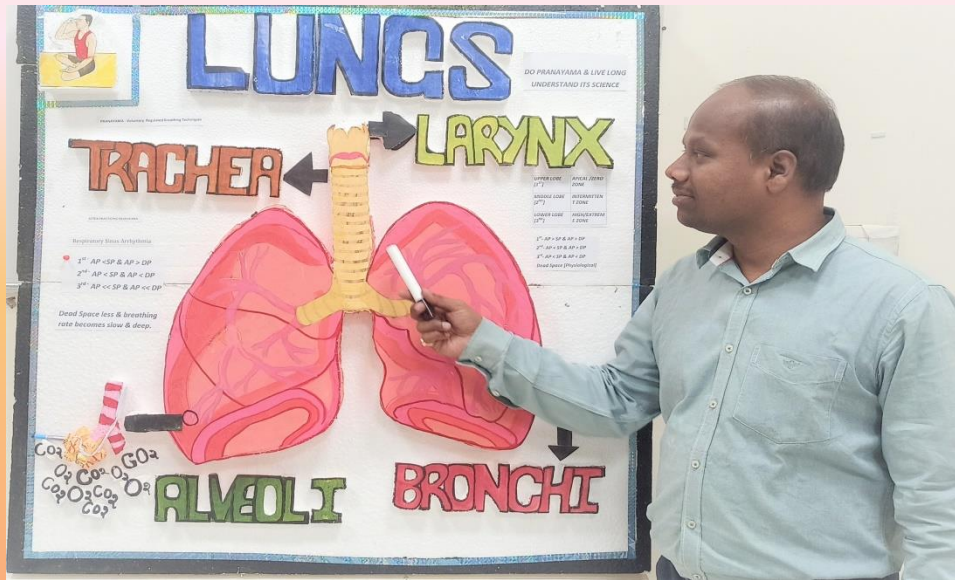
Dr. Meenakshi
Assistant Professor

BAMS: BPUHS –Faridkot Punjab, MD-Y&R: SVYASA- Bangalore, MSc Counseling and Psychotherapy: Kuvempu University, Shimoga, UGC NET Yoga Diploma in Yoga and Naturopathy: UOU-Uttarakhand

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Mode of teaching at a glance



Our Research Laboratories at a glance



Brain stem auditory evoked potentials and recordings of ECG



Our Research Laboratories at a glance



Recording of ECG

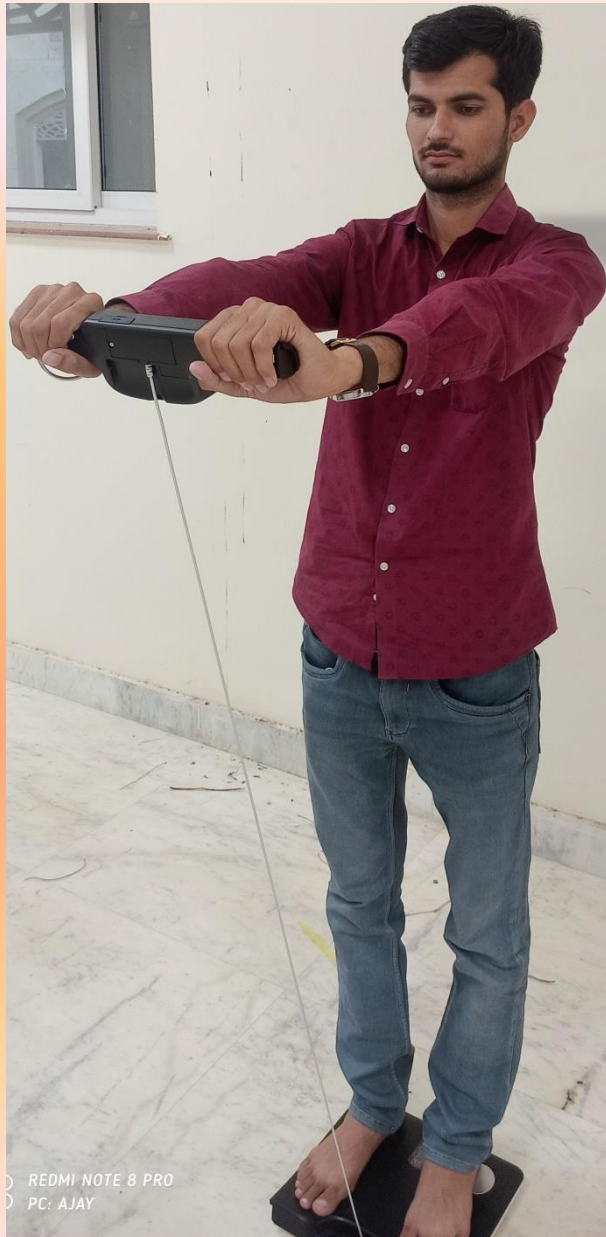


Our Research Laboratories at a glance



Recording of Pulmonary function test

Our Research Laboratories at a glance



Recording of Body Composition

Our Extension activities at a Glance



Mass Suryanamaskara on the occasion of 12th foundation day of CURaj.



International Yoga Day Celebration



Yoga activities for Children

