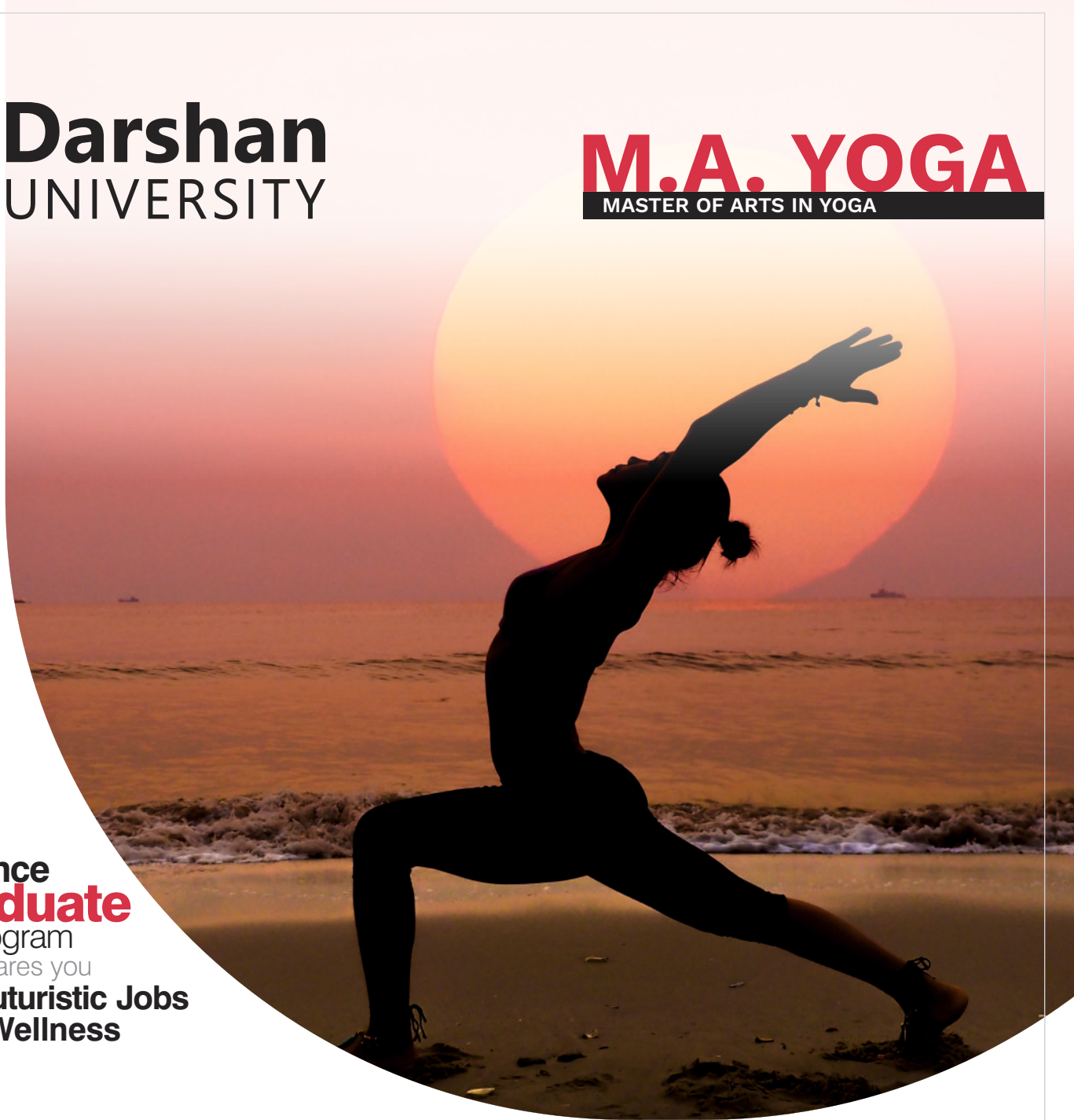




Darshan
UNIVERSITY

M.A. YOGA
MASTER OF ARTS IN YOGA

A
Yogic Science
post-graduate
program
that prepares you
for the **Futuristic Jobs**
in the evergreen **Wellness**



- M.A. in Yoga is a **two-year**-full-time course, to give fundamental knowledge and train the students in Yogic concepts.
- Students can Practice, and Apply the knowledge at the Post Graduate level to promote research in Yoga
- The program covers detailed exploration of Traditional Yoga Texts, like Patanjali Yoga Sutra Hatha Pradipika, Gheranda Samhita.
- The program covers Scientific Yoga Research & Yoga Therapeutic Approach.
- The program blends ancient wisdom with modern scientific knowledge and Teaching Skills.
- The course aims to build Physical, Mental & Spiritual discipline in students.

Why M.A. Yoga @ Darshan University ?

Highly qualified,
well-experienced,
dedicated faculties

A strong Theoretical as well as
practical foundation
to clear fundamentals.

Focus on
Project base learning
as per the current scenario



Syllabus

Semester-1

- History & Development of Yoga
- Classical Yoga Text & Practices
- Anatomy & Physiology
- Sanskrutta Sambhashana
- Teaching Methodology
- Yoga Practical

Semester-2

- Fundaments of Yoga
- Classical Yoga Text & Practices
- Anatomy & Physiology
- Research Methodology

Semester-3

- Principle Upnishad & Darshan
- Classical Yoga Text & Practices
- Heath Concept & Ayurved
- Yoga Psychology

Semester-4

- Shreemad Bhagvad Geeta & Yoga Vasishtha
- Classical Yoga Text & Practices
- Diet & Nutrition
- Yoga Therapy



Career Opportunities

Health

- Opportunities for students in health sectors like Ayush Wellness Centre, Yoga Studio, Naturopathy hospitals & Health Resort / Spa.

Teaching / Education

- Students can consider joining in the field of teaching as Yoga instructor, Yoga therapist, Research officer, Yoga Advisor, Yoga Specialist at various universities, colleges & Schools.

Entrepreneur

- Students will be eligible to open Startup, Individual Yoga Studio, Wellness Centre & can also provide personal & group Yoga teaching.



योग: कर्मसु कौशलम्

Darshan UNIVERSITY

University Campus

- 📍 Rajkot-Morbi Highway, Rajkot – 363650 .
- ☎ 97277 47315
- 🌐 www.darshan.ac.in

Counseling Centre

- 📍 401, Lotus Arcade, 8 - Royal Park, Between KKV Circle & Indira Circle 150 Ft. Ring Road, Rajkot - 360005.
- ☎ 94263 85864