

**CENTRAL UNIVERSITY OF KERALA**  
DEPARTMENT OF YOGA STUDIES  
M.Sc. YOGA THERAPY

**MYG5491      Dissertation / Project Work**

Course Code	MYG5492	Semester	IV
Course Title	<i>Dissertation/ Project work</i>		
Credits	4	Type	Core

**Course Description**

**This course is participatory experimental method that oriented to develop in the field experience in the principles and practice of Yoga Therapy that enhances the employability as a Yoga Therapist for the students.** In the dissertation students will be guided to conduct a small scale research work in the area of Yoga therapy.

**Course Outcome**

By the end of the course, students are expected to be able to:

- Students get experience in the method of conducting research work.
- **Students get good experience in the application of yoga therapy.**
- **Develops the skill in understanding the physical condition and prescribing the Yoga therapy**
- Knowledge in the concepts of diseases and management of the diseases by Yoga therapy.
- **Experience in various therapeutic techniques in Yoga for treatment and management of the diseases.**
- Students get experience in academic writing.

**Assessment**

Dissertation report presentation

Dissertation report submission