



केरल केन्द्रीय विश्वविद्यालय  
CENTRAL UNIVERSITY OF KERALA  
Department of Yoga Studies  
Tejaswini Hills, Periyar PO, Kasaragod - 671 316





MINUTES OF THE YOGA SYLLABUS REVIEW COMMITTEE MEETING

**Venue:** Dept. of Economics, Kaveri Block, CUK, Periyar, Kasaragod.

**Date:** December 05, 2018

**Time:** 3:00 P.M.

**Members Present:**

1. Prof. (Dr.) K. C. Baiju (Chairman)  5/12/18
2. Dr. Rajendra Pilankatta (Member)  5/12/18
3. Dr. Mohan A.K. (Member)  5/12/18
4. Dr. Subramanya Pailoor (Convener)  5/12/18

Meeting began with the welcoming of the members by the Chairman Prof. (Dr.) K.C. Baiju. Professor, Dept. of Economics. The committee discussed the Guidelines in detail for the initiation of MSc. in Yoga Therapy in the Dept. of Yoga, CUK and the following recommendations were made;

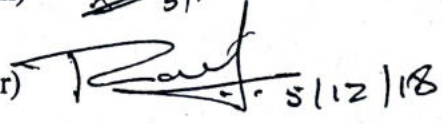
1. The committee recommended to limit the credits of core courses as four (4) and Three (3) for electives. The total credits for core courses will be sixty (60), whereas for elective it will be twelve (12), altogether arrived the total of seventy-two (72) for the entire programme as detailed in the semester wise breakup.
2. The workload of fourth semester has been reduced to 28 Hrs. from 34Hrs. by reallocating the course (MYG5491: Yoga Practical VI) to the third semester, making the total workload of the third semester as 28Hrs. instead of 22 Hrs. as in the pre-revised curriculum.
3. The committee opined to indicate the workload for the Dissertation as 8 Hrs. and 10 Hrs. for Clinical Internship/field work in the fourth semester.

The committee finalised the syllabus based on the incorporation of the above mentioned points (1 to 3), subject to the ratification of the forthcoming Academic Council and the competent authorities concerned.

1. Prof. (Dr.) K. C. Baiju (Chairman)

  
5/12/18

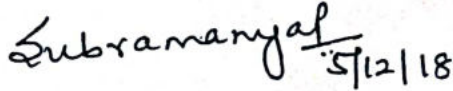
2. Dr. Rajendra Pilankatta (Member)

  
5/12/18

3. Dr. Mohan A.K. (Member)

  
5/12/18.

4. Dr. Subramanya Pailoor (Convener)

  
5/12/18

**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