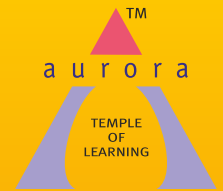


**AURORA** DEEMED  
TO BE  
**UNIVERSITY**

**AURORA HIGHER EDUCATION  
AND RESEARCH ACADEMY**



# M.Sc YOGA





## MESSAGE FROM VICE-CHANCELLOR

At Aurora University, we firmly believe that education is the key to unlocking human potential, and nowhere is this more evident than in the practice and study of yoga. Yoga is not just an ancient tradition; it is a science of self-transformation that integrates the mind, body, and spirit. Our M.Sc. in Yoga program is a testament to this philosophy, combining age-old wisdom with modern scientific inquiry to create a curriculum that is both deeply rooted in tradition and highly relevant to contemporary health and wellness practices.

In today's fast-paced world, where lifestyle disorders, stress, and mental health challenges are on the rise, yoga has emerged as a powerful solution for holistic well-being. This program is carefully designed to cultivate skilled professionals, researchers, and educators who can apply the therapeutic and philosophical aspects of yoga in diverse fields—from healthcare and education to corporate wellness and personal development. Through a structured blend of classical texts, anatomy and physiology, meditation techniques, and applied yoga therapy, students will gain a well-rounded education that prepares them to make a meaningful impact on individuals and communities alike.

As we strive to bridge the gap between tradition and innovation, Aurora University remains dedicated to preserving the authenticity of yoga while integrating evidence-based research and contemporary applications. Our commitment is to nurture leaders in the field of yoga—professionals who will promote well-being, drive research advancements, and uphold the spiritual and ethical values of this ancient discipline.

We invite passionate learners and seekers to join us in this transformative journey—one that not only deepens personal practice but also empowers individuals to lead and inspire others toward a healthier, more conscious way of living.

**Dr. Srilatha Chepure**



## MESSAGE FROM DEAN

At the School of Ancient Hindu Studies, we take immense pride in upholding and advancing the profound wisdom of yoga, philosophy, and holistic well-being. Our goal is to provide a learning environment that nurtures both the traditional essence of yoga and its scientific applications, creating a balanced and transformative educational experience. The M.Sc. in Yoga program is a reflection of this commitment, designed to develop highly skilled professionals, therapists, educators, and researchers who can apply yogic principles in a variety of modern contexts.

Yoga is much more than a set of physical postures; it is a comprehensive science of life, offering philosophical depth, psychological insights, and practical tools for well-being. Through anatomy and physiology, Patanjali's Yoga Sutras, meditation practices, and applied yoga therapy, this program provides a holistic approach that enhances physical health, mental clarity, and spiritual awareness.

One of the key aspects of this program is research-based learning, where students explore the therapeutic applications of yoga, its impact on lifestyle disorders, and its integration into modern healthcare systems. Our faculty comprises renowned scholars, yoga practitioners, and wellness experts, ensuring that students receive the highest quality education and hands-on experience.

At Aurora University, we also emphasize experiential learning, allowing students to immerse themselves in yogic practices, workshops, internships, and research initiatives that strengthen both their personal and professional development. This ensures that our graduates are not only well-versed in traditional texts and techniques but also equipped to apply their knowledge in real-world scenarios—whether in academia, healthcare, corporate wellness, or entrepreneurship.

We welcome aspiring yoga practitioners, wellness seekers, and scholars to join this enriching and life-changing journey. With expert guidance, state-of-the-art facilities, and a deeply immersive curriculum, we are committed to shaping individuals who will carry forward the legacy of yoga while innovating for the future.

## ADVISORY BOARD



**Shri. Brij Bhushan Pandit**  
Founder  
Namaste India Foundation &  
General Secretary  
Telangana Yoga Association



**Dr. Tapan Kumar Ghadei**  
Assistant Professor & HoD  
National Sanskrit University  
Tirupathi



**Dr. Sumana Pothugunta**  
Principal  
Sri Visweswara Yoga  
Research Institute  
Tirupati



**Dr. Rudra Bhandari**  
Associate Professor &  
Department of Yoga Science  
University of Patanjali  
Haridwar, Uttarakhand



**Dr Aarthi Pal**  
Assistant professor  
Department of Yoga Science  
University of Patanjali  
Haridwar, Uttarakhand



**Shri. Chetan Mahesh**  
Founder  
AYM Yoga School  
Rishikesh



# CONTENTS

AURORA UNIVERSITY	07
SCHOOL OF ANCIENT HINDU STUDIES	08
PROGRAM	10
PROGRAM FRAMEWORK	11
CORE PROGRAM	12
RESEARCH EDUCATION	13
EXTERNAL CERTIFICATIONS	14
ACADEMIC CALENDER	15
TEACHING-LEARNING METHODOLOGY	16
COURSE STRCTURE	17
ADMISSION CRITERIA	19
PROGRAM REQUIREMENTS	19



# AURORA UNIVERSITY

Aurora Higher Education and Research Academy, a Deemed-to-be-University established under section 03 of the UGC Act 1956 in 2022, proudly stands as the premier Multi-disciplinary Education and Research-Intensive University in Telangana. Situated across two expansive campuses in Uppal, Hyderabad, and Bhongir, Yadadri district, our university embodies excellence in education and research.

Offering a comprehensive array of Undergraduate, Postgraduate, and Doctoral programs spanning diverse disciplines across four schools, Aurora is committed to empowering students with the skills, knowledge, and competencies necessary to excel in their respective fields and make meaningful contributions to society. At the heart of our educational ethos lies a steadfast dedication to cutting-edge research, innovative entrepreneurship, and a global perspective, ensuring an unparalleled academic journey for our students. Our distinguished faculty comprises renowned scholars, researchers, and industry experts, who are deeply committed to nurturing a culture of academic excellence and intellectual curiosity. With their wealth of experience and expertise, they enrich the learning environment, fostering the professional growth of our students. The University epitomizes a commitment to academic distinction and innovation, setting the standard for excellence in higher education in the region and beyond.



## SCHOOL OF ANCIENT HINDU STUDIES

The School of Ancient Hindu Studies at Aurora University (SoAHS) is a premier center dedicated to the preservation, exploration, and advancement of India's timeless wisdom. Our school integrates Hindu philosophy, Yoga, Ayurveda, Astrology, Natyashastra, and Sangeetha Shastra, creating a comprehensive academic environment that bridges the ancient and the modern through education, research, and practical applications.

Rooted in the Vedas, Upanishads, Bhagavad Gita, and other sacred scriptures, Hindu knowledge systems offer profound insights into existence, consciousness, well-being, and the sciences of life and art. At our school, we strive to decode, interpret, and apply these teachings with academic rigor, ensuring their relevance in today's world. Our interdisciplinary programs emphasize philosophical discourse, scientific inquiry, and immersive experiential learning, enabling students to explore the depth of Hindu scriptures while applying them in yoga therapy, holistic health, performing arts, and personal transformation.

By combining ancient knowledge with modern applications, the School of Ancient Hindu Studies at Aurora University serves as a pioneering institution for those seeking a deeper understanding of India's spiritual, philosophical, and artistic heritage.



# YOGA AT SoAHS

## Holistic & Interdisciplinary Approach

A unique integration of Yoga, Ayurveda, Sanskrit studies, and Hindu philosophy, offering a comprehensive understanding of traditional yogic knowledge and its scientific relevance.

## Authentic Learning from Classical Texts

Deep exploration of Patanjali's Yoga Sutras, Bhagavad Gita, Upanishads, and Hatha Yoga Pradipika, ensuring students gain authentic, scripture-based wisdom in yoga philosophy, practice, and therapy.

## Practical Immersion

Hands-on training in asanas (postures), pranayama (breathwork), meditation techniques, shat kriyas (cleansing practices), bandhas, mudras, and therapeutic yoga applications, bridging traditional wisdom with modern wellness practices.

## Research-Driven Education

Strong emphasis on scientific research, academic publication, and evidence-based yoga studies, equipping students to contribute to the global discourse on yoga therapy, mental health, and holistic well-being.

## Contemporary Application & Career Readiness

Preparing students to apply traditional yogic principles in modern fields such as healthcare, corporate wellness, mental well-being, sports rehabilitation, and personal transformation, making yoga a relevant and impactful discipline in today's world.

## PROGRAM

M.Sc. in Yoga program at Aurora University is a two-year postgraduate course designed to provide a holistic, interdisciplinary, and research-driven approach to yoga. This program seamlessly integrates traditional yogic wisdom, modern scientific research, and therapeutic applications, equipping students with the knowledge, practical skills, and professional expertise required for careers in yoga instruction, therapy, research, and holistic wellness.

Structured across four terms, the curriculum offers a balanced blend of theoretical learning, hands-on training, research education, and professional development. Students explore yoga philosophy, scientific foundations, specialized therapeutic practices, and contemporary applications, ensuring a well-rounded education. The program also includes specialization tracks, research methodology training, and internationally recognized certifications, preparing graduates for diverse career paths in yoga therapy, wellness coaching, academic research, corporate wellness, and holistic health management.

With a strong emphasis on experiential learning and evidence-based practice, the M.Sc. Yoga program at Aurora University cultivates highly skilled professionals who can apply ancient wisdom in modern healthcare, education, and wellness sectors, making a meaningful impact on individuals and communities worldwide.



# PROGRAM FRAMEWORK

The postgraduate program in Yoga is offered through Aurora's Multi-layer Integrated Program Framework designed to align with the National Education Policy 2020. The program is structured to provide a holistic and flexible educational experience, preparing students for the demands of the 21st century. It consists of three layers, each aimed at fostering comprehensive student development. This integrated approach ensures that students are well-equipped with the skills, knowledge, and experiences needed to succeed in their chosen fields and navigate the complexities of the modern world confidently.

## **Core Program**

Provides foundational knowledge and essential skills through a combination of general courses, discipline-specific modules, and career-oriented tracks.

## **Research Education**

Focuses on developing research skills and intellectual curiosity through projects, experiments, and collaborations with faculty and peers. It includes Research learning, independent Research and dissemination.

## **External Certifications**

Offers opportunities for students to obtain relevant certifications in language proficiency, productivity skills, and industry readiness, enhancing their employability.



**AURORA'S MULTI-LAYER INTEGRATED PROGRAM FRAMEWORK**

# CORE PROGRAM

The Core Program lays the foundation for yoga studies, integrating traditional yogic knowledge with interdisciplinary approaches and practical applications.

## SANSKRIT

A fundamental component of yoga studies, Sanskrit enables students to access and understand yogic scriptures in their original language, preserving the authenticity of ancient teachings. Mastery of Sanskrit allows students to read, interpret, and apply profound insights from classical texts such as the Bhagavad Gita, Upanishads, and Patanjali's Yoga Sutras, deepening their understanding of yoga philosophy. This linguistic proficiency not only enhances comprehension of yoga terminology and concepts but also plays a crucial role in scholarly research, scriptural analysis, and academic writing in the field of yoga.

## INTERDISCIPLINARY COURSES

The Interdisciplinary Courses bridges traditional yogic wisdom with modern scientific understanding. These courses help students develop a deeper comprehension of how yoga interacts with the human body at anatomical, physiological, and biochemical levels. By integrating medical and life sciences with yogic practices, students are better equipped to apply yoga in health, wellness and therapeutic settings.

## PROFESSIONAL CORE COURSES

The Professional Core Courses are designed to provide in-depth knowledge, scientific insights, and practical applications of yoga. These courses enable students to integrate traditional wisdom with contemporary scientific research, making yoga accessible and effective across diverse populations.

## PRACTICAL TRAINING

The Practical Training is designed to provide experiential learning, hands-on expertise, and skill development in various aspects of yoga. These sessions focus on physical postures (asanas), breathing techniques (pranayama), purification methods (shat kriyas), yogic locks (bandhas), mudras, relaxation techniques, and applied yoga therapy.

## INTERNSHIP

It provides students with hands-on experience in real-world settings, allowing them to apply their theoretical knowledge and practical skills in professional environments. This immersive training helps students develop confidence, adaptability, and expertise in different sectors where yoga is practiced and applied.

## DISSERTATION

The Dissertation is a capstone research project that allows students to engage in independent and in-depth exploration of a specific topic within the field of yoga, wellness, therapy, or philosophy. It is designed to develop critical thinking, analytical skills, and academic writing abilities, enabling students to contribute original insights to the evolving body of yoga research.

# RESEARCH EDUCATION

**Research Education develops academic and scientific research skills essential for advancing yoga studies. It trains students to conduct rigorous research, publish scholarly work, and present findings at national and international conferences. By integrating qualitative and quantitative research methods with yoga philosophy, therapy, and wellness practices, students gain expertise in analyzing yoga's impact on health, psychology, and lifestyle management.**

## RESEARCH METHODOLOGY

The Research Methodology course equips students with essential research techniques, data collection methods, and analytical tools in yoga studies. It covers qualitative and quantitative approaches, including experimental studies, case analyses, and surveys, enabling a scientific evaluation of yoga's impact on mental and physical health.

## RESEARCH PUBLICATION & ETHICS

The Research Publication & Ethics course develops essential academic writing and research dissemination skills. It guides students through the process of publishing in peer-reviewed journals, including manuscript formatting and submission. A major focus is on citations and referencing using APA, MLA, and Chicago styles to ensure credibility and avoid plagiarism.

## HONORS ESSAY

The Honors Essay fosters critical thinking and analytical skills in yoga studies. It encourages students to explore new perspectives in yoga education, therapy, and practice, serving as a foundation for PhD-level research, scholarly publishing to yoga and wellness.

## WORKSHOP / CONFERENCE PARTICIPATION

Participating in Workshops and Conferences provides students with an opportunity to engage in networking, present their research work, exchange ideas with leading experts and stay updated on the latest developments in the field.

## JOURNAL PAPER PUBLICATION

Publishing Papers equips students with essential skills in academic writing and research dissemination.





## EXTERNAL CERTIFICATIONS

This equips students with industry-relevant qualifications that enhance their employability, communication skills, technological proficiency and professional readiness.

### MICROSOFT OFFICE SPECIALIST

The Microsoft Office Specialist certification equips students with essential digital skills for academic and professional success. This certification ensures strong digital literacy, a vital skill for research, teaching, and career growth.

Productivity  
Suit



### DYNAMIC PUBLIC SPEAKING

Effective communication is a vital skill for yoga educators, researchers, and professionals, and the Dynamic Public Speaking certification provides structured training to enhance students' confidence and presentation abilities. This certification focuses on building self-assurance, overcoming stage fright, and improving verbal expression.

Speaking  
Proficiency



### CAMBRIDGE ENGLISH CERTIFICATIONS

The Cambridge English Certifications provide students with globally recognized qualifications that enhance their proficiency in academic and professional communication, making them well-equipped for international collaborations in yoga research, education, and publishing.

English Language  
Proficiency



### PROFESSIONAL CERTIFICATIONS

The Professional Certification component provides specialized qualifications in key areas of yoga, enhancing students' career prospects in healthcare, corporate wellness, fitness training, and holistic therapy.





# ACADEMIC CALENDAR

At Aurora, our academic calendar operates on the quarter system of 04 terms, with each term lasting 10 weeks.

## First Three Terms

In the first three terms, students engage in a comprehensive academic experience. These terms focus on developing essential skills and competencies through interactive lectures, engaging discussions, laboratory sessions and course projects.

## Fourth Term

The fourth term at Aurora University offers dynamic opportunities for exploration, innovation and practical application. This period includes projects, internships, workshops, conferences, research publications, and exchange programs, all designed to deepen knowledge and cultivate essential skills. Also, this term offers flexibility for addressing backlog subjects, ensuring students maintain academic momentum. Personalized support from faculty and advisors helps students maximize their fourth-term experience, paving the way for future success.



# TEACHING-LEARNING METHODOLOGY

Our M.Sc. Yoga program is designed to provide a holistic, research-driven, and experiential approach to yogic education. The teaching-learning methodology integrates reflective learning, scientific inquiry, hands-on practice, and therapeutic applications, ensuring that students gain both theoretical knowledge and practical expertise in yoga. Each year of the M.Sc. Yoga pedagogy is structured across four terms as follows:

In the **first three terms**, the program employs a Reflective Teaching-Learning Approach, enabling students to:

- Think critically about yogic traditions rather than passively memorizing concepts.
- Analyze the scientific and philosophical aspects of yoga by integrating ancient texts with modern research.
- Develop self-awareness through immersive practical training, research, and self-reflective learning.

## Activities

- Interactive Classes
- Practical Immersion & Therapeutic Applications
- Course Projects
- Continuous assessment
- Skill Development

In the **final term** (Term IV), students move beyond theoretical learning and engage in real-world applications of yoga therapy, wellness coaching, and research.

## Activities

- Internship
- Workshops
- Conferences
- Paper Publications
- Field Research
- External Certifications
- Student Exchange Programs
- Capstone Project



# COURSE STRUCTURE

S.No	Layer	Course/Activity	Hours per Week		Credits
			L	P	
YEAR I - TERM I					
1	Core Program	Sanskrit	3	0	3
2	Core Program	Interdisciplinary I	3	0	3
3	Core Program	Introduction To Yoga	3	0	3
4	Core Program	Human Body Creation/Ancient Approach of Human Body Creation	3	0	3
5	Core Program	Sukshma Vyayama/Asansas/ Shat Kriyas/Breathing Excercises-1	0	8	4
6	Research Education	Research Methodology	2	0	2
7	External Certification	Microsoft Office Specialist : Word 2013	0	0	1
Total			14	8	19
YEAR I - TERM II					
1	Core Program	Sanskrit	3	0	3
2	Core Program	Interdisciplinary II	3	0	3
3	Core Program	Principles of Yoga	3	0	3
4	Core Program	Introduction To Hatha Yoga	3	0	3
5	Core Program	Sukshma Vyayama/Asansas/ Shat Kriyas/Pranayam-2	0	8	4
6	Research Education	Research Publication & Ethics	2	0	2
7	External Certification	Microsoft Office Specialist : Excel 2013	0	0	1
Total			14	8	19
YEAR I - TERM III					
1	Core Program	Sanskrit	3	0	3
2	Core Program	Yogic Psychology & Principles of Patanjali Sutras I	3	0	3
3	Core Program	Patanjali Sutras II	3	0	3
4	Core Program	Introduction To Shat Darshanas	3	0	3
5	Core Program	Bandhas and Mudras/Pranayam	0	8	4
6	Research Education	Honors Essay	2	0	1
7	External Certification	Microsoft Office Specialist : Power Point 2013	0	0	1
8	External Certification	Dynamic Public Speaking I, II	0	0	1
Total			14	8	19
YEAR I - TERM IV					
1	Core Program	MOOCs	2	0	2
2	Core Program	Internship	0	10	5
3	Research Education	Workshop / Conference	0	0	1
4	External Certification	Dynamic Public Speaking III, IV	0	0	1
5	External Certification	Cambridge English B2	0	0	1
Total			2	10	10
Year I Total Credits					67

S.No	Layer	Course/Activity	Hours per Week		Credits
			L	P	
YEAR II - TERM I					
1	Core Program	Diet and Nutrition	3	0	3
2	Core Program	Yoga Therapy	3	0	3
3	Core Program	Introduction to Gheranda Samhita	3	0	3
4	Core Program	Specialization I	3	0	3
5	Core Program	Applied Yoga Therapy-1	0	8	4
6	Research Education	Conference Paper Publication	0	0	1
7	External Certification	Cambridge English C1	0	0	2
		<b>Total</b>	<b>12</b>	<b>8</b>	<b>19</b>
YEAR II - TERM II					
1	Core Program	Introduction To Shiva Samhita	3	0	3
2	Core Program	Yoga & Bhagwat Geeta	3	0	3
3	Core Program	Yogic Management of Chronic Diseases	3	0	3
4	Core Program	Specialization II	3	0	3
5	Core Program	Applied Yoga Therapy-2	0	8	4
6	External Certification	Professional Certification I	0	0	1
		<b>Total</b>	<b>12</b>	<b>8</b>	<b>17</b>
YEAR II - TERM III					
1	Core Program	Introduction to Upanishads	3	0	3
2	Core Program	Yogopanishads	3	0	3
3	Core Program	Yoga & Personal Management	3	0	3
4	Core Program	Specialization II	3	0	4
5	Core Program	Dharana/Dhyana/Relaxation Techniques	0	8	4
6	External Certification	Cambridge English C2	0	0	2
		<b>Total</b>	<b>12</b>	<b>8</b>	<b>18</b>
YEAR II - TERM IV					
1	Core Program	Dissertation	0	20	10
2	Research Education	Journal Paper Publication	0	0	2
3	External Certification	Professional Certification II	0	0	2
		<b>Total</b>	<b>0</b>	<b>0</b>	<b>16</b>
Year II Total Credits					<b>68</b>

SPECIALIZATIONS		
<b>Stream A</b> <b>Yoga &amp; Psychosomatic Disorders</b> I. Yoga for Stress Management II. Therapeutic Yoga for Anxiety & Depression III. Yoga for Lifestyle Disorders	<b>Stream B</b> <b>Pre-Natal &amp; Post-Natal Yoga</b> I. Yoga for Pregnancy & Childbirth II. Post-Natal Recovery Yoga III. Ayurvedic & Yogic Approaches to Mother & Baby Care	<b>Stream C</b> <b>Yoga with Props</b> I. Alignment-based yoga techniques II. Restorative and therapeutic applications III. Advanced asana modifications using blocks, bolsters, and ropes

# ADMISSION CRITERIA

## Eligibility

- Any degree from a recognized institution
- Preference will be given to candidate with atleast one year of Yoga experience

## Process

- Apply Online at University website
- Review of Applications by the admissions committee
- Personal Interview
- Final Selection
- Enrollment Confirmation



# PROGRAM REQUIREMENTS

To successfully complete the M.Sc Yoga program and be awarded the Master of Science (M.Sc) degree, students must:

- Complete 135 credits across core, specialization, research, and professional components.
- Successfully submit and defend the dissertation.
- Fulfill all external certification requirements.
- Maintain a minimum of 75% attendance required in each term.



**AURORA HIGHER EDUCATION  
AND RESEARCH ACADEMY**

**Campuses**

Uppal, Hyderabad  
Bhongir, Yadadri

+91 9100123456