

PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY,

SOLAPUR

SCHOOL OF ALLIED HEALTH SCIENCES

MA YOGA PART II (3rd Sem)

TIME TABLE

Sr.No.	Time	Mon.	Tue.	Wed.	Tue.	Fri.	Sat.
1	11:00am- 12:00pm	YG-301 Room No. 1	YG-301 Room No. 1	YG-301 Room No. 1	YG-301 Room No. 1	YG-302 Room No. 1	YG-307 Room No. 1
2	12:00pm- 1:00pm	YG-302 Room No. 1	YG-304 Room No. 1	YG-302 Room No. 1	YG-303 Room No. 1	YG-304 Room No. 1	YG-307 Room No. 1
3	1:00pm- 2:00pm	YG-303 Room No. 1	YG-303 Room No. 1	YG-304 Room No. 1	YG-305 Room No. 1	YG-303 Room No. 1	YG-307 Room No. 1
4	2:30pm- 3:30pm	YG-304 Room No. 1	YG-305 Room No. 1	YG-305 Room No. 1	YG-302 Room No. 1	YG-305 Room No. 1	YG-307 Room No. 1

- YG-301 – Therapeutic Aspects of Yoga
- YG-302 – Yoga Upanishads
- YG-303 – Applied Psychology
- YG-304 – Mantra Yoga
- YG-305 – Introduction to Meditation Techniques
- YG-306 – Yoga and Sports (Optional)
- YG-307 – Research Work

M.A.Yoga (Weekend course structure)

Sem I - 5 Subjects + 1 Practical - 22 credits

Sem III - 5 Subjects + 1 Practical - 22 credits

Sem I

Subjects	Aug.2024	Sept.2024	Oct.2024	Nov.2024	Total
	Credit I	Credit II	Credit III	Credit IV	
FOY	15	15	15	15	60
AP	15	15	15	15	60
IP	15	15	15	15	60
RM	15	15	15	15	60
AY	15	15	15	15	60
Pract.	15	15	-	-	30
				Total	330

Sem II

Subjects	Jan.2025	Feb.2025	March 2025	April 2025	Total
	Credit I	Credit II	Credit III	Credit IV	
HYT	18	18	18	18	72
PYS	19	19	19	19	76
YMH	19	19	19	19	76
YHP	18	18	18	18	72
OJT/FP	ON JOB TRAINING				
Pract.	17	17	-	-	34
				Total	330

Sem III

Subjects	Aug.2024	Sept.2024	Oct.2024	Nov.2024	Total
	Credit I	Credit II	Credit III	Credit IV	
TAY	15	15	15	15	60
YU	15	15	15	15	60
AP	15	15	15	15	60
MT	15	15	15	15	60
IMT	15	15	15	15	60
RM Pract.	15	15	-	-	30
				Total	330

Sem IV

Subjects	Jan.2025	Feb.2025	March 2025	April 2025			Total
	Credit I	Credit II	Credit III	Credit IV	Credit V	Credit VI	
ATP	15	15	15	15	-	-	60
YDN	15	15	15	15	-	-	60
BG	15	15	15	15	-	-	60
YRS	15	15	15	15	-	-	60
Dissertation	15	15	15	15	15	15	90
						Total	330

M.A.Yoga (Part-I)

Status of Subject	Sem-I	Credit	Sem-II	Credit
Major Course	YG-101 Foundation of Yoga	2	YG-201 Hatha Yogic Texts	2
	YG-102 Anatomy and Physiology	4	YG-202 Patanjal Yog Sutra	4
	YG-103 Introduction to Indian Philosophy	4	YG-203 Yoga and Mental Health	4
	YG-104 Yoga Practical -I	4	YG-204 Yoga Practical -II	4
Major Elective	YG-105- Applied Yoga or YG-106- Gherand Samhita	4	YG-205- Yoga and Health Promotion or YG-206- Yoga for Holistic Health	4
RM	YG-107 Research Methodology	4	-	-
OJT/FP	-	-	YG-207- OJT/FP	4
		22		22

M.A.Yoga (Part-II)

Status of Subject	Sem-III	Credit	Sem-IV	Credit
Major Course	YG-301 Therapeutic Aspect of Yoga Practical	4	YG-401 Advance Teaching Practices Practical	4
	YG-302 Yoga Upanishad	4	YG-402 Yog Diet and Nutrition	4
	YG-303 Applied Psychology	4	YG-403 Bhagvad Gita	4
	YG-304 Mantra Yoga	4	-	-
Major Elective	YG-305- Introduction to Meditation Techniques or YG-306- Yoga for Sports	4	YG-404- Yoga, Religion and Spirituality or YG-405- Yoga in Principal Upanishad	4
RP (Fieldwork)	YG-307- Research Practical	2	YG-406-Dissertation	6
		22		22

M.A.Yoga (Weekend based course)

[Aug.2024 – Nov. 2024]

	SEM-I		
Time	Friday	Saturday	Sunday
9:00-10:30 am	-	YG-104 Room No.01	YG-104 Room No.01
10:30-11:30am	YG-105 Room No.01	YG-101 Room No.01	YG-101 Room No.01
11:30-11:45 am	Break		
11:45am-12:45pm	YG-107 Room No.01	YG-102 Room No.01	YG-101 Room No.01
12:45-1:45 pm	YG-101 Room No.01	YG-103 Room No.01	YG-103 Room No.01
1:45-2:15 pm	Lunch Break		
2:15-3:15 pm	YG-102 Room No.01	YG-105 Room No.01	YG-105 Room No.01
3:15-4:15 pm	Online SWAYAM Courses	YG-107 Room No.01	YG-102 Room No.01
4:15-5:15 pm		YG-103	YG-107
5:15-6:15 pm		Room No.01	Room No.01

➤ **Online SWAYAM Courses:**

- Yoga Teacher Training Program (24 weeks/10 credit points)
- Panchkarma Assistant (24 weeks/10 credit points)
- Research Report Writing (8 weeks/3 credit points)
- Introduction to Research Methods (self paced)
- Adolescent Nutrition (self paced)
- Physical Activity (YOGA) (self paced)
- Basics of Nutrition (self paced)
- Yoga Certificate Course (self paced)

▪ **Semester wise Schedule:**

Sem I & III

Months	Friday	Saturday	Sunday	Lectures
Aug. 2024	5(55)	5(65)	4(50)	175
Sept. 2024	4(45)	4(50)	5 (65)	165
Oct. 2024	4(45)	4(50)	4(50)	150
Nov. 2024	5(55)	5 (65)	4(50)	170
Dec. 2024	EXAMS			660 lectures

Sem II & IV

Months	Friday	Saturday	Sunday	Lectures
Jan. 2025	5(65)	4(52)	4(52)	169
Feb. 2025	4(51)	4(52)	4(52)	155
March 2025	4(50)	5(65)	5(65)	180
April 2025	4(52)	4(52)	4(52)	156
May 2025	EXAMS			660 lectures

▪ **Day wise Schedule:**

Day	Sem I	Sem III	Practical	Total
Friday	6 Lectures	5 Lectures	-	11 lectures/day
Saturday	6 Lectures	6 Lectures	1 Session	13 Lectures/day
Sunday	6 Lectures	6 Lectures	1 session	13 Lectures/day

Day	Sem II	Sem IV	Practical	Total
Friday	7 Lectures	6 Lectures	-	13 lectures/day
Saturday	6 Lectures	6 Lectures	1 Session	13 Lectures/day
Sunday	6 Lectures	6 Lectures	1 session	13 Lectures/day

PGDDN COURSE 2024-25

PART I (1st Sem) TIMETABLE

Sr.No	Time	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	11.00am-12.00pm	HCDDN 1.1 Room No. 104	SCDDN 1.1 Room No. 104	HCDDN 1.2 Room No. 104	SCDDN 1.1 Room No. 104	HCPDN1.1 Room No. 110	HCPDN1.1 Room No. 110
2	12.00pm-1.00pm	HCDDN 1.2 Room No. 104	HCDDN 1.2 Room No. 104	HCDDN 1.1 Room No. 104	HCDDN 1.2 Room No. 104	HCPDN1.1 Room No. 110	HCPDN1.1 Room No. 110
3	1.30pm-2.30pm	SCDDN 1.1 Room No. 104	HCDDN 1.1 Room No. 104	SCDDN 1.1 Room No. 104	HCDDN 1.1 Room No. 104	-	-

- HCDDN 1.1 – Nutrition and Dietetics -I
- HCDDN 1.2 – Nutritional Biochemistry
- SCDDN 1.1 – Human Physiology
- HCPDN 1.1- Nutrition and Dietetics Practical -I

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