

PROGRAMME PROJECT REPORT (PPR)
MASTER OF ARTS
IN
YOGA & NATUROPATHY
(Semester Mode)



CENTRE FOR DISTANCE AND ONLINE EDUCATION
MAHARAJA SRIRAM CHANDRA BHANJA DEO
UNIVERSITY, SRIRAM CHANDRA VIHAR, TAKATPUR,
BARIPADA,
MAYURBHANJ, ODISHA – 757003

S. Nayak
06.12.25

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Proceeding of the Special Board of Studies Master of Arts in Yoga & Naturopathy, Centre for Distance and Online Education (CDOE), Maharaja Sriram Chandra Bhanja Deo University, conducted at office of the CDOE on 06.12.2025 at 11.00 A.M.

Member's Present

1. Dr. Sujata Jena, MSCB University
2. Dr. Sagar Mantry, MSCB University

Business Transacted

1. Dr. Sujata Jena, was elected as Chairman of the Board of Studies in Yoga & Naturopathy for the session 2025-26.
2. The BOS approved the syllabus and Programme Project Report (PPR) of Master of Arts in Yoga & Naturopathy as per UGC regulations for Specification of Degrees, 2014 and its amendments from time to time.

The Meeting ends with vote of thanks to the chair.

S. Mantry
06.12.25

S. Jena
06/12/25

PROGRAMME PROJECT REPORT (PPR)

MASTER OF ARTS IN YOGA & NATUROPATHY

I. Programme's Mission & Objectives

The mission of this program is to promote holistic well-being by nurturing physical, mental, and spiritual health through the principles and practices of Yoga. It aims to cultivate deep self-awareness, self-acceptance, and mindfulness, enabling individuals to understand themselves more clearly and live with greater presence. By fostering inner peace and emotional balance, Yoga helps learners manage stress, reduce anxiety, and experience a profound sense of calm and harmony. The program also emphasizes the interconnectedness of all beings and encourages a balanced approach to life, where individuals learn to integrate opposing forces within themselves. Through consistent practice, students develop strength, flexibility, improved focus, mental clarity, and a compassionate relationship with themselves, ultimately supporting their journey toward personal growth and well-being.

Aligned with this mission, the program sets clear objectives to support learners in building strong academic and professional foundations. Students will gain advanced conceptual knowledge and a comprehensive understanding of the core principles of Life Sciences and Yoga. They will be prepared to meet global challenges as competent yoga professionals and researchers, capable of contributing to both philosophical and therapeutic domains. The curriculum equips them with essential technical and analytical skills, fostering continuous learning throughout their careers. Additionally, learners will receive training to confidently appear for national-level examinations such as UGC-NET and QCI Yoga certification. The program also aims to instill a strong sense of academic integrity and social ethics, ensuring that students grow not only as skilled professionals but also as responsible and ethical individuals.

II. Programme Outcomes

Students of MA in Yoga & Naturopathy will be able to

- Develop a comprehensive and critical understanding of classical and contemporary yogic texts, philosophies, and concepts. They will be able to interpret foundational works such as the Yoga Sutra, Hatha Yoga Pradipika, Gheranda Samhita, Upanishads, and other traditional texts with scholarly insight.
- Learners will acquire advanced practical skills in Asana, Pranayama, Kriya, Mudra, Bandha, Meditation, and therapeutic applications of Yoga. They will be equipped to design and conduct

scientifically informed yoga sessions, workshops, and wellness programmes for diverse populations with professional competence.

- Students will develop strong research abilities, including critical analysis, academic writing, and methodological understanding. They will be capable of conducting independent research, contributing to academic knowledge, and applying yogic principles to contemporary health, psychological, and social challenges.

III. Relevance of the Program with HEI's Mission and Goal:

The mission of this course is to achieve the Maharaja Sriram Chandra Bhanja Deo University mission and goals the study of Master's degree in Yoga & Naturopathy will provide adequate coverage of the discipline of discipline of Yoga. The study of Yoga will prepare the students for life as informed, aware and awakened citizens ready to participate in Social Development & Research Sector within country and abroad. It will deepen their technical skill and encourage them to involve in research.

The goal of the course is to fully develop the learner's potential along with expanding the scope of education, and making it more inclusive in nature, which is in line with HEI's goal. Since the discipline of Yoga is professional in nature therefore it creates scope for the learners to become qualified to establish themselves in the society by acquiring required knowledge and skill. Thus, promoting good opportunities for jobs and a better future.

IV. Nature of Prospective Target Group of Learners:

The main target group of learners are people from different age groups who wishes to pursue higher education in Yoga and enhance their knowledge in the discipline to seek for a better career and lead a responsible life. The learners are from different socio-economic background and are located in different parts of the state of Odisha and also from neighboring other states. In compliance with the ultimate objective of distance education to reach the unreached, special care is taken to include learners from marginalized sections of the society, backward caste and tribes. The target group of learners for the Post Graduate level are the Graduate students interested in studying Social Work at a higher level.

V. Appropriateness of programme to be conducted in Open and Distance Learning and/or Online mode to acquire specific skills and competence:

The MA Yoga & Naturopathy program in ODL mode is highly appropriate for developing a range of skills and competencies, including analytical thinking, practical analysis, research capabilities, and digital literacy. However, the success of the program depends on the quality of the e-learning resources, the level of interaction provided, and the support systems in place to guide students

through their independent learning journey. The CDOE at MSCB University will provide e-learning materials which are self-explanatory, self-contained and self-directed at the learner that enables the learner to acquire the prescribed level of learning in the course of study. The CDOE at MSCB University has followed the following learning resources.

- E-content (Combination of PDF/PPT) text materials
- Discussion forum (direct interaction with respective course teacher) for raising of doubts and clarifying the same.
- Assignment and study materials are also mentioned in the syllabus.

The CDOE programme will be mainly commenced in every summer and result published in time. PCP classes will be conducted to develop the standard of students.

VI. Instructional Design:

Course Curriculum: Institution adopts specialized approach where the task involved in course design & development is assigned to professionals in the particular department of the university and/or external experts. A draft with the objectives is prepared. It is evaluated by Institution who in turn composes a team of experts to have judicious review of the proposed course that it meets the objectives of distance education.

Program Structure: Institution constitutes a team of experts to review the course structure. The review team provides its feedback and recommendations to the concerned faculty. In case of any modifications suggested by the review team, the curriculum of the course is re-worked upon.

Study Materials: The study material is Self-Learning (SLM) format, which is the essence of standard distance learning Programs. Thus, Institution initiates to develop all materials in SLM format. Experts both internal & external write the study material on the specific guidelines laid down by statutory body.

Review by Board of Studies: The course is meticulously reviewed by BOS. Recommendations of BOS are implemented on priority. It also checks & defines the applicability, credit hours, scheme of examination for the course.

Approval by Academic Council: Finally, the course is submitted to the Academic Council of the University for Final Approval. Programs are offered on semester basis. A modular approach towards pursuing a long-term degree Program is implemented. Academic activities are linked together to engage learner and maximize learning.

Program Structure:

The MA Yoga & Naturopathy programme is offered for two years on semester basis as per the following structure. The M.A. in Yoga & Naturopathy Course has twenty papers including

dissertation/project work divided into four Semesters: Semester-I, Semester-II, Semester-III and Semester-IV. The semester papers are outlined below. Each paper has five modules and carries 100 marks. The Examination pattern consists of Internal Assessment through Assignment and End-Semester examination. The distribution of marks for Internal Assessment is 30 and for End-Semester exam is 70. The course details are as follows.

SEMESTER	CODE	TITLE OF THE PAPER	CREDIT	FULL MARK	INTERNAL ASSESSMENT	END SEM. EXAM
First	YN-101	Patanjali Yoga Sutra	5	100	30	70
	YN-102	Sanskrit Language & Grammar	5	100	30	70
	YN-103	Sad Darshan	5	100	30	70
	YN-104	Indian Knowledge System	5	100	30	70
	YN-105	Practical-I	5	100	30	70
	Total		25	500	150	350

SEMESTER	CODE	TITLE OF THE PAPER	CREDIT	FULL MARK	INTERNAL ASSESSMENT	END SEM. EXAM
Second	YN-201	Hatha Yoga Texts	5	100	30	70
	YN-202	Branches of Yoga	5	100	30	70
	YN-203	Principal Upanisads	5	100	30	70
	YN-204	Naturopathy & Holistic Health	5	100	30	70
	YN-205	Practical-II	5	100	30	70
	Total		25	500	150	350

SEMESTER	CODE	TITLE OF THE PAPER	CREDIT	FULL MARK	INTERNAL ASSESSMENT	END SEM. EXAM
THIRD	YN-301	Srimad Bhagat Gita & Yoga Vasishtha	5	100	30	70
	YN-302	Yoga Upanisads	5	100	30	70
	YN-303	Human Anatomy & Physiology	5	100	30	70
	YN-304	Yoga Therapy	5	100	30	70
	YN-305	Practical– III	5	100	30	70
	Total		25	500	150	350

SEMESTER	CODE	TITLE OF THE PAPER	CREDIT	FULL MARK	INTERNAL ASSESSMENT	END SEM. EXAM
FOURTH	YN-401	Naturopathic Approaches to Disease Prevention and Management	5	100	30	70
	YN-402	Diet & Nutrition	5	100	30	70
	YN-403	Research Methodology	5	100	30	70
	YN-404	Dissertation	5	100	30	70
	YN-405	Practical– IV	5	100	30	70
	Total		25	500	150	350

Total Semester Credits

Semester	I	II	III	IV	Total
Total Credits	25	25	25	25	100

VII. Procedure for Admissions, Curriculum Transaction and Evaluation

Minimum Eligibility: Bachelor's degree in any discipline with at least 50% marks (45% in case of SC/ST) from an University established by law in India.

Examination: The course examination is conducted by CDOE, MSCB University. All matters relating to the examinations, i.e., result mark sheet, degree etc. are dealt with the Controller of the Examination, MSCB University.

Evaluation: The CDOE evaluates the course through Internal Assessment in the form of Assignment and End Term Assessment. The evaluation of Assignment is 30 marks and End Term Assessment is 70 marks (total 100 marks).

Curriculum Transaction: In the Yoga course, we impart instructions mainly through Lecture method during the Personal Contact Programme. We also make use of smart class room. Efforts are afoot to provide the study material in soft copies to the learners and to provide them the facility to download the study material from the website through their respective student ID.

Medium of Instruction: The medium of instruction in Yoga is in English. The study material will be made available to the student in English language. The lectures in personal contact programme are generally delivered in English.

Doubt clearing session: A provision to interact with subject faculties is also facilitated to students. Students can clear their doubts one to one with faculty members. From time to time, the Dept. conducts one to one doubt clearing class for students on demand basis.

Assignments, Dessertation, Project Work: Apart from the main learning material, students are provided with assignments, case studies and project work. These learning components are generally based contemporary situation in the industry and markets.

VIII. Requirement of the Library Resources:

Laboratory support

Not Applicable for the programme

Library Resources:

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components are generally based contemporary situation in the industry and markets.

IX. Cost Estimate of the Programme and the Provisions:

Category	Semester Fees (Rs.)	Total(Rs.)
Course Fees	6500	26000
Admission fees	600	600
Development fees	1000	1000
Total	-	27600

X. Quality Assurance Mechanism and Expected Programme Outcomes:

MSCB University is one of the premier University of Odisha enlisted under NAAC Grade-A. It has constituted the centre for quality assurance (CIQA) for effective quality assurance and control mechanism provide quality education in more economical way to produce quality professionals in the economics who will be ready to serve society and mankind in more effective way.

The Primary aim of the CIQA is to develop a system for conscious, consistent and catalytic action to improve the academic and administrative performance of the institution. The MSCB University has an CIQA with the following objectives.

- To review the teaching and learning process.
- To develop system for conscious, consistent and catalytic action to improve the academic and administrative performance of the institution.
- To keep the institution abreast of and abuzz with quality sustenance activities on a wide gamut of pertinent issues.
- To generate good practices, ideas, planning, implementing and measuring the outcome of academic and administrative performance of the institution.
- To submit the Annual Quality Assurance Report of the University duly approved by statutory bodies of the University to NAAC regularly.

Programme Outcomes

- Students will understand the fundamental definitions, aims, history, and evolution of Yoga across classical and post-classical traditions.
- Students will explain and critically evaluate key philosophical concepts like Chitta, Vrittis, Kleshas, Iswara, Samadhi, Purusha–Prakriti, and other principles from yogic darśanas.
- Learners will demonstrate proficiency in traditional practices such as Asana, Pranayama, Mudra, Bandha, Shatkriyas, and meditation techniques with proper methodology and sequencing.

- Students will apply yogic practices for physical fitness, mental balance, stress management, and prevention of lifestyle disorders in various populations.
- Learners will use research methodology to design studies, review literature, collect data, and write dissertations or research articles in the field of yoga studies.
- Students will internalize yogic values such as Yama–Niyama, discipline, mindfulness, and holistic living, and apply them in personal and professional settings

Programme Specific Outcomes

- Graduates will be able to critically analyze, compare, and interpret major yogic scriptures such as Yoga Sutra, Hatha Yoga Pradipika, Gheranda Samhita, Shiva Samhita, and Yoga Upanishads, along with their principal commentaries, to understand their philosophical, spiritual, and practical dimensions.
- Learners will gain specialized skills in Yoga Therapy for lifestyle disorders, psychosomatic conditions, and mental well-being. They will be able to create individualized yoga plans, demonstrate therapeutic techniques, and integrate yoga with modern health sciences for holistic healing.
- Students will exhibit ethical responsibility, effective communication, and leadership qualities required for yoga teaching, research, and wellness consultancy. They will be able to promote community health, conduct outreach programmes, and contribute to social well-being through yogic values.