

Program 1

Proposed Curriculum Structure for
Bachelor of Science in Holistic Oral Health
& Dental Informatics
(Danta Chikitsa & Modern Dentistry)

2. Curriculum Structure (4 Year Program, 160 Credits)

Year 1: Foundation Courses (40 Credits)			
	Introduction to Holistic Oral Health	4 credits	Overview of Danta Chikitsa, modern dentistry, and digital dentistry trends.
	Basic Human Anatomy & Physiology	4 credits	Focus on craniofacial structures, salivary glands, and oral microbiome.
	Principles of Ayurveda & Danta Chikitsa	4 credits	Historical context, fundamental principles, and traditional diagnostic methods.
	Digital Literacy & Dental Informatics	4 credits	Basics of data management, digital records, and software used in dentistry.
	Sanskrit for Dental Texts	4 credits	Language training for interpreting classical Ayurvedic texts on oral health.
	Preventive Dentistry & Oral Hygiene	4 credits	Traditional (e.g., herbal gargles) and modern (e.g., fluoride treatments) approaches.
	Biochemistry of Nutrition & Oral Health	4 credits	Role of diet in oral health, Ayurvedic dietary guidelines.
	Ethics in Holistic Dentistry	4 credits	Ethical considerations in integrating traditional and modern practices.
Year 2: Core Disciplinary Knowledge (40 Credits)			
	Oral Pathology & Disease Mechanisms	4 credits	Ayurvedic and biomedical perspectives on oral diseases.
	Dental Materials Science	4 credits	Traditional (e.g., herbal fillings) and modern (e.g., composites) materials.
	Digital Dentistry & Imaging	4 credits	CAD/CAM, CBCT, intraoral scanners, and AI-driven diagnostics.
	Pharmacology of Herbal & Modern Drugs	4 credits	Comparative study of herbal remedies and pharmaceuticals.
	Clinical Diagnosis & Record Keeping	4 credits	Integration of traditional diagnostic methods with digital health records.
	Periodontics & Oral Inflammation	4 credits	Holistic management of gum diseases.
	Prosthodontics & Traditional Restoration	4 credits	Ayurvedic and modern prosthetic techniques.
	Community Dentistry & Public Health	4 credits	Outreach programs for rural and underserved communities.
Year 3: Applied and Advanced Courses (40 Credits)			
	Oral Surgery & Minimal Intervention Techniques	4 credits	Blend of traditional Ayurvedic surgical methods and modern techniques.
	Pediatric Holistic Dentistry	4 credits	Child-specific traditional and modern oral care.
	Yoga & Meditation for Oral Health	4 credits	Role of stress management in preventing oral diseases.
	Dental Informatics & Big Data	4 credits	Use of AI/ML for predictive analysis in oral health.
	Forensic Dentistry & Ethnodontology	4 credits	Cultural and legal aspects of dental practices.
	Research Methodology	4 credits	Designing studies to validate traditional practices.
	Clinical Rotations I	4 credits	Hands-on training in integrative dental clinics.
	Elective I	4 credits	Specialization in areas like geriatric dentistry or tele-dentistry.
Year 4: Research and Specialization (40 Credits)			
	Advanced Clinical Practice	4 credits	Supervised practice in holistic dental care.
	Thesis/Research Project	12 credits	Original research on topics like efficacy of herbal dentifrices or AI-based diagnosis.
	Internship	8 credits	Placement in integrative dental hospitals or digital health startups.
	Electives II & III	8 credits	Options in Advanced Dental Informatics or Traditional Surgical Techniques.
	Practice Management & Digital Health Entrepreneurship	4 credits	Business models for holistic dental practices.

Program 2

Bachelor of Science in Applied Marma Therapy & Therapeutic Yoga

2. Proposed Curriculum Structure (4 Year Program, 160 Credits)

2.2 Year 1: Foundation Courses (40 Credits)			
	Introduction to Ayurveda and Marma Therapy	4 credits	History, principles, and fundamental concepts of Ayurveda and Marma therapy.
	Human Anatomy and Physiology	4 credits	Study of body systems, focusing on areas relevant to Marma points and yoga practices.
	Yoga Philosophy and Practice	4 credits	Overview of yoga traditions, asanas, pranayama, and meditation techniques.
	Sanskrit for Ayurvedic Texts	4 credits	Basic Sanskrit language skills for understanding classical texts like the Sushruta Samhita.
	Basic Pathology and Disease Mechanisms	4 credits	Introduction to common diseases and their Ayurvedic interpretations.
	Principles of Holistic Health	4 credits	Concepts of wellness, preventive healthcare, and holistic living.
	Ethics in Traditional Medicine	4 credits	Ethical considerations in practicing and integrating traditional therapies.
	Communication Skills for Healthcare	4 credits	Developing effective patient-practitioner communication skills.
2.3 Year 2: Core Disciplinary Knowledge (40 Credits)			
	Marma Point Location and Classification	4 credits	Detailed study of the 107 Marma points, their locations, and classifications.
	Marma Therapy Techniques	4 credits	Hands-on training in stimulation methods, including pressure, oils, and pranic healing.
	Therapeutic Yoga Practices	4 credits	Yoga asanas and pranayama techniques tailored for therapeutic applications.
	Ayurvedic Pharmacology	4 credits	Study of herbal oils and formulations used in Marma therapy.
	Biomechanics and Body Mechanics	4 credits	Understanding body movements and alignment in yoga and Marma therapy.
	Diagnostic Methods in Ayurveda	4 credits	Techniques like pulse diagnosis (Nadi Pariksha) and other assessment tools.
	Psychology and Mental Health	4 credits	Basics of mental health, stress management, and emotional balance.
	Research Methodology	4 credits	Introduction to research design, data collection, and evidence.
2.4 Year 3: Applied and Advanced Courses (40 Credits)			
	Advanced Marma Therapy Protocols	4 credits	Specific protocols for pain management, stress relief, and organ system imbalances.
	Integrative Yoga Therapy	4 credits	Combining yoga and Marma therapy for conditions like chronic pain, anxiety, and digestive disorders.
	Clinical Practicum I	4 credits	Supervised clinical practice in a simulated environment.
	Marma Therapy for Special Populations	4 credits	Adapting techniques for children, elderly, and pregnant women.
	Digital Health and Wellness Technology	4 credits	Using technology for patient management and tele-health applications.
	Entrepreneurship in Wellness	4 credits	Business skills for establishing and managing a wellness practice.
	Elective I	4 credits	Choose from specialties like sports medicine, beauty therapy, or geriatric care.
	Elective II	4 credits	Additional specialization or advanced topics in Marma or yoga therapy.
2.5 Year 4: Research and Specialization (40 Credits)			
	Clinical Internship	12 credits	Extended placement in hospitals, wellness centers, or Ayurvedic clinics.
	Research Project	12 credits	Independent research on a topic related to Marma therapy or therapeutic yoga.
	Advanced Clinical Practice	4 credits	Managing complex cases and integrative treatment plans.
	Professional Development	4 credits	Preparing for certifications, licensure, and career advancement.
	Community Outreach Program	4 credits	Implementing wellness programs in community settings.
	Capstone Seminar	4 credits	Presentation of research findings and clinical experiences.

Program 3

Curriculum Structure for Bachelor of Science in Holistic Nursing & Yogic Spiritual Care

2. Proposed Curriculum Structure (4 Years, 160 Credits)

Year 1: Foundation Courses (40 Credits)			
	Introduction to Holistic Nursing & Yogic Care	4 credits	Principles of holistic health; overview of yoga and spirituality in healthcare.
	Human Anatomy & Physiology	4 credits	Study of body systems; integration of yogic anatomy (Koshas, Nadis).
	Basics of Ayurveda & Nutrition	4 credits	Ayurvedic principles, dietetics, and herbal remedies for wellness.
	Yoga Philosophy & Practice	4 credits	Asanas, pranayama, meditation; therapeutic applications.
	Nursing Fundamentals	4 credits	Bedside care, vital signs, infection control, and patient hygiene.
	Communication & Ethics in Healthcare	4 credits	Patient-practitioner communication; ethical issues in holistic care.
	Psychology & Mental Health	4 credits	Basics of mental health; yogic approaches to stress management.
	Sanskrit for Healthcare Texts	4 credits	Basic Sanskrit for interpreting traditional texts.
Year 2: Core Disciplinary Knowledge (40 Credits)			
	Medical-Surgical Nursing	4 credits	Nursing care for medical and surgical conditions; integration of yogic postures for rehabilitation.
	Yogic-Spiritual Care Techniques	4 credits	Use of meditation, mantra, and breathing exercises for emotional and spiritual support.
	Pathophysiology & Disease Management	4 credits	Study of disease processes; holistic management strategies.
	Pharmacology & Herbal Medicine	4 credits	Modern pharmaceuticals and Ayurvedic herbs; interactions and safety.
	Community Health Nursing	4 credits	Public health initiatives; rural health camps combining nursing and yoga.
	Marma Therapy Basics	4 credits	Introduction to Marma points for energy balancing and pain relief.
	Research Methodology	4 credits	Basics of healthcare research; evidence-based practice.
	Clinical Practicum I	4 credits	Supervised clinical practice in hospitals or wellness centers.
Year 3: Applied and Advanced Courses (40 Credits)			
	Holistic Nursing Practices	4 credits	Integrative care for chronic conditions (e.g., diabetes, hypertension).
	Advanced Yogic Therapeutics	4 credits	Yoga therapy for specific ailments (e.g., anxiety, respiratory disorders).
	Palliative & Spiritual Care	4 credits	End-of-life care; spiritual support for patients and families.
	Digital Health & Tele-nursing	4 credits	EHR systems; remote patient monitoring and telehealth ethics.
	Nutrition & Dietetics	4 credits	Therapeutic diets; Ayurvedic nutrition principles.
	Mental Health Nursing	4 credits	Yogic and spiritual approaches to mental health disorders.
	Clinical Practicum II	4 credits	Advanced clinical training in holistic healthcare settings.
	Elective I	4 credits	Options: Geriatric Care, Pediatric Holistic Nursing, or Yoga for Women's Health.
Year 4: Research and Specialization (40 Credits)			
	Internship	12 credits	6-month placement in hospitals, palliative care centers, or wellness clinics.
	Research Project	12 credits	Original research on topics like "Yogic Interventions for Patient Anxiety" or "Effectiveness of Marma Therapy in Pain Management."
	Leadership in Healthcare	4 credits	Healthcare management; ethics in holistic practice.
	Community Outreach Program	4 credits	Implementing holistic health programs in underserved communities.
	Capstone Seminar	4 credits	Presentation of research and clinical experiences.
	Elective II	4 credits	Options: Wellness Entrepreneurship or Global Health Perspectives.

Program 4

Curriculum Structure for Bachelor of
Consciousness & Cognitive Sciences

2 Proposed Curriculum Structure (4 Years,
160 Credits)

2.2 Year 1: Foundation Courses (44 Credits)			
	Introduction to Cognitive Sciences	4 credits	Overview of the field including history, key concepts, and major approaches to studying the mind and consciousness.
	Fundamentals of Neuroscience	4 credits	Basic neuroanatomy, neurophysiology, and neural correlates of cognition, incorporating both Western and Ayurvedic perspectives on the nervous system.
	Introduction to Indian Philosophical Systems	4 credits	Survey of major schools of Indian thought (Sankhya, Vedanta, Buddhism, Jainism) and their theories of mind and consciousness.
	Basic Research Methods and Statistics	4 credits	Introduction to scientific methodology, research design, and statistical analysis, including both quantitative and qualitative approaches.
	Sanskrit for Cognitive Sciences	4 credits	Basic Sanskrit language training focused on reading primary texts related to consciousness studies.
	Yoga Theory and Practice I	4 credits	Theoretical and practical foundation in classical Yoga, including asana, pranayama, and meditation techniques.
	Introduction to Psychology	4 credits	Basic psychological principles with emphasis on applications to consciousness studies and well-being.
	Professional Practice and Ethics	4 credits	Overview of ethical frameworks in consciousness research and therapeutic applications.
	First Aid and Emergency Response	4 credits	Training in immediate care response, integrating modern techniques with traditional approaches.
	Elective I	4 credits	Students choose one elective from areas such as computational foundations, biology, or sociology.

2.3 Year 2: Core Disciplinary Knowledge (44 Credits)			
	Cognitive Psychology	4 credits	Comprehensive survey of human cognition including perception, attention, memory, and decision.
	Philosophy of Mind and Consciousness	4 credits	Examination of major theories of mind and consciousness from both Western and Indian perspectives.
	Neuroscience of Consciousness	4 credits	Advanced study of the neural basis of consciousness, including states of consciousness and altered states.
	Indian Psychology and Theories of Self	4 credits	In-depth exploration of psychological concepts in Indian traditions, including theories of personality, cognition, and selfhood.
	Research Methods in Consciousness Studies	4 credits	Training in diverse methodologies for studying consciousness, including first-person methods, phenomenology, and neurophenomenology.
	Meditation and Mindfulness Practices	4 credits	Theoretical and practical exploration of meditation techniques from various traditions and their effects on cognition and well-being.
	Ayurvedic Psychology	4 credits	Study of mental health concepts in Ayurveda, including personality typologies (Gunas) and therapeutic approaches.
	Biochemistry of Consciousness	4 credits	Neurochemical basis of mental states, including the effects of meditation and spiritual practices on brain chemistry.
	Digital Literacy for Cognitive Sciences	4 credits	Introduction to computational tools, data analysis software, and digital research methods.
	Elective II	4 credits	Students choose one elective from areas such as neuroeconomics, cognitive anthropology, or art therapy.

2.4 Year 3: Applied and Advanced Courses (44 Credits)			
	Advanced Meditation Research	4 credits	Critical examination of current research on meditation and contemplative practices.
	Consciousness-Based Therapies	4 credits	Examination of therapeutic approaches derived from Indian traditions, including Yoga therapy and mindfulness-based interventions.
	Cognitive Assessment Techniques	4 credits	Training in both standardized psychological assessment and traditional Indian approaches to understanding individual differences.
	Artificial Intelligence and Consciousness	4 credits	Exploration of computational models of consciousness and the potential for conscious AI.
	Yoga Therapy Foundations	4 credits	Theoretical and practical exploration of yoga as a therapeutic modality for various conditions.
	Research Design and Protocol Development	4 credits	Advanced training in designing research studies that integrate traditional and modern approaches.
	Psychophysiology of Consciousness	4 credits	Study of physiological correlates of conscious states, including EEG, fMRI, and heart rate variability monitoring.
	Ethics in Consciousness Research	4 credits	Examination of ethical issues in consciousness studies and applications of consciousness technologies.
	Clinical Practicum I	4 credits	Supervised practical experience in research or applied settings related to consciousness studies.
	Elective III	4 credits	Students choose one elective from areas such as neuroethics, cognitive development, or consciousness in literature.

2.5 Year 4: Research and Specialization (44 Credits)			
	Advanced Research Seminar	4 credits	Critical discussion of current research literature and development of research proposals in consciousness studies.
	Discipline-Specific Internship	8 credits	Supervised practical experience in research or applied settings such as wellness centers, research institutions, or clinical facilities.
	Major Research Project	12 credits	Original research integrating traditional and modern approaches to consciousness, culminating in a thesis and public presentation.
	Specialized Electives	12 credits	Students choose three advanced courses in their area of specialization.
	Capstone Project	4 credits	Integration of learning through a comprehensive project or portfolio.
	Professional Development	4 credits	Preparation for career pathways, including certification requirements, business skills, and professional ethics.

Table: Sample Specialized Electives

Specialization Track	Sample Courses	Career Pathways
Clinical Applications	Advanced Yoga Therapy, Mindfulness-Based Interventions, Ayurvedic Psychology	Clinical psychology, therapy, wellness counseling
Research Neuroscience	Advanced Neuroimaging, Meditation Neuroscience, Consciousness Metrics	Research science, academia, neurotechnology
Philosophical Inquiry	Comparative Philosophy, Metaphysics of Mind, Consciousness Models	Academia, writing, education

Program 5

Curriculum Structure for Bachelor of Integrative Health Sciences

2. Proposed Curriculum Structure (4 Years, 176 Credits)

2.2 Year 1: Foundation Courses (44 Credits)			
	Introduction to Integrative Health Sciences	4 credits	Overview of integrative medicine principles, history, and scope combining Western and Eastern approaches .
	Human Anatomy and Physiology	4 credits	Study of human body systems with integration of Ayurvedic concepts of Doshas, Dhatus, and Malas.
	Fundamentals of Ayurveda and Yoga Sciences	4 credits	Basic principles of Ayurveda, Yoga philosophy, and their application in health maintenance .
	Basic Biochemistry and Nutrition	4 credits	Biochemical principles and nutritional science integrating modern dietary guidelines and Ayurvedic dietetics (Ahara).
	Scientific Methodology and Critical Thinking	4 credits	Research ethics, evidence-based practice, and critical analysis of health claims .
	Sanskrit for Health Sciences	4 credits	Basic Sanskrit for reading traditional medical texts like Charaka Samhita and Sushruta Samhita.
	Yoga Theory and Practice I	4 credits	Theoretical and practical foundation in asana, pranayama, and meditation techniques .
	Foundation of Modern Medicine	4 credits	Introduction to allopathic medicine principles and terminology.
	Professional Practice and Ethics	4 credits	Ethical frameworks in healthcare and integrative practice .
	Basic First Aid and Emergency Response	4 credits	Emergency care integrating modern and traditional approaches.
2.3 Year 2: Core Disciplinary Knowledge (44 Credits)			
	Pathophysiology and Disease Mechanisms	4 credits	Disease processes from biomedical and Ayurvedic perspectives (Samprapti) .
	Principles of Pharmacology and Ayurvedic Dravyaguna	4 credits	Modern pharmacology and Ayurvedic herbal medicine principles.
	Diagnostic Methods in Health Sciences	4 credits	Modern diagnostic techniques and traditional assessment methods (Nadi Pariksha, Ashtasthana Pariksha).
	Yoga Therapy Foundations	4 credits	Therapeutic applications of yoga for various health conditions .
	Research Methods in Integrative Health	4 credits	Methodologies for health research including clinical trials and traditional knowledge validation .
	Mind-Body Medicine and Psychology	4 credits	Interconnections between mental and physical health from Western and Eastern perspectives.
	Nutrition and Dietetics in Integrative Practice	4 credits	Modern nutritional science and traditional food wisdom .
	Panchakarma and Detoxification Therapies	4 credits	Ayurvedic purification procedures and their scientific basis.
	Public Health and Community Medicine	4 credits	Population health approaches integrating modern and traditional strategies .
	Bioethics and Legal Framework in Integrative Practice	4 credits	Ethical and legal issues in integrative healthcare.
2.4 Year 3: Applied and Advanced Courses (44 Credits)			
	Integrative Approaches to Chronic Disease Management	4 credits	Management of conditions like diabetes, hypertension using integrative protocols.
	Advanced Yoga Therapy	4 credits	Therapeutic applications of yoga for specific health conditions .
	Women's Health and Integrative Gynecology	4 credits	Integrative approaches to women's health issues.
	Integrative Mental Health	4 credits	Holistic approaches to mental wellbeing combining psychotherapy, psychiatry, yoga, and Ayurveda.
	Research Design and Protocol Development	4 credits	Designing studies validating integrative treatment approaches .
	Geriatric Care in Integrative Practice	4 credits	Integrative approaches to aging health including rejuvenation therapies (Rasayana).
	Integrative Pediatrics	4 credits	Holistic approaches to children's health.
	Sports Medicine and Performance Enhancement	4 credits	Integrative approaches to athletic training and injury prevention.
	Palliative and End-of-Life Care	4 credits	Holistic pain management and quality of life improvement.
	Health Communication and Patient Education	4 credits	Strategies for explaining integrative approaches to patients .
2.5 Year 4: Research and Specialization (44 Credits)			
	Advanced Research Seminar	4 credits	Critical discussion of current research and proposal development .
	Discipline-Specific Internship	8 credits	Supervised clinical practice in integrative healthcare settings.
	Major Research Project	12 credits	Original research integrating traditional and modern approaches to health.
	Specialized Electives	20 credits	Advanced courses in clinical practice, research innovation, or wellness entrepreneurship.

Table: Sample Specialized Electives

Specialization Track	Sample Courses	Career Pathways
Clinical Practice	Advanced Diagnostic Methods, Integrative Therapy Techniques	Clinical integrative health practitioner, healthcare consultant
Research & Innovation	Research Methodology, Evidence Synthesis	Research scientist, academician, product developer
Wellness Entrepreneurship	Health Enterprise Management, Wellness Program Development	Wellness entrepreneur, corporate wellness director

Program 6

Proposed detail Curriculum Structure for
Bachelor of Indian Languages & Healing
Traditions

2. Proposed Curriculum Structure (4 Years, 176 Credits)

2.1 Year wise Course Distribution			
2.2 Year 1: Foundation Courses (44 Credits)			
	Introduction to Indian Languages and Scripts	4 credits	Overview of linguistic diversity in India, language families, and writing systems.
	Fundamentals of Indian Healing Traditions	4 credits	Survey of Ayurveda, Siddha, Unani, Yoga, and local health traditions.
	Basic Linguistics and Philology	4 credits	Introduction to linguistic principles, phonetics, morphology, and syntax with emphasis on applications to ancient and medieval Indian texts.
	Sanskrit for Healing Sciences	4 credits	Basic Sanskrit language training focused on reading primary texts related to Ayurveda and other traditional health sciences.
	Tamil/Telugu/Malayalam for Siddha Sciences	4 credits	Basic language training in one South Indian language relevant to Siddha medicine traditions.
	Introduction to Research Methods	4 credits	Foundation in research ethics, documentation techniques, and ethnographic methods relevant to studying traditional knowledge systems.
	History of Indian Science and Medicine	4 credits	Historical overview of scientific and medical developments in India from ancient to modern periods.
	Textual Studies Primer	4 credits	Introduction to critical reading and analysis of traditional texts, manuscript studies, and interpretive methods.
	Ethnobotany and Traditional Pharmacology	4 credits	Basic concepts of medicinal plants, their identification, and traditional uses in Indian healing systems.
	Cultural Anthropology of Healing	4 credits	Introduction to anthropological approaches to understanding healing practices across different Indian communities.
2.3 Year 2: Core Disciplinary Knowledge (44 Credits)			
	Intermediate Language Study I	4 credits	Advanced study of chosen language (Sanskrit, Tamil, Arabic, Persian, or regional language) with focus on medical texts.
	Intermediate Language Study II	4 credits	Continued advanced study of chosen language with emphasis on translation techniques and interpretive skills.
	Principles of Ayurvedic Philosophy	4 credits	In-depth study of philosophical foundations of Ayurveda as encoded in Sanskrit texts.
	Siddha Medicine Foundations	4 credits	Examination of fundamental principles of Siddha medicine as encoded in Tamil texts.
	Unani Medicine Principles	4 credits	Study of basic concepts of Unani medicine with attention to Arabic and Persian linguistic sources.
	Linguistic Anthropology	4 credits	Study of relationship between language and culture, with specific focus on healing rituals and practices.
	Traditional Pharmacology and Formulations	4 credits	Detailed study of medicinal formulations across different traditions and their linguistic representations.
	Manuscriptology and Paleography	4 credits	Training in reading ancient manuscripts, understanding different scripts, and textual criticism methods.
	Comparative Healing Traditions	4 credits	Analysis of similarities and differences between various Indian healing systems through their linguistic expressions.
	Research Ethics and Traditional Knowledge Protection	4 credits	Examination of ethical issues in researching and documenting traditional healing knowledge, including intellectual property rights.
2.4 Year 3: Applied and Advanced Courses (44 Credits)			
	Advanced Textual Analysis	4 credits	Critical reading and interpretation of classical medical texts in original language.
	Translation Studies for Medical Texts	4 credits	Theory and practice of translating traditional medical texts between ancient languages and modern vernaculars/English.
	Clinical Linguistics in Healing Practices	4 credits	Study of language use in healing contexts, including ritual language, mantras, and therapeutic discourse.
	Ethnomedicine and Community Health	4 credits	Examination of local health traditions and their role in community health management.
	Materia Medica of Indian Systems	4 credits	Comprehensive study of medicinal substances used in Indian healing traditions and their linguistic descriptions.
	Diagnostic Methods in Traditional Systems	4 credits	Study of diagnostic approaches in different traditions and their linguistic components.
	Healing Rituals and Performance	4 credits	Analysis of ritual aspects of healing, including examination of language used in healing rituals.
	Field Methods in Documenting Healing Traditions	4 credits	Practical training in ethnographic documentation, oral history recording, and community engagement.
	Digital Humanities and Indian Texts	4 credits	Training in digital tools for text analysis, corpus linguistics, and digital archiving of traditional knowledge.
	Traditional Psychology and Healing	4 credits	Study of concepts of mind, consciousness, and mental health in Indian traditions and their linguistic expressions.
2.5 Year 4: Research and Specialization (44 Credits)			
	Advanced Research Seminar	4 credits	Critical discussion of current research literature and development of research proposals in Indian languages and healing traditions.
	Discipline-Specific Internship	8 credits	Supervised practical experience in research or applied settings such as traditional healing centers, archives, or community health projects.
	Major Research Project	12 credits	Original research integrating linguistic and healing traditions, culminating in a thesis and public presentation.
	Specialized Electives	20 credits	Students choose five advanced courses in their area of specialization.

Table: Sample Specialized Electives

Specialization Track	Sample Courses	Career Pathways
Textual Scholarship	Advanced Paleography, Critical Edition Preparation, Philological Methods	Research scholar, academician, archivist, manuscript curator
Community Health Applications	Community Medicine, Public Health Ethnography, Health Advocacy	Community health worker, public health researcher, health policy advisor
Clinical Practice Support	Terminology Standardization, Patient Education Materials, Intercultural Communication	Medical translator, healthcare interpreter, cultural mediator in clinical settings

Program 7

Proposed detail Curriculum Structure for
Bachelor of Yogic Sciences & Human
Performance
2. Proposed Curriculum Structure (4
Years, 176 Credits)

2.1 Year wise Course Distribution

2.2 Year 1: Foundation Courses (44 Credits)			
	Introduction to Yogic Sciences and Human Performance	4 credits	Overview of the field including history, key concepts, and major approaches to integrating yoga and human performance science.
	Human Anatomy and Physiology	4 credits	Comprehensive study of human structure and function, incorporating both Western anatomical concepts and yogic principles of bodily organization.
	Foundations of Yoga Philosophy	4 credits	Survey of fundamental philosophical principles of yoga, including historical development and contemporary relevance.
	Basic Biomechanics and Kinesiology	4 credits	Introduction to mechanical principles applied to human movement, integrating yogic perspectives on alignment and movement efficiency.
	Scientific Methodology and Critical Thinking	4 credits	Foundation in scientific reasoning, research ethics, and evidence-based practice in yoga and human performance.
	Sanskrit for Yogic Sciences	4 credits	Basic Sanskrit language training focused on reading primary texts related to yoga and human performance.
	Yoga Practice I: Foundations	4 credits	Theoretical and practical foundation in classical yoga, including asana, pranayama, and meditation techniques.
	Introduction to Psychology	4 credits	Basic psychological principles with emphasis on applications to human performance and well-being.
	Professional Practice and Ethics	4 credits	Overview of ethical frameworks in yoga therapy and human performance professions.
	First Aid and Emergency Response	4 credits	Training in immediate care response, integrating modern techniques with yogic approaches to emergency management.

2.3 Year 2: Core Disciplinary Knowledge (44 Credits)			
	Advanced Yoga Philosophy and Texts	4 credits	In-depth study of classical yoga texts (Yoga Sutras, Hatha Yoga Pradipika) and their relevance to human performance.
	Exercise Physiology	4 credits	Comprehensive study of physiological responses to exercise and training, integrating yogic perspectives on energy management.
	Pranayama and Breathing Science	4 credits	Study of breathing techniques and their physiological effects, including applications to performance enhancement.
	Biomechanics of Yoga Asanas	4 credits	Mechanical analysis of yoga postures, including alignment principles and injury prevention strategies.
	Research Methods in Yogic Sciences	4 credits	Training in diverse methodologies for research in yoga and human performance.
	Sports Psychology and Mental Training	4 credits	Examination of psychological factors in performance, integrating yogic approaches to mental training.
	Nutrition for Performance	4 credits	Study of nutritional science, incorporating modern dietary guidelines and traditional yogic dietary principles.
	Yoga Therapy Foundations	4 credits	Theoretical and practical exploration of yoga as a therapeutic modality for various conditions.
	Physiological Assessment Techniques	4 credits	Training in assessment methods for human performance, including heart rate variability monitoring.
	Ethics in Yoga and Human Performance	4 credits	Examination of ethical issues in yoga therapy and human performance professions.

2.4 Year 3: Applied and Advanced Courses (44 Credits)			
	Yoga for Special Populations	4 credits	Application of yogic principles to specific populations (athletes, military personnel, elderly, etc.).
	Advanced Pranayama and Meditation	4 credits	In-depth study of advanced breathing and meditation techniques for performance enhancement.
	Yoga for Mental Health	4 credits	Therapeutic applications of yoga for mental health conditions, integrating modern psychological approaches.
	Performance Enhancement Strategies	4 credits	Evidence-based approaches to enhancing human performance through yogic practices.
	Research Design and Protocol Development	4 credits	Advanced training in designing research studies on yoga and human performance.
	Yoga in Sports and Athletics	4 credits	Specific applications of yoga in sports training and athletic performance enhancement.
	Yoga for Stress Management	4 credits	Yogic approaches to stress reduction and resilience building.
	Yoga Anatomy and Injury Prevention	4 credits	Advanced study of anatomical principles applied to yoga practice and injury prevention.
	Yoga for Cognitive Enhancement	4 credits	Applications of yoga practices for improving cognitive functions.
	Teaching Methodology and Practice	4 credits	Training in effective teaching methods for yoga and human performance.

2.5 Year 4: Research and Specialization (44 Credits)			
	Advanced Research Seminar	4 credits	Critical discussion of current research literature and development of research proposals in yogic sciences and human performance.
	Discipline-Specific Internship	8 credits	Supervised practical experience in research or applied settings such as sports teams, military units, or clinical facilities.
	Major Research Project	12 credits	Original research integrating yogic sciences and human performance, culminating in a thesis and public presentation.
	Specialized Electives	20 credits	Students choose five advanced courses in their area of specialization.

Table: Sample Specialized Electives

Specialization Track	Sample Courses	Career Pathways
Sports Performance	Yoga for Athletic Training, Performance Psychology, Sports Nutrition	Sports yoga specialist, athletic coach, performance consultant
Clinical Applications	Yoga Therapy, Rehabilitation Science, Pain Management	Yoga therapist, rehabilitation specialist, clinical researcher
Corporate Wellness	Workplace Wellness, Stress Management, Leadership Development	Corporate wellness director, executive coach, organizational consultant