

## **M.Sc Yoga and Human Excellence**

### **First Year**

- 1.1 Origin Growth and Application of Yoga
- 1.2 Physical Health
- 1.3 Rejuvenation of Life-Force and Streamlining of mind
- 1.4 Sublimation Social Welfare
- 1.5 Yoga Practices 1

### **Second Year**

- 2.1 Science of Divinity and Realisation of Self
- 2.2 The Moral Life of world Community Vethathirium
- 2.3 World Peace Plans
- 2.4 Guidance and Counselling Psychology
- 2.5 Yoga Practices 2