Sant Gadge Baba Amravati University, Amravati FACULTY :

Scheme of Teaching, Learning, Examination & Evaluation leading to Two Years PG Degree Master of Yogashastra following Two Years PG Programme wef 2023-24

(Two Years- Four Semesters Master's Degree Programme- NEPv23 with Exit and Entry Option

M.A (Yogashastra) First Year Semester- I

	Subject	Name of Subject	Type of Course	Subject Code	Teaching & Learning Scheme							Durati on Of	Examination & Evaluation Scheme							
s.											Exam				um Marks		Minimum Passing			
N.					Teac	hing Per	iod Per V	Week	k Cr		Credits Ho			eory Theory	Prac	Practical	Total	8		
					L	Т	Р	Total	L/T	Practic al	Total		Theory Interna l		Interna l	Extern al	Marks		Marks Extern al	Grade
0	*Pre-Requisite Course(s) if applicable/MOOC/Internship/Field Work cumulatively If students wish to opt Minor Course of UG as Major for PG, balance 12 Credits Course will have to be completed (As and when applicable)		Th-Prq		0	0	0	0	earned (1). Cro DSC (2).The earned as Min	har Cred cl = (1) mi edits fror Courses (minus) coredits from the or at UG	inus(2) n Major in UG already course , now to	2	15	35			50	06	14	Р
1	Research Methodology and IPR		Th-Major		4			4	4		4	3	30	70			100	12	28	Р
2	DSC-I.1	Patanjali Yoga sutra	Th-Major		4			4	4		4	3	30	70			100	12	28	Р
3	DSC-II.1	Introduction to Basic Anatomy	Th-Major		4			4	4		4	3	30	70			100	12	28	Р
	DSC-III.1	Principle Upanishda-I	Th-Major		4			4	4		4	3	30	70			100	12	28	Р
4	DSE-I /MOOC	Elective I	Th-Major Elective		4			4	4		4	3	30	70			100	12	28	Р
																		Minimum Passing Marks Grad		Grade
5	DSC-I.1 Lab	Practical of Yoga	Pr-Major				4	4		2	2	3			25	25	50	2	25	Р
8	# On Job Training, Internship/ Apprenticeship; Field projects Related to Major @ during vacations cumulatively		Related to DSC		120 Hours cumulatively during vacations of Semester I and Semester II						4*									Р*
9	Co-curricular Courses: Health and wellness, Yoga Education, Sports and Fitness, Cultural Activities, NSS/NCC, Fine/Applied/Visual/Performing Arts During Semester I, II, III and IV		Generic Optional		90 Hours Cumulatively From Sem I to Sem IV															
	TOTAL										22						550+50 *			

L: Lecture, T: Tutorial, P: Practical/Practicum

Pre-requisite Course mandatory if applicable: **Prq**, Theory : **Th**, Practical/Practicum: **Pr**, Faculty Specific Core: **FSC**, Discipline Specific Core: **DSC**, Discipline Specific Elective: **DSE**, Laboratory: **Lab**, **OJT**: On Job Training: Internship/ Apprenticeship; Field projects: **FP**; **RM**: Research

Methodology; Research Project: RP, Co-curricular Courses: CC

Note: # On Job Training, Internship/ Apprenticeship; Field projects Related to Major (During vacations of Semester I and Semester II) for duration of 120 hours mandatory to all the students, to be completed during vacations of Semester I and/or II. This will carry 4 Credits for learning of 120 hours. Its credits and grades will be reflected in Semester II credit grade report.

Note: Co-curricular Courses: In addition to the above, CC also include but not limited to Academic activities like paper presentations in conferences, Aavishkar, start-ups, Hackathon, Quiz competitions, Article published, Participation in Summer school/Winter School / Short term course, Scientific Surveys, Societal Surveys, Field Visits, Study tours, Industrial Visits, online/offline Courses on Yoga (Yoga for IQ development, Yoga for Ego development, Yoga for Eyesight Improvement, Yoga for Physical Stamina, Yoga for Stress Management, etc.). These can be completed cumulatively during Semester I, II, III and IV. Its credits and grades will be reflected in semester IV credit grade report.

Elective Basket: 1. Yoga in modern & contemporary times 2. Yoga in Narada Bhakti Sutra & Yogic Contribution of Guru Gorakshnath 3. Prakrutik Chikitsa (Introduction of Naturopathy) 4) Dharmo ki Sadhana Samanta aur Vidnyan 5. Introduction of Vashistha Samhita 6. Yougic Culture.

The Courses from the basket of Elective Course which already have been completed by the student can not be repeated again