

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- II Level 0.6

S. N.	Subject	Type of Course	Subject Code	Teaching & Learning Scheme									Duration Of Exam Hours	Examination & Evaluation Scheme							
				Teaching Period Per Week				Credits						Maximum Marks					Minimum Passing		
				L	T	P	Total	L/T	Practical	Total	Theory	Practical		Total	Theory	Practical	Total	Marks Internal	Marks External	Grade	
											Internal	External			Internal	External					
1	DSC-I.2	Hatha Yogic Texts (Hatha Pradinika)		Th-Major	4			4	4		4	3	30	70			100	12	28	P	
2	DSC-II.2	Physiology of Yogic Practices		Th-Major	4			4	4		4	3	30	70			100	12	28	P	
3	DSC-III.2	Principle Upanishda-I I		Th-Major	4			4	4		4	3	30	70			100	12	28	P	
4	DSE-II/MOOC	Elective-II		Th-Major Elective	4			4	4		4	3	30	70			100	12	28	P	
5	DSC-I.2 Lab	Practical of Yoga		Th-Major Elective			4	4		2	2	3			25	25	50	25		P	
9	# On Job Training, Internship/ Apprenticeship; Field projects Related to Major @ during vacations cumulatively			Related to Major	120 Hours cumulatively during vacations of Semester I and Semester II							4*				50	50			P*	
8	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			Generic Optional	90 Hours Cumulatively From Sem I to Sem IV																
					Exit Option with a PG Diploma with 4 Credits On-the-job training/internship in the respective Major subject <ul style="list-style-type: none"> Student has to earn Total minimum 4 Credits cumulatively during Vacations of Semester I and Semester II from internship in order to exit after First Year with PG Diploma (42-44 Credits) after Three Year UG Degree 																
	TOTAL										18+4*						500				

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 Anger Management, 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