

Sant Gadge Baba Amravati University, Amravati

FACULTY : Inter-disciplinary Studies

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

(Two Years- Four Semesters Master's Degree Programme- NEP 23 with Exit and Entry Option

M.A. In (Yogashastra) First Year Semester- I

Note: The fourth year (semester –VII & semester VIII) of Four Years Honors UG Degree and Four years honors with research UG degree shall be identical I structure to the First year (semester I and semester II) of two years P G. programme offered after three years UG programme.

S.N.	Subject	Name of Subject	Type of Courses	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 Marks	Marks Internal	Marks External	Grade
													Theory + MCQ Internal	Theory External	Internal	External				
1	Research Methodology and IPR	Research Methodology and IPR	Th-Major	24MAYOG101	4			4	4		4	3	40	60			100	16	24	P
2	DSC-I.1	Fundamentals of Yoga	Th-Major	24MAYOG102	4			4	4		4	3	40	60			100	16	24	P
3	DSC-II.1	Anatomy and Physiology	Th-Major	24MAYOG103	4			4	4		4	3	40	60			100	16	24	P
4	DSC-III.1	Recent Trends in Yoga	Th-Major	24MAYOG104	3			3	3		3	3	40	60			100	16	24	P
5	DSE-I/ MOOC	Dharmo Ki Sadhana Samanata aur Vidnyan	Th-Major Elective	24MAYOG105																
		OR Introduction of Vashistha Samhita		24MAYOG106	3			3	3		3	3	40	60			100	16	24	P
																		Minimum Passing Marks		Grade
6	DSC-I.1 Lab	Practical of Yoga-I	Pr-Major	24MAYOG107			2	2		1	1	3				25	25	50	25	P
7	DSC-II.1 Lab	Shatkarma and Pranayama-I	Pr-Major	24MAYOG108			2	2		1	1	3				25	25	50	25	P

8	DSC-III.1 Lab	Yogic Sukshma Vyayama and Sthula Vyayama -I	Pr-Major	24MAYOG109			2	2		1	1	3			25	25	50	25	P	
9	DSE-I Laboratory	Common Yoga Protocol OR Suryanamaskar	Pr -Major Elective	24MAYOG110 OR 24MAYOG111			2	2		1	1	3			25	25	50	25	P	
10	# On Job Training, Internship/ Apprenticeship; Field projects Related to Major @ during vacations umulatively		Related to DSC		120 Hours cumulatively during vacations of Semester I and Semester II						4*									P*
11	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						700			

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.**

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(Two Years- Four Semesters Master's Degree Programme- NEP 23 with Exit and Entry Option

M.A. In (Yogashastra) First Year Semester- II [Level 6.0]

Note: **The fourth year (semester –VII & semester VIII)** of Four Years Honors UG Degree and Four years honors with research UG degree shall be identical in structure to the First year (semester I and semester II) of two years P G. programme offered after three years UG programme.

S.N.	Subject	Name of Subject	Type of Courses	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 Marks	Marks Internal	Marks External	Grade		
													Theory +MCQ Internal	Theory External	Internal	External						
1	DSC-I.2	Health Management	Th-Major	24MAYOG201	4			4	4		4	3	40	60			100	16	24	P		
2	DSC-II.2	Physiology of Yogic Practices	Th-Major	24MAYOG202	4			4	4		4	3	40	60			100	16	24	P		
3	DSC-III.2	Yoga Methodology	Th-Major	24MAYOG203	3			3	3		3	3	40	60			100	16	24	P		
4	DSE-II/ MOOC	Prakrutik Chikitsa	Th-Major Elective	24MAYOG204	3			3	3		3	3	40	60			100	16	24	P		
		OR		OR																		
		Yogic Culture		24MAYOG205																		
5	DSC-I.2 Lab	Practical of Yoga-II	Pr-Major	24MAYOG206			2	2		1	1	3			25	25	50	25		P		
6	DSC-II.2 Lab	Shatkarma and Pranayama-II	Pr-Major	24MAYOG207			2	2		1	1	3			25	25	50	25		P		
7	DSC-III.2 Lab	Yogic Sukshma Vyayama and Sthula Vyayama -II	Pr-Major	24MAYOG208			2	2		1	1	3			25	25	50	25		P		

8	DSE-II Laboratory	Practice Teaching OR Laboratory Practical	Pr -Major Elective	24MAYOG209 OR 24MAYOG210			2	2		1	1	3			25	25	50	25	P
9	# On Job Training, Internship/ Apprenticeship; Field projects Related to Major @ during vacations umulatively		Related to DSC		120 Hours cumulatively during vacations of Semester I and Semester II					4*									P*
10	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									18+ 4*							600		

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.

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(Two Years- Four Semesters Master's Degree Programme- NEP 23 with Exit and Entry Option

M.A. In (Yogashastra) Second Year Semester- III

S.N.	Subject	Name of Subject	Type of Courses	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 Marks	Marks Internal	Marks External	Grade
													Theory +MCQ Internal	Theory External	Internal	External				
1	DSC-I.3	Research Posses in Yoga	Th-Major	24MAYOG301	4			4	4		4	3	40	60			100	16	24	P
2	DSC-II.3	Philosophy of Yoga	Th-Major	24MAYOG302	4			4	4		4	3	40	60			100	16	24	P
3	DSC-III.3	Applied Yoga	Th-Major	24MAYOG303	3			3	3		3	3	40	60			100	16	24	P
4	DSE-III/ MOOC	Yoga Therapy OR Yoga in Narada Bhakti Sutra & Yogic Contribution of Guru Gorakshnath	Th-Major Elective	24MAYOG304 Or 24MAYOG305	3			3	3		3	3	40	60			100	16	24	P
																		Minimum Passing Marks		Grade
5	DSC-I.3 Lab	Practical of Yoga-III	Pr-Major	24MAYOG306			2	2		1	1	3			25	25	50	25		P
6	DSC-II.3 Lab	Shatkarma & Pranayama- III	Pr-Major	24MAYOG307			2	2		1	1	3			25	25	50	25		P
7	DSC-II.3 Lab	Yogic Sukshma and SthulaVyayama III	Pr-Major	24MAYOG308			2	2		1	1	3			25	25	50	25		P

8	DSE-III Laboratory	Practical of Prkrutik Chikitsa OR Yoga For Posestural Deformative	Pr -Major Elective	24MAYOG309 OR 24MAYOG310			2	2		1	1	3			25	25	50	25	P	
9	Research Project Phase-1	Synopsis	Major	24MAYOG311		2	4	6	2	2	4				50	--	50	25	P	
10	Co-curricular Courses: Health and wellness, Yoga Education, Sports and Fitness, Cultural Activities, NSS/NCC, Fine/Applied/Vi sual/Performing Arts During Semester I, II, III and IV		Generic Optional		90 Hours Cumulatively From Sem. I to Sem. IV															
	TOTAL										22						650			

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.**

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M.A. In (Yogashastra) Second Year Semester- IV [Level 6.5]

S.N.	Subject	Name of Subject	Type of Coures	Subject Code	Teaching & Learning Scheme							Durati on Of Exam Hours	Examination & Evaluation Scheme								
					Teaching Period Per Week				Credits				Maximum Marks					Minimum Passing			
					L	T	P	Total	L/T	Practi cal	Total		Theory		Practical		Total Marks	Marks Internal	Marks Externa l	Grade	
													Theory +MCQ Internal	Theory Externa l	Internal	External					
1	DSC-I.4	Principles Of Indian Philosophy	Th-Major	24MAYOG401	4			4	4		4	3	40	60			100	16	24	P	
2	DSC-II.4	Applied Yoga Therapy	Th-Major	24MAYOG402	4			4	4		4	3	40	60			100	16	24	P	
3	DSC-III.4	Alternative Therapies	Th-Major	24MAYOG403	3			3	3		3	3	40	60			100	16	24	P	
4	DSE-IV/ MOOC	Yoga in Modern & Contemporary time OR Stress Management Through Yoga	Th-Major Elective	24MAYOG404 Or 24MAYOG405	3			3	3		3	3	40	60			100	16	24	P	
																				Minimum Passing Marks	Grade
5	DSC-I.4 Lab	Practical of Yoga-IV	Pr-Major	24MAYOG406			2	2		1	1	3					50	25		P	
6	DSC-II.4 Lab	Shatkarma & Pranayama– IV	Pr-Major	24MAYOG407			2	2		1	1	3					50	25		P	
7	DSC-II.4 Lab	Yogic Sukshma and SthulaVyayama IV	Pr-Major	24MAYOG408			2	2		1	1	3					50	25		P	
8	DSE-IV Laboratory	Practical of Alternative Therapies OR Project Works	Pr -Major Elective	24MAYOG409 Or 24MAYOG410			2	2		1	1	3					50	25		P	

9	Research Project Phase-II	Dissertation	Major	24MAYOG411		2	8	10	2	4	6	3			75	75	150	75	P	
10	Co-curricular Courses: Health and wellness, Yoga Education, Sports and Fitness, Cultural Activities, NSS/NCC, Fine/Applied/Vi sual/Performing Arts During Semester I, II, III and IV		Generic Optional		90 Hours Cumulatively From Sem. I to Sem. IV															
	TOTAL										24						750			

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.**