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 2024-25 (Two Years- Four Semesters Master's Degree Programme- NEPv 24 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.

					То	achi	ng & Lea	rnin	a Scho	ma			Exa	minatio	ı & Eval	uation	Scheme		
G 3		N ag 11 d						41 11111	ig Schel	ille	Durati		Maxim	ım Mar	ks	ı		_	
S.N	Subject	Name of Subject	Type of Coures	Subject Code			Hours eek		Credit	ts	on Of Exam	The	ory	Pra	ctical		Minin	num Pass	sing
					L Z	ГР	Total	L/T	Practi cal	Total	Hours	Theory + MCQ Internal	Theory External	Internal	External	Total Marks	Marks Internal	Marks Externa l	
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
		Dharmo Sadhana Samanata aur Vidnyan	Th-Major	24MAYOG105	3		3												
5	DSE-I/ MOOC	OR Introduction of Vashistha Samhita	Elective	24MAYOG106	3		3	3		3	3	40	60			100	16	24	P
																	Minin Passing	mum Marks	Grade
6	DSC-I.1 Lab	Practical of Yoga-I	Pr-Major	24MAYOG107		2	2		1	1	3			25	25	50	2:	5	P
7	DSC-II.1 Lab	Shatkarma and Pranayama-I	Pr-Major	24MAYOG108		2	2		1	1	3			25	25	50	2:	5	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	i	P
		Common Yoga Protocol	Dr. Mojor	24MAYOG110		2	2										
9	DSE-I Laboratory	OR Suryanamaskar	Pr -Major Elective	24MAYOG111		2	2	1	1	3		25	25	50	25	i	P
1	# On Job Training, Internship/ Apprenticeship; D Field projects Related to Major @ during vacations umulatively		Related to DSC		cumu during of Se and Se	vac mest	vely ations ter I		4*								P*
1:	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		Cum From		tively n. I to										
	TOTAL			26+(9 self learnin assessment/evalu hours = minimun hours)	ation/exa				22					700			

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

Note: # On Job Training, Internship/ Apprenticeship; Field projects Related to Major (During vacations of 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/ Short term course, Scientific Surveys, Societal Surveys, Field Visits, Study tours, Industrial Visits, online/offline Courses on Yoga (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.

Special Note: Any Student who had not opted for Yoga/ Yogashastra/ Naturopathy /Yogic Science as subject of degree or as Major or Minor in three years of his/her undergraduate programme but has taken admission in this course will have to earn minimum 24 credits from 'Additional Course Work / Pre-Requisite Course prescribed in the curriculum. in the first year of two year P.G programme such students will not be eligible to enter in third semester (second year unless these 24 credits are earned.

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 2024-25 (Two Years- Four Semesters Master's Degree Programme- NEPv24 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 I structure to the First year (semester I and semester II) of two years P G. programme offered after three years UG programme.

					т	'aach	ing & Lo	arnin	a Scho	me			Examination		uation	Scheme		
	~							cai iiii	ig Sche	ille	Durati		Maximum Mar	ks				
S.N.	Subject	Name of Subject	Type of Coures	Subject Code			g Hours Veek		Credi	ts	on Of Exam	Theor	ry Pra	ctical	Total		num Pas	sing
					L	T	Potal	L/T	Practi cal	i Total	Hours	Theory +MCQ Internal	Theory Extern Interna al	Externa l			Marks Extern al	
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
		Prakrutic Chikitsa OR		24MAYOG204	3		3											
4	DSE-II/ MOOC	Yogic Culture	Th-Major Elective	24MAYOG205	3		3	3		3	3	40	60		100	16	24	P
																Minii Passing		Grade
5	DSC-I.2 Lab	Practical of Yoga-II	Pr-Major	24MAYOG206		2	2 2		1	1	3		25	25	50	2:	5	P
6	DSC-II.2 Lab	Shatkarma and Pranayama-II	Pr-Major	24MAYOG207		2	2 2		1	1	3		25	25	50	2:	5	P
7	DSC-III.2 Lab	Yogic Sukshma Vyayama and Sthula Vyayama -II	Pr-Major	24MAYOG208		2	2		1	1	3		25	25	50	2:	5	P

8	DSE-II Laboratory	Practice Teaching OR Laboratory Practical	Pr -Major Elective	24MAYOG209 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		cumul during of Sen and Ser	vacat neste	ely tions er I		4*							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		Cumu From		vely I to									
	TOTAL	22+(13 self learning and assessment / evaluation/examination hours = minimum learning hours)							18+ 4*					600		

Pre-requisite Course mandatory if applicable: **Prq**, Theory :**Th**, Practical/Practicum: **Pr**, Faculty Specific Core: **FSC**, 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 II) for duration of 120 hours mandatory to all the students, to be completed during vacations of Semester II 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/ Short term course, Scientific Surveys, Societal Surveys, Field Visits, Study tours, Industrial Visits, online/offline Courses on Yoga (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.

Special Note: Any Student who had not opted for Yoga/ Yogashastra/ Naturopathy /Yogic Science as subject of degree or as Major or Minor in three years of his/her undergraduate programme but has taken admission in this course will have to earn minimum 24 credits from 'Additional Course Work / Pre-Requisite Course prescribed in the curriculum. in the first year of two year P.G programme such students will not be eligible to enter in third semester (second year unless these 24 credits are earned.

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 2024-25 (Two Years- Four Semesters Master's Degree Programme- NEPv24 with Exit and Entry Option

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

					Т	'eachi	ng & Lo	arnir	a Sche	me			Examinatio		luation	Scheme		
S.N.	Subject	Name of Subject	Type of	Subject Code					ig belie		Durati		Maximum Mai	:ks		Minin	num Pas	cina
5.11	Subject	Name of Subject	Coures	Subject Code		ırınış Per V	Hours Jeek		Credi	its	on Of	Theor	ry Pra	ctical	T-4-1		ium r as	sing
					L	T P	Total	L/T	Practi	i Total	Exam Hours	Theory +MCQ Internal	Theory Extern Interna	Externa l	Total a Marks		Marks Extern al	
1	DSC-I3	Research Process 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
		Yoga Therapy OR		24MAYOG304	3		3											
4	DSE-III/ MOOC	Yoga in Narada Bhakti Sutra & Yogic Contribution of Guru Gorakshnath	Th-Major Elective	24MAYOG305	3		3	3		3	3	40	60		100	16	24	P
																Mini Passing		Grade
5	DSC-I.3 Lab	Practical of Yoga-III	Pr-Major	24MAYOG306		2	2		1	1	3		25	25	50	2	5	P
6	DSC-II.3 Lab	Shatkarma & Pranayama– III	Pr-Major	24MAYOG307		2	2		1	1	3		25	25	50	2	5	P
7	DSC-III.3 Lab	Yogic Sukshma and SthulaVyayama III	Pr-Major	24MAYOG308		2	2		1	1	3		25	25	50	2	5	P

			Practical of Prakrutik Chikitsa	Pr -Major	24MAYOG309		2	2										
	8	OSE-III Laboratory	OR	Elective	24MAYOG310		2	2		1	1	3		25	25	50	25	P
			Yoga For Postural Deformities															
	9	Research Project Phase-1	Synopsis	Major	24MAYOG311	2	4	6	2	2	4			50	-	50	25	P
1	10 10 10 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		Generic Optional		Cun From	ıula	urs tively m. I to IV										
		TOTAL	28+(7 self learning and asses /TAL /evaluation/examination hou minimum 35 learning hours)		urs =			22					650					

Pre-requisite Course mandatory if applicable: **Prq**, Theory :**Th**, Practical/Practicum: **Pr**, Faculty Specific Core: **FSC**, 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/ Short term course, Scientific Surveys, Societal Surveys, Field Visits, Study tours, Industrial Visits, online/offline Courses on Yoga (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.

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 2024-25 (Two Years- Four Semesters Master's Degree Programme- NEPv24 with Exit and Entry Option

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

Subject					'eachi	ng & I	∠earn	ing Sch	eme						uation	Scheme		
	Name of Subject	Type of Coures	Subject Code	Lea		Hours		Cred		Durati on Of	Theo	Maximun ry	n Mark Prac		T-4-1	Minin	num Pas	sing
				L	T P		al L/	T Prac	ti Total	Exam Hours	Theory +MCQ Internal	Theory Externa	nternal	External	Total Marks	Marks Internal	Marks Externa l	
OSC-I4	Principles Of Indian Philosophy	Th-Major	24MAYOG401	4		4	4		4	3	40	60			100	16	24	P
OSC-II.4	Applied Yoga Therapy	Th-Major	24MAYOG402	4		4	4		4	3	40	60			100	16	24	P
OSC-III.4	Alternative Therapies	Th-Major		3		3	3		3	3	40	60			100	16	24	P
ACE W/ MOOG	time	Th-Major	24MAYOG404	3		3				2	40	(0)			100	16	24	
OSE-IV/ MOOC	Stress Management Through Yoga	Elective	24MAYOG405	3		3	3	'	3	3	40	60			100	16	24	P
																		Grade
OSC-I.4 Lab	Practical of Yoga-IV	Pr-Major	24MAYOG406		2	2		1	1	3			25	25	50	2.	5	P
OSC-II.4 Lab	•	Pr-Major	24MAYOG407		2	2		1	1	3			25	25	50	2	5	P
OSC-III.4 Lab	Yogic Sukshma and Sthula Vyayama - IV	Pr-Major	24MAYOG408		2	2		1	1	3			25	25	50	2	5	P
	Practical of Alternative Therapies		24MAYOG409		2	2												
OSE-IV Laboratory	OR Project Works	Pr -Major Elective	24MAYOG410		2	2		1	1	3			25	25	50	2	5	P
)	SC-II.4 SC-III.4 SE-IV/ MOOC SC-II.4 Lab SC-II.4 Lab	SC-II.4 Applied Yoga Therapy SC-III.4 Alternative Therapies Yoga in Modern & Contemporary time OR Stress Management Through Yoga Practical of Yoga-IV SC-II.4 Lab Sc-II.4 Lab Yogic Sukshma and Sthula Vyayama - IV Practical of Alternative Therapies SE-IV Laboratory OR	SC-II.4 Applied Yoga Therapy SC-III.4 Alternative Therapies Yoga in Modern & Contemporary time OR Stress Management Through Yoga Practical of Yoga-IV SC-II.4 Lab Pr-Major SC-II.4 Lab SC-II.4 Lab Yogic Sukshma and Sthula Vyayama - IV Pr-Major Practical of Alternative Therapies OR Pr -Major Practical of Alternative Therapies OR Pr -Major	SC-II.4 Applied Yoga Therapy Th-Major 24MAYOG402 SC-III.4 Alternative Therapies Th-Major 24MAYOG403 Yoga in Modern & Contemporary time OR Stress Management Through Yoga Practical of Yoga-IV SC-II.4 Lab Pr-Major 24MAYOG406 Shatkarma & Pranayama-IV SC-II.4 Lab Pr-Major 24MAYOG407 SC-II.4 Lab Pr-Major 24MAYOG406 Shatkarma & Pranayama-IV Yogic Sukshma and Sthula Vyayama - IV Practical of Alternative Therapies OR Pr-Major 24MAYOG408 Pr-Major 24MAYOG408 24MAYOG409 Pr-Major 24MAYOG408	SC-II.4 Applied Yoga Therapy Th-Major 24MAYOG401 4 SC-III.4 Applied Yoga Therapy Th-Major 24MAYOG402 4 SC-III.4 Alternative Therapies Th-Major 24MAYOG403 3 Yoga in Modern & Contemporary time OR Stress Management Through Yoga Th-Major Elective Therapies 24MAYOG405 3 SC-II.4 Lab Practical of Yoga-IV Pr-Major 24MAYOG406 SC-II.4 Lab Yogic Sukshma and Sthula Vyayama - IV Pr-Major 24MAYOG408 SC-III.4 Lab Practical of Alternative Therapies OR Pr-Major 24MAYOG409 SE-IV Laboratory OR Pr-Major 24MAYOG409	SC-I4 Principles Of Indian Philosophy SC-I4 Applied Yoga Therapy SC-II.4 Applied Yoga Therapy Th-Major 24MAYOG402 4 SC-III.4 Alternative Therapies Yoga in Modern & Contemporary time OR Stress Management Through Yoga Th-Major 24MAYOG403 3 Th-Major 24MAYOG404 3 Th-Major Elective ST-IV-MOOC SC-II.4 Lab Practical of Yoga-IV SC-II.4 Lab Pr-Major 24MAYOG406 2 SC-II.4 Lab Pr-Major 24MAYOG406 2 SC-III.4 Lab Pr-Major 24MAYOG407 2 SC-III.4 Lab Yogic Sukshma and Sthula Vyayama - IV Pr-Major 24MAYOG408 2 Practical of Alternative Therapies OR Pr -Major 24MAYOG409 2	Principles Of Indian Philosophy Th-Major 24MAYOG401 4 4 4 4 4 4 4 5 5 5	Principles Of Indian Philosophy Th-Major 24MAYOG401 4 4 4 4 4 4 4 4 4	Principles Of Indian Philosophy Th-Major 24MAYOG401 4 4 4 4 4 4 4 4 4	Principles Of Indian Philosophy Th-Major 24MAYOG401 4 4 4 4 4 4 4 4 4	SC-II.4	Principles Of Indian Philosophy Th-Major 24MAYOG401 4 4 4 4 4 3 40	SC-I.4	SC-I.4	Principles Of Indian Philosophy Th-Major 24MAYOG401 4 4 4 4 4 4 3 40 60	Principles Of Indian Philosophy Th-Major 24MAYOG401 4 4 4 4 4 3 40 60 100	SC-I.4 Principles Of Indian Philosophy SC-I.4 Principles Of Indian Philosophy Th-Major 24MAYOG401 4 4 4 4 3 40 60 100 16 SC-III.4 Applied Yoga Therapy Th-Major 24MAYOG402 4 4 4 4 3 40 60 100 16 SC-III.4 Alternative Therapies OR Stress Management Through Yoga Th-Major 24MAYOG403 3 3 3 3 3 40 60 100 16 SE-IV/MOOC Th-Major 24MAYOG403 3 3 3 3 3 40 60 100 16 SE-IV/MOOC Th-Major 24MAYOG404 3 3 3 3 3 40 60 100 16 SE-IV/MOOC Practical of Yoga-IV SC-II.4 Lab Practical of Yoga-IV Pr-Major 24MAYOG406 2 2 2 1 1 1 3 2 25 25 50 2 SC-III.4 Lab Vogic Sukshma and Sthula Vyayama - IV Pr-Major 24MAYOG408 2 2 1 1 1 3 2 25 25 50 2 SC-III.4 Lab Vogic Sukshma and Sthula Vyayama - IV Pr-Major 24MAYOG409 2 2 2 1 1 1 3 2 25 25 50 2 SE-IV Laboratory OR Pr-Major 24MAYOG409 2 2 2 1 1 3 3 25 25 25 50 2	Principles Of Indian Philosophy Th-Major 24MAYOG401 4 4 4 4 4 3 40 60 100 16 24

9) I	Research Project Phase-II	Dissertation	Major	24MAYOG411	2	8	10	2	4	6	3	75	75	150	75	P
	H H 1 A 1 P S	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		Cun Fron) Houn nulati 1 Sem em. IV	vely . I to									
		TOTAL			32+(3 self learnin evaluation /exam minimum 35 lear	ination l	hours				24				750		

Pre-requisite Course mandatory if applicable: **Prq**, Theory :**Th**, Practical/Practicum: **Pr**, Faculty Specific Core: **FSC**, 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 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/ Short term course, Scientific Surveys, Societal Surveys, Field Visits, Study tours, Industrial Visits, online/offline Courses on Yoga (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.