

**Sant Gadge Baba Amravati University, Amravati**  
**Three Years Six Semesters Programme: Bachelor of Arts with Major: Yogashastra (673) and Minor: Yogashastra (673) (NEP)**  
**Faculty: Inter-Disciplinary Studies Year- Second Semester-III Level: 4.5**

Sr. No.	Vertical No.	NEP Vertical Type	Course Code	Course	Teaching Scheme Hours			Learning		Teaching Work Load Hours	
					L	T	P	Total Hour	Credit offered		
1	a	Major (Theory)	673216	Major III (T) - Patanjali Yoga Sutras – General Introduction	3	--	--	3	3	3	Lecture Tutorial and Credit+1if Practical are not prescribed
			673217	Major IV (T) – Anatomy and Physiology in Yoga	3	--	--	3	3	3	
2*	a	Major (Practical/Laboratories)	673218	Major III (P) – Practical of Patanjali Yoga Sutras – General Introduction	--	--	2	2	1	2xNo.of batches	If applicable
3*	b	Minor (Theory)	673219	Minor III (T) - Ashtanga Yoga	3	--	--	3	3	2	+1 if practical are not applicable
		Minor (Practical/Laboratories)	673220	Minor III (P) – Practical of Ashtanga Yoga	--	--	2	2	1	2	
4	e	iii Value Education Course		Understanding India	--	--	2	2	1	2 (One batch)	
				Environmental Science/ Education-I	--	--	2	2	1	2 (one batch)	
5	e	i. AEC	673221	Major discipline related IKS -Indian Knowledge Traditions and Philosophical Foundations of Yoga	1	--	--	1	1		
6	d	Vocational and Skill Enhancement Course (VSEC)		i) SEC Life Skills-III	1	--	--	1	1	1	
				Universal Human Values Leadership and Managerial Skills	1	--	--	1	1	1	
7 ***	c	Generic/Open Elective (OE)		OE5 -	2	--	--	2	2	2	
				OE6 -	2	--	--	2	2	2	
8	f	Co-Curricular Courses (Activities)		NSS/UBA/Cultural/ Sports/Yoga etc.	--	--	4	4	2	4	
				<b>TOTAL</b>				28+Report+ assessment =33 to 35	<b>22</b>		

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

Total Credits offered: 22 (Max), Total credits to be earned: 20 (Min)

Discipline Specific Core: DSC, Discipline Specific Elective: DSE, Modern Indian Language: MIL, Indian Knowledge System: IKS, Inter Faculty Specific Core: IFSC, Inter Faculty Specific Elective: IFSE, Theory : Th, Practical/Practicum: Pr, Environment Studies: ES, Pre-requisite Course mandatory if applicable: Prq, Laboratory: Lab, Generic/Open Elective Courses: OE; Vocational Skill and Skill Enhancement Courses: VSEC; Vocational Skill Courses: VSC; Skill Enhancement Courses: SEC; Ability Enhancement Courses: AEC; Value Education Courses: VEC; OJT: On Job Training: Internship/ Apprenticeship; Field projects: FP; Community engagement and service: CES; Co-curricular Courses: CC; RM: Research Methodology; Research Project: RP

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, yoga, sports, cultural, etc. These activities can be completed cumulatively during **Semester III, IV, V and VI. Its credits and grades will be reflected in semester VI credit grade report.**

**Elective Courses:** Courses to be selected from the Basket of Courses provided by the University

\* If the Department Specific Courses do not have practical / practicum / laboratories, the learning hours & Credits shall be used for the respective Theory Courses.

\*\* Completion Certificate of Induction Programme should be submitted by each student.

\*\*\* O.E.-

1. OE is to be chosen compulsorily from faculty other than that of the Major
2. For those students who do not opt MARATHI language under any vertical, MARATHI will be mandatory as one of the options of OE. (G.R. Marathi Bhasha No. 2018/pr.kr.50/bhasha-1, Date 14 March, 2024).

Teaching Days and Learning Hours	Learning Hours & Credits	Teaching Hours & Work Load
<i>Minimum No. of teaching days = 90</i> <i>Minimum Learning weeks per Semester = 17</i> <i>(Minimum Learning Hours per Semester (NCrF) = 600 )</i> <i>Minimum Learning Hours per week (NCrF) = 600/18 or 600/17 = 33 to 35</i>	<i>For Theory / Tutorial - 1 Hour = 1 Credit</i> <i>For Practical - 2 Hours = 1 Credit</i>	<i>For Theory – 1 Hour = Hour Work Load</i> <i>For Tutorial - 1 Hour = 1 x No. of batches work load</i> <i>and practical 2 Hour = 2 x No of batches work load</i>

**Note:**

- The strength of the batch of the Practical for UG Classes shall be 16 with an addition of 10% with the permission of Hon’ble Vice Chancellor. However, for Music Discipline the batch size shall be of 7 students. The number of the students required to constitute a batch or calculate the workload shall be in accordance with the relevant Government Resolution in force at the time, applicable to specific time, region, course type, mode of instruction, and other pertinent factors.

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**Three Years Six Semesters Programme: Bachelor of Arts with Major: Yogashastra (673) and Minor: Yogashastra (673) (NEP)**  
**Faculty: Inter-Disciplinary Studies Year- Second Semester-IV Level: 5.0**

Sr. No.	Vertical No.	NEP Vertical Type	Course Code	Course Name	Teaching Scheme Hours			Learning		Teaching Work Load Hours	
					L	T	P	Total Hour	Credit offered		
1	a	Major (Theory)	673224	Major V (T) - Hatha Yoga and Its Principles	3	--	--	3	3	3	Lecture, Tutorial and Credit+1 if Practical are not prescribed
			673225	Major VI (T) – Principles and Methods of Yoga Teaching	3	--	--	3	3	3	
2*	a	Major (Practical/Laboratories)	673226	Major V (P) – Practical of Hatha Yoga and Its Principles	--	--	2	2	1	2xNo.of batches	If applicable
			673227	Major VI (P) – Practical of Principles and Methods of Yoga Teaching	--	--	4	4	2	4xNo of batches	
3*	b	Minor (Theory)	673228	Minor IV (T) - Applied Yoga	3	--	-	3	3	2	+1 if practical are not applicable
		Minor (Practical/Laboratories)	673229	Minor IV (P) – Practical of Applied Yoga	--	--	2	2	1	2xNo of batches	
4	e	iii Value Education Course		Digital and Technological solutions Environmental Science/Education-II	--	--	2	2	1	2 (One batch)	
					--	--	2	2	1	2 (One batch)	
5	e	i. AEC	673230	Major discipline related IKS - Indigenous Health Systems and Yogic Practices in Indian Knowledge Framework	1	--	--	1	1		
6	b	Minor Elective (Theory)	673231	Minor V (T) - Bhagavad Gita and Paths of Yoga	3	--	--	3	3	3	
7*	b	Minor Elective (Practical)	673232	Minor V (P) – Practical of Bhagavad Gita and Paths of Yoga	--	--	2	2	1	2xNo of batches	
8	f	Co-Curricular Courses (Activities)		NSS/UBA/Cultural/Sports/Yoga etc.	--	--	4	4	2	4	
				<b>TOTAL</b>				31+assessment, report hrs= 33to 35	22		

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

**Total Credits offered: 22 (Max), Total credits to be earned: 20 (Min)**

**Discipline Specific Core: DSC, Discipline Specific Elective: DSE, Modern Indian Language: MIL, Indian Knowledge System: IKS, Inter Faculty Specific Core: IFSC, Inter Faculty Specific Elective: IFSE, Theory : Th, Practical/Practicum: Pr, Environment Studies: ES, Pre-requisite Course mandatory if applicable: Prq, Laboratory: Lab,** Generic/Open Elective Courses: OE; Vocational Skill and Skill Enhancement Courses: VSEC; Vocational Skill Courses: VSC; Skill Enhancement Courses: SEC; Ability Enhancement Courses: AEC; Value Education Courses: VEC; OJT: On Job Training: Internship/ Apprenticeship; Field projects: FP; Community engagement and service: CES; Co-curricular Courses: CC; RM: Research Methodology; Research Project: RP

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**Elective Courses: Courses to be selected from the Basket of Courses provided by the University**

\* If the Department Specific Courses do not have practical / practicum / laboratories, the learning hours & Credits will be used for the respective Theory Courses.

Year	Level	Semesters	Offered Credits	Minimum credits to be earned	If opted for exit
Second	5.0	First and Second Third and fourth	44+44=88	40+40=80	Additional Minimum 4 credits skill course or internship of minimum120 hrs in chosen discipline of Major courses. Diploma will be awarded in a discipline of major

Exit Option: After earning minimum 80 Credits from Semester I, II, III and IV cumulatively, if the student prefers to opt for Exit Option, **UG Diploma** shall be awarded in **Major and Minor** in which an Additional 4 Credits are earned from the Major related NSQF aligned course/Internship/Apprenticeship **OR** student may opt to continue further with Major and Minor.

Teaching Days and Learning Hours	Learning Hours & Credits	Teaching Hours & Work Load
<i>Minimum No. of teaching days = 90 Minimum Learning weeks per Semester = 17 (Minimum Learning Hours per Semester (NCrF) = 600 ) Minimum Learning Hours per week (NCrF) = 600/18 or 600/17= 33 to 35</i>	<i>For Theory / Tutorial - 1 Hour = 1 Credit For Practical - 2 Hours = 1 Credit</i>	<i>For Theory – 1 Hour = Hour Work Load For Tutorial - 1 Hour = 1 x No. of batches work load and practical 2 Hour = 2 x No of batches work load</i>

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