



Sant Gadge Baba Amravati University, Amravati
Faculty of Interdisciplinary Studies

Teaching-Learning Scheme
for
Bachelor of Arts (B.A.) in Yogashastra

As per NEP 2020

Three-Year Six-Semester Degree Programme

First Year
Semester I & II

Prepared by
Board of Studies in Yogashastra

Academic Session: 2026–2027

Sant Gadge Baba Amravati University, Amravati
Faculty: Interdisciplinary Studies

Teaching and Learning Scheme for the Degree of Bachelor of Arts with the # Major and \$ Minor - Yogashastra (673)
(Three Years - Six Semesters Bachelor's Degree Programme)

First Year - Semester - I

Mode of Teaching	Vertical No.	The Vertical	Type of Course	Course Code	Course Name	Credits	Workload (Hrs/Week)	Vertical Workload (Hrs/Week)
Classroom Teaching/ Lab Work (Practical) /Outdoor /Field	a.	Major	Theory-1	673800	Foundations of Yogashastra	2	2	6
			Practical-1	673801	Fundamentals of Yogic Practices	2	4	
	b.	Minor	Theory-1	673802	Foundations of Yoga and Mind Science	2	2	6
			Practical-2	673803	Foundations of Yoga Practice and Breath Awareness	2	4	
	c.	GOEC	Theory-1		Generic/Open Elective (GOEC)	2	2	4
			Theory-2		Generic/Open Elective (GOEC)	2	2	
	d.	VSC	-	-	-	-	-	4
		SEC	Practical-3	673806	Yoga Communication and Presentation Skills	2	4	
	e.	AEC - English	Theory		English Language	1	1	6
		AEC-MIL	Theory		Modern Indian Language (MIL)	1	1	
		IKS-Generic	Theory		Indian Knowledge Systems (Generic)	2	2	
		VEC	Theory		Understanding India / Environmental Science-Education / Digital & Technological Solutions	2	2	
	f.	CC	Outdoor		Co-Curricular Courses (CC)- Health And Wellness, Yoga Education, Sports and Fitness, Cultural Activities, NSS/NCC and Fine/Applied/ Visual/Performing Arts.	2	4	4
		TOTAL				22	30	30

Abbreviations: Department Specific Core: DSC, Department Specific Elective: DSE, FSC: Faculty Specific Core, FSE: Faculty Specific Elective, 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 (Practical), Generic/ Open Electives: 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; MIL: Modern Indian Language

Note:

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- The evaluation and assessment of Vertical F components, namely CC, FP/CES, and Internship/Apprenticeship, shall be based on activities, practices, field work, participation, and performance as per University guidelines.
- Teaching-Learning Scheme for Major and Minor 2-Credit Courses is prepared as per NEP 2020 guidelines with 50 Marks Evaluation pattern.
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Faculty: Interdisciplinary Studies

Teaching and Learning Scheme for the Degree of Bachelor of Arts with the # Major and \$ Minor - Yogashastra (673)
(Three Years - Six Semesters Bachelor's Degree Programme)

First Year - Semester - II

Mode of Teaching	Vertical No.	The Vertical	Type of Course	Course Code	Course Name	Credits	Workload (Hrs/Week)	Vertical Workload (Hrs/Week)
Classroom Teaching/ Lab Work (Practical) /Outdoor /Field	a.	Major	Theory-2	673807	History and Evolution of Yoga	2	2	6
			Practical-4	673808	Applied Yoga Practices for Daily Living	2	4	
	b.	Minor	Theory-2	673809	Human Anatomy and Physiology in Yoga	2	2	6
			Practical-5	673810	Yoga Practices for Flexibility and Body Coordination	2	4	
	c.	GOEC	Theory-3		Generic/Open Elective (GOEC)	2	2	4
			Theory-4		Generic/Open Elective (GOEC)	2	2	
	d.	VSC	Practical-6	673813	Basic Yogic Practices and Training Skills	2	4	8
		SEC	Practical-7	673814	Yoga Documentation and Case Study Writing	2	4	
	e.	AEC - English	Theory		English Language	1	1	4
		AEC-MIL	Theory		Modern Indian Language (MIL)	1	1	
		VEC	Theory		Understanding India / Environmental Science-Education / Digital & Technological Solutions	2	2	
	f.	CC	Outdoor		Co-Curricular Courses (CC)- Health And Wellness, Yoga Education, Sports and Fitness, Cultural Activities, NSS/NCC and Fine/Applied/ Visual/Performing Arts.	2	4	4
		TOTAL				22	32	32

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Faculty of Interdisciplinary Studies

Teaching-Learning Scheme
for
Bachelor of Arts (B.A.) in Yogashastra

As per NEP 2020

Three-Year Six-Semester Degree Programme

Second Year
Semester III & IV

Prepared by
Board of Studies in Yogashastra

Academic Session: 2026–2027

Sant Gadge Baba Amravati University, Amravati
Faculty: Interdisciplinary Studies

Teaching and Learning Scheme for the Degree of Bachelor of Arts with the # Major and \$ Minor - Yogashastra (673)
(Three Years - Six Semesters Bachelor's Degree Programme)

Second Year - Semester - III

Mode of Teaching	Vertical No.	The Vertical	Type of Course	Course Code	Course Name	Credits	Workload (Hrs/Week)	Vertical Workload (Hrs/Week)
Classroom Teaching/ Lab Work (Practical) /Outdoor /Field	a.	Major	Theory-3	673815	Hatha Yoga: Classical Text and Practices	2	2	10
			Theory-4	673816	Applied Human Anatomy and Physiology in Yoga	2	2	
			Practical-8	673817	Hatha Yoga Practices and Techniques	2	4	
		IKS-Major Specific	Theory	673818	IKS-Yogic Traditions and Heritage	2	2	
	b.	Minor	Theory-3	673819	Indian Philosophy and Yoga Darshan	2	2	6
			Practical-9	673820	Yogic Practices for Concentration and Awareness	2	4	
	c.	GOEC	Theory-5		Generic/Open Elective (GOEC)	2	2	2
	d.	VSC	Practical-10	673822	Instructional Methods and Teaching Skills in Yoga	2	4	4
	e.	AEC - English	Theory		English Language	1	1	2
		AEC-MIL	Theory		Modern Indian Language (MIL)	1	1	
	f.	FP/CES	Project	673823	Yoga Awareness and Community Survey	2	4	8
		CC	Outdoor		Co-Curricular Courses (CC)- Health And Wellness, Yoga Education, Sports and Fitness, Cultural Activities, NSS/NCC and Fine/Applied/ Visual/Performing Arts.	2	4	
		TOTAL				22	32	32

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Teaching and Learning Scheme for the Degree of Bachelor of Arts with the # Major and \$ Minor Discipline - Yogashastra (673)
(Three Years - Six Semesters Bachelor's Degree Programme)

Second Year - Semester - IV

Mode of Teaching	Vertical No.	The Vertical	Type of Course	Course Code	Course Name	Credits	Workload (Hrs/Week)	Vertical Workload (Hrs/Week)
Classroom Teaching/ Lab Work (Practical) /Outdoor /Field	a.	Major	Theory-5	673824	Shatkarmas and Yogic Cleansing Techniques	2	2	10
			Theory-6	673825	Yoga Psychology and Mental Health	2	2	
			Theory-7	673826	Pranayama and Advanced Breathing Techniques	2	2	
			Practical-11	673827	Pranayama and Meditation Practices	2	4	
	b.	Minor	Theory-4	673828	Introduction to Classical Yoga Texts	2	2	6
			Practical-12	673829	Introductory Meditation and Awareness Practices	2	4	
	c.	GOEC	Theory-6		Generic/Open Elective (GOEC)	2	2	2
	d.	VSC	Practical-13	673831	Therapeutic Applications of Yoga	2	4	4
	e.	AEC - English	Theory		English Language	1	1	2
		AEC-MIL	Theory		Modern Indian Language (MIL)	1	1	
	f.	FP/CES	Project	673832	Applied Yogic Practices for Community Wellness	2	4	8
		CC	Outdoor		Co-Curricular Courses (CC)- Health And Wellness, Yoga Education, Sports and Fitness, Cultural Activities, NSS/NCC and Fine/Applied/ Visual/Performing Arts.	2	4	
		TOTAL				22	32	32

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Three-Year Six-Semester Degree Programme

Third Year
Semester V & VI

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Teaching and Learning Scheme for the Degree of Bachelor of Arts with the # Major and \$ Minor Discipline - Yogashastra (673)
(Three Years - Six Semesters Bachelor's Degree Programme)

Third Year - Semester - V

Mode of Teaching	Vertical No.	The Vertical	Type of Course	Course Code	Course Name	Credits	Workload (Hrs/Week)	Vertical Workload (Hrs/Week)
Classroom Teaching/ Lab Work (Practical) /Outdoor /Field	a.	Major	Theory-8	673833	Applied Physiology of Yoga	2	2	16
			Theory-9	673834	Yoga Therapy for Lifestyle Disorders	2	2	
			Theory-10	673835	Yoga Training Methods and Applications	2	2	
			Practical-14	673836	Yoga Therapy and Clinical Practice	2	4	
		Major (Elective)	Theory-1	673837	Advanced Asana and Integrated Yogic Practices	2	2	
			Practical-15	673838	Advanced Asana Practice and Sequencing Techniques	2	4	
			Theory-2	673839	Yoga for Stress Management	2	2	
			Practical-16	673840	Stress Management and Mental Health Practices in Yoga	2	4	
	b.	Minor	Theory-5	673841	Foundations of Yoga Psychology	2	2	6
			Practical-17	673842	Yogic Practices for Emotional Regulation	2	4	
	c.	GOEC	-	-	-	-	-	-
	d.	VSC	Practical-18	673843	Advanced Yogic Practices and Applied Techniques	2	4	8
		SEC	Practical-19	673844	Health and Wellness Coaching and Counseling	2	4	
	e.	VEC	-	-	-	-	-	-
	f.	FP/CES	Project	673845	Yoga Intervention and Case Study Analysis	2	4	4
		CC	-	-	-	-	-	-
					Foundation of Artificial Intelligence			Grade
		TOTAL				22	34	34

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- “Foundation of Artificial Intelligence” shall be a compulsory course for all undergraduate programmes in Semester V, and the performance in the said course shall be reflected in Grade (A/B/C/Fail) form on the marksheet as per University guidelines.

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(Three Years - Six Semesters Bachelor's Degree Programme)

Third Year - Semester - VI

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Classroom Teaching/ Lab Work (Practical) /Outdoor /Field	a.	Major	Theory-11	673846	Patanjali Yoga Sutra: Theory and Practice	2	2	16
			Theory-12	673847	Meditation and Yogic Discipline	2	2	
			Theory-13	673848	Yoga Teaching Methodology and Practice	2	2	
			Practical-20	673849	Teaching Practice and Professional Demonstration in Yoga	2	4	
		Major (Elective)	Theory-3	673850	Yoga Therapy and Rehabilitation	2	2	
			Practical-21	673851	Advanced Clinical Yoga Practice and Rehabilitation Techniques	2	4	
			Theory-4	673852	Applied Yoga in Fitness and Wellness Industry	2	2	
	b.	Minor	Practical-22	673853	Yoga for Fitness Training and Performance Enhancement	2	4	6
			Theory-6	673854	Principles of Yogic Diet and Lifestyle	2	2	
			Practical-23	673855	Applied Yogic Lifestyle and Diet Practices	2	4	
	c.	GOEC	-	-	-	-	-	-
	d.	VSC	Practical-24	673856	Yoga Professional Skills and Training	2	4	4
	e.	VEC	-	-	-	-	-	-
	f.	Internship/Apprenticeship	OJT	673857	Yoga Teaching Internship and Wellness Field Training	4	8	8
		FP/CES	-	-	-	-	-	
		CC	-	-	-	-	-	
		TOTAL				22	34	34

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