

**Model Scheme-A1**

**Sant Gadge Baba Amravati University Amravati**

**Scheme of Teaching learning & Examination leading to the Degree Master of Art (Yogashstra) (Two Years -- four Semesters Degree Course C.B.C.S.)**

Semester-I

Teaching & Learning Scheme											Duration of Exams Hrs.	Examination & Evaluation Scheme							
Teaching Period Per Week						Credits						Maximum Marks					Minimum Passing		
Sr. No.	Course Category	Subjects	Subject Code	L	P	Total	Theory	Practical	WB	Total	Theory External	M.C.Q.	Theory Internal	Practical		Total Marks	Marks	Grade	
														Internal	External				
1	DSC	Fundamentals of Yoga	22 MA101	4		4	4		1	5	3	60	20	20			100	40	
2	DSC	Recent Trends in Yoga	22 MA102	4		4	4		1	5	3	60	20	20			100	40	480
3	DSC	Anatomy and Physiology	22 MA103	4		4	4		1	5	3	60	20	20			100	40	120
4	DSC	Research Methodology	22 MA104	4		4	4		1	5	3	60	20	20			100	40	600
5	DSC	Yoga Practical	22 MA105		4	4		2		2	3				50	50	100	50	16*30
6	DSC	Lab Practical	22 MA106		4	4		2		2	3				50	50	100	50	480
				16	8	24	16	4	4	24		240	80	80	100	100	600		
L: Lecture, , P: Practical, WB: Workbook																			
Note : Internship /Field Work / Work Experience will be conducted after I semester till IV semester in vacations for minimum 60 hrs. to maximum 90 hours. It's credits and grades will be reflected in final semester IV credit grade report. -																			
OEC (Optional) can be studied during semester I to IV, Its credits and grades will be reflected in final semester IV credit grade report																			
<b>Distribution of Marks for External Examination Total -60 Marks</b>																			
<b>Marks Distribution for Internal Assessment Total - 20marks</b>																			
1. Work book - 20 Marks																			
<b>Note : * DSC- Discipline Specific Course * DSC- Discipline Specific Elective * OSE- Open Specific Elective * MOOC- Massive Open online Course * GIC- General Interest Course</b>																			1020
Note : Students Should Complete GIC/OEC/OSE/MOOCs/ from Semester I to Sem III and College Should Submit total credits earned by students to exam department of university before semester IV Exam																			1500

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**Semester-II**

Teaching & Learning Scheme											Duration of Exams Hrs.	Examination & Evaluation Scheme						
Teaching Period Per Week						Credits						Maximum Marks					Minimum Passing	
Sr. No.	Course Category	Subjects	Subject Code	L	P	Total	Theory	Practical	WB	Total	Theory External	M.C.Q.	Theory Internal (WB)	Practical		Total Marks	Marks	Grade
														Internal	External			
1	DSC	Health Management	22 MA107	4		4	4		1	5	60	20	20			100	40	
2	DSC	Yoga Methodology	22 MA108	4		4	4		1	5	60	20	20			100	40	
3	DSC	Physiology of Yogic Practices	22 MA109	4		4	4		1	5	60	20	20			100	40	
4	DSC	Research Process in Yoga	22 MA110	4		4	4		1	5	60	20	20			100	40	
5	DSC	Yoga Practical	22 MA111		4	4		2		2				50	50	100	50	
6	DSC	Practice Teaching	22 MA112		4	4		2		2				50	50	100	50	
				16	8	24	16	4	4	24	240	80	80	100	100	600		

Note : Students Should Complete GIC/OEC/OSE/MOOCs/ from Semester I to Sem III and College Should Submit total credits earned by students to exam department of university before semester IV Exam

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Semester-III

Teaching & Learning Scheme										Duration of Exams Hrs.	Examination & Evaluation Scheme							
Teaching Period Per Week						Credits					Maximum Marks					Minimum Passing		
Sr. No.	Course Category	Subjects	Subject Code	L	P	Total	Theory	Practical	WB	Total	Theory External	M.C.Q.	Theory Internal (WB)	Practical		Total Marks	Marks	Grade
														Internal	External			
1	DSC	<b>Applied Yoga</b>	22MA201	4		4	4		1	5	60	20	20			100	40	
2	DSC	Philosophy of Yoga	22MA202	4		4	4		1	5	60	20	20			100	40	
3	DSE	Alternative Therapies	22MA203	4		4	4		1	5	60	20	20			100	40	
4	DSE	Yoga Therapy	22MA204	4		4	4		1	5	60	20	20			100	40	
5	DSC	Yoga Practical	22MA205		4	4		2		2				50	50	100	50	
6	DSC	Laboratory Practical	22MA206		4	4		2		2				50	50	100	50	
				16	8	24	16	4	4	24	240	80	80	100	100	600		

Note : Students Should Complete GIC/OEC/OSE/MOOCs/ from Semester I to Sem III and College Should Submit total credits earned by students to exam department of university before semester IV Exam

Students should submit synopsis of research project / dissertation/ project in semester III and complete project report / dissertation should submit in semester IV External evaluation (submission of the project report (two credits), presentation of the project (one credit) and viva-voce (one credit),)

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**Semester-IV**

Teaching & Learning Scheme										Duration of Exams Hrs.	Examination & Evaluation Scheme							
Teaching Period Per Week						Credits					Maximum Marks					Minimum Passing		
Sr. No.	Course Category	Subjects	Subject Code	L	P	Total	Theory	Practical	WB	Total	Theory External	M.C.Q.	Theory Internal (WB)	Practical		Total Marks	Marks	Grade
														Internal	External			
1	DSC	Stress Management by Yoga	22MA207	4		4	3		1	4	60	20	20			100	40	
2	DSC	Principles of Indian Philosophy	22MA208	4		4	4		1	5	60	20	20			100	40	
3	SEC	Applied Alternative Therapies	22MA209	4		4	3		1	4	60	20	20			100	40	
	DSE	Applied Yoga Therapy	22MA210	4		4	3		1	4	60	20	20			100	40	
4	AEC	Dissertation	22MA211	2		2	4			4	100					100	40	
5	DSC	Yoga Practical	22MA212		4	4		2		2				50	50	100	50	
6	AEC	Project Work	22MA213		2	2		2		2				50	50	100	50	
7		GIC / OEC /OSE / MOOCs	22MA214							5								
8		Internship/Field Work /Work Experience	22MA215							3								
9		Extracurricular and co-curricular activities	22MA216							6								
10				18	6	24	17	4	4	39	340	80	80	100	100	700		

**i) Discipline Specific Core (DSC) Course :** There may be a Core course in every semester. This is the course which is to be compulsorily studied by a student as a core requirement to complete the requirement of a programme in a said discipline of study.

**iii) Discipline Specific Elective (DSE) Course :** Elective courses offered under the main discipline / subject of study is referred to as Discipline Specific Elective. The University / Institute may also offer discipline related Elective courses of interdisciplinary nature ( to be offered by main discipline / subject of study). It is the specialized / emerging study area allied to the core subject.

**i) Ability Enhancement Courses (AEC) :-** The Ability Enhancement Courses may be of two kinds: Ability enhancement Compulsory Courses (AECC) and Skill Enhancement Courses (SEC). "AECC" courses are the courses based upon the content that leads to Knowledge enhancement. SEC courses are value- based and/ or skill- based and are aimed at providing hands- on training, competencies, skills, etc. (AEC (Project/Dissertation , Research Project )

**a. Communication Skills :** Abilities used when giving and receiving different kinds of information. It involves verbal, non verbal, written, visual, listening, empathizing etc. and other means of expression.

**Dissertation :- (AEC) (Semester IV) - submission of the project report (two credits), presentation of the project (one credit) and viva-voce (one credit), before the fourth Semester examination. The mentor internal examiner) and the external examiner appointed by university both will coordinately evaluate the project report in all three stages in the form of marks 50-25 25 respectively.**