

CHAUDHARY CHARAN SINGH UNIVERSITY, MEERUT

YOGA SCIENCE DEPARTMENT

B.A. (Hons. / Hons. with Research) Yoga Science

Curriculum and Credit Framework of Four-Year (Eight-Semester) Undergraduate (Honours/ Honours with Research) with single major [FYUGSM] with Multiple Entry and Exit

1. Eligibility for entry to the program: Senior Secondary School Leaving Certificate or Higher Secondary (12th Grade) Certificate obtained after the successful completion of Grade 12 or equivalent stage of education corresponding to Level-4.
2. Duration: Four Years (Eight semesters)
3. Maximum Period to Complete the Degree: Seven Years
4. Four-Year (Eight Semester) UG Degree (Honours) with Single Major:
Course Credits: 170 credits including 4 credits through one vocational course (work-based learnings/ internships).
5. Four-year (Eight Semester) UG Degree (Honours with Research) with Single Major:
Course credits: 170 credits including 4 credits through one vocational course (work-based learnings/ internships) and 12 credits through Dissertation.
6. Multiple Entry and Exit Options
 - (i) UG Certificate with Single Major
On exit after the completion of the first year (two semesters) with 44 credits and 4 credits of a vocational course (work-based learning/ internship).
Re-entry in the UG degree program with one major (After one-year Certificate): It is allowed within three years, if in addition to the 44 credits, one vocational course (work-based learning/ internship) of 4 credits has been completed. However, it is necessary to complete the degree program within the stipulated maximum period of seven years.
 - (ii) UG Diploma with Single Major
On exit after the completion of the second year (four semesters) with 90 credits including 4 credits of vocational course (work-based learning/ internship).
Re-entry in the UG degree program with one major (After two-year Diploma): It is allowed within three years, if in addition to the 86 credits, one vocational course (work-based learning/ internships) has been completed. However, it is necessary to complete the degree program within the stipulated maximum period of seven years.
Three-year UG Degree with Single Major

at after the completion of the third year (six semesters) with 130 credits including 4 credits of Dissertation/ Vocational Course (work-based learning/ internship).
iv/ Re-entry in the four-year degree program (Honours/ Honours with Research) with one major (After three-year UG Degree): Refer to Table 1

Components of a Course

Each course may have only a lecture component or a lecture and tutorial component or a lecture and practicum component or a lecture, tutorial, and practicum component, or only a practicum component.

8. Credits

- (i) 1 credit of lecture/ tutorial means one hour of engagement per week and is equivalent to 15 hours of teaching in one semester.
- (ii) 1 credit of Workshop/ internship/ project/ studio activity/ practicum/ lab work/ community engagement/ services/ fieldwork means two hours of engagement per week and is equivalent to 30 hours of engagement in one semester.

9. Category of Discipline

The Four-Year Undergraduate Program will comprise two categories of disciplines.

(i) Major discipline

A discipline or subject of main focus and the degree will be awarded in that discipline on securing the prescribed number of credits.

(ii) Minor discipline

A discipline or subject other than the main subject of focus.

10. Category of Courses

The Four-Year Undergraduate Program will comprise various categories of courses

I. Major Discipline Specific Core Course (MJDSCC)

DSC/ MJDSCC are the core credit courses of the specific discipline spreading across the semesters giving adequate knowledge of the Major Discipline.

II. Major Discipline Specific Elective Course (MJDSEC)

DSEC/ MJDSEC are the discipline-specific open elective courses offered from a pool of courses by the Department itself. MJDSEC once allotted(as per rule) to a student will not be changed.

III. Minor Generic Elective Course (MINGEC)

GEC/ MINGEC courses will provide multi-disciplinary or interdisciplinary knowledge to students. These are offered through a pool of courses by different departments of studies across different Faculties to be opted for by students other than their major discipline or specialization. It may belong to the same Faculty of study.

Example: If a student is admitted in UG (Honours/ Honours with Research) in Mathematics, He/ She may opt for any subject (other than Mathematics)

longing to any Faculty as GEC/ MNGEC.
SEC/ MNGEC once allotted (as per rule) to a student will not be changed.

IV. Ability Enhancement Course (AEC)

AEC courses will aim to create competency in a Modern Indian Language (MIL) and in the English language with special emphasis on language and communication skills. These courses should enable students to acquaint themselves with the cultural and intellectual heritage of the chosen MIL and English language. These will be mandatory for all disciplines.

V. Skill Enhancement Course (SEC)

The Departments shall offer these courses across Faculties in groups. These courses are aimed at imparting practical skills, hands-on training, soft skills, etc., to enhance the employability of students. A student can pick any course of choice from the pool of courses. (Example: Programming Languages, Web Designing, Graphic design, Languages, Project Management, Data Analysis and Visualization, Photography, Financial Literacy, Customer Service and Sales Techniques, Cybersecurity, etc.)

VI. Value Addition Course (VAC) Common to all UG Students

These courses will be based on ethics, culture, Indian Knowledge systems, constitutional values, etc. to understand India, sports education. Yoga education. Health and Fitness education, environmental education, digital and technological solutions, and similar courses.

VII. Summer Vocational Course/ Internship/ Apprenticeship/ Project/ Community Outreach/ Workshop (VIAPCW)

VIII. Research Project / Dissertation

II. Outcomes (Please refer to the UGC Curriculum and Credit Framework for Undergraduate Programs, December 2022) for the following:

- I. Program Outcomes**
- II. Program Specific Outcomes**
- III. Course Outcomes**

Table-1

**Credit Framework Summary of FYUGSM (BA Yoga Hons/ Hons with Research)
Structure of UG Single Core Discipline Program**

Abbreviations

FYUGSM: Four-Year Undergraduate Program with Single Major
 MJDSCC: Major Discipline-Specific Core Course
 MJDSEC: Major Discipline-Specific Elective Course
 MNGEC: Minor Generic Elective Course
 AEC: Ability Enhancement Course
 SEC: Skill Enhancement Course
 VIAPCW: Vocational Course/ Internship/ Apprenticeship/ Project/ Community Outreach/ Workshop
 VAC: Value Addition Course

Semester	Level of Course	Major Discipline Specific Core Course (MJDSCC)	Major Discipline Specific Elective Course (MJDSEC)	Minor Generic Elective Course (MNGEC)	Ability Enhancement Course (AEC)	Skill Enhancement Course (SEC)	Value Addition Course (VAC)	Dissertation/ Seminar	Total Credits
I	Foundation or Introductory Level	MJDSCC I- Foundation of Yoga Cr.4		(Pool of Courses) MNGEC I-Cr.4 General Introduction to Yoga	(Pool of Courses) AEC I-Cr.2 Human System According to Yoga	(Pool of Courses) SEC I-Cr.2 Yoga and Happiness	(Pool of Courses) VAC I-Cr.2 Karma Yoga		22
		MJDSCC II- Anatomy and Physiology-I Cr.4							
		MJDSCC III- Yoga Practicum-I Cr.4							
		MJDSCC IV- Cr.4							
		HathaPradipika		(Pool of Courses) MNGEC II-Cr.4 Yogic Effects on Human Body	(Pool of Courses) AEC II-Cr.2 Basics of Pranayama and	(Pool of Courses) SEC II-Cr.2 Shatkarnas	VAC II-Cr.2 From Swayam Portal or Bhakti Yoga		22
II		MJDSCC V-							

	Cr.4 Anatomy and Physiology-II MJDSCC VI-Cr.4 Yoga Practicum-II								
Credits I-II	24		8	4	4	4			
*(VIAPCW)	VIAPCW of 4 credits.								44
Total Credits After One-Year									

Note: 1. VIAPCW of 4 credits is mandatory but it may be done in either first or second or third year of Graduation Program.
2. For exit with Certificate VIAPCW of 4 credits after first year is mandatory.

44-4*

(mandatory for Certificate)

Exit-I and Re-entry: Undergraduate Certificate in Major Discipline after securing 44 credits in two semesters (one year) of a UG (Honours/ Honours with Research) program with single major and in addition 4 credits in a Vocational Course/ Internship/ Apprenticeship/ Project/ Community Outreach/ Workshop (VIAPCW)*. With these credits a student may take re-entry in the second Year.

III	Intermediate Level	MJDSCC VII-Cr.4 Paatanjal Yog Sutra MJDSCC VIII-Cr.4 Gherandsamhita MJDSCC IX-Cr.4 Practicum-III	(Pool of Courses) MJDSEC I-Cr.4 Swasthivrita or MNGE III-Cr.4 Health According to Yogic Perspective	(Pool of Courses) AEC III-Cr.2 Methods of Teaching Yoga	(Pool of Courses) SEC III-Cr.2 Yajna and its Basic Principles	VAC III-Cr.2 From Swayam Portal Or Gyana Yoga			20
IV		MJDSCC X-Cr.4 Essence of Principal Upanishads MJDSCC XI-	(Pool of Courses) MJDSEC II-Cr.4 Introduction of Ayurveda or MNGE IV-Cr.4 Basics of Ayurveda	(Pool of Courses) AEC IV-Cr.2 Alternative Therapies	(Pool of Courses) SEC IV-Cr.2 Svara Yoga				22

	Cr.4 Diet and Nutrition MJDSCC XII- Cr.4 Practicum- IV									
Credits III+IV	24	0 or 4 or 8	8 or 4 or 0	4	4	2				42
VIAPCW*	VIAPCW of 4 credits	Note: 1. VIAPCW of 4 credits is mandatory but it may be done in either first or second or third year of Graduation Program. 2. For exit with Diploma, VIAPCW of 4 credits either after first year or after second year is mandatory.								
Credits of Two Years	48	0 or 4 or 8	16 or 12 or 8	8	8	6				86
Total Credits after Two-Years										
										86+ 4*(ma nda tor y for Dip lom a)
• Exit-2 and Re-entry: Undergraduate Diploma in Major Discipline after securing 86 credits in four semesters of a UG (Honours/ Honours with Research) program with single major and in addition 4 credits of Vocational Course/ Internship/ Apprenticeship/ Project/ Community Outreach/ Workshop (VIAPCW)*. With these credits a student may take re-entry in the third Year.										
V	Higher Level	MJDSCC XIII- Cr. 6 Essence of Bhagvadgita	(Pool of Courses) MJDSE C III - Cr.4	(Pool of Courses) MNGE V-Cr.4 Yoga and Human Values						20
		MJDSCC XIV- Cr. 6 Practicum- V	Fundame ntals of Naturopa thy							
VI		MJDSCC XV- Cr.6	(Pool of Courses)	(Pool of Courses) MNGE VI-Cr.4						20

[illegible]

Exit-4: Undergraduate (Honours) Degree in Major discipline after securing a total 170 credits (including 4 credits of Work-based Vocational Course/ Internship (VIAPCW)* in eight semesters (four years) of UG (Honours/ Honours with Research) program with single major.

for UG Honours with Research)	Advanced Level	MJDSCC XVII-Cr.6 Yoga Psychology				SEC-VI Research Methodology-Cr.4		Synopsis of Dissertation Cr.4	20
VIII for UG (Honours with Research)		MJDSCC XVIII-Cr.6 Practicum-VII							
		MJDSCC XIX-Cr.6 Yoga Upanishads							
		MJDSCC XX-Cr.6 Practicum-VIII						Dissertation/case Study Cr. 8	20
Credits VII-VIII (UG Honours with Research)		24				4		12	40
Total Credits (UG Honours with Research)		96	8 or 12 or 16	24 or 20 or 16		8	12	6	12
									166 +4*

• Exit-4: Undergraduate (Honours with Research) Degree in Major discipline after securing a total 170 credits (including 4 credits of Work-based Vocational Course/ Internship (VIAPCW) and 12 credits of Dissertation) in eight semesters (four years) UG (Honours/ Honours with Research) program with single major.

Recommendations

a.

1. Admission against the seats decided for PG
2. Undergraduate Degree in Major Discipline after securing 130 credits (including 4 credits of Vocational Course/ Internship/ Apprenticeship/ Project/ Community Outreach/ Workshop (VIAPCW)*) or 50% credits through the major core courses (in case of UG other than single major).
3. Minimum 60% marks in six semesters of a UG program.
4. Through merit or any other mechanism decided by the University.

percentage of seats will be reserved/ open for Campus Graduates/ graduates from other Institutions.

a. After completing the fourth year with required credits a student may exit with a degree of UG (Hons.) with single major or may proceed to the next year called the second year of PG. The fourth year of UG (Hons.) with single major will be equivalent to the first year of PG.

- b.
1. Admission against the seats decided for PG
2. Undergraduate Degree in Major Discipline after securing 130 credits (including 4 credits of Vocational Course/ Internship/ Apprenticeship/ Project/ Community Outreach/ Workshop (VIAPCW)*) or 50% credits through the major core courses (in case of UG other than single major).
3. Minimum 75% marks in six semesters of a UG program.
4. Through the merit or any other mechanism decided by the University.
5. Percentage of seats will be reserved/ open for Campus Graduates/ graduates from other Institutions.

Note: After completing the fourth year with required credits a student may exit with a degree of UG (Honours with Research) with single major or may be registered for research after fulfilling the University norms.

c.

In first four semesters, according to the need of the discipline, departments may decide to offer three MJDSCC each of four credits or four MJDSCC each of three credits. If department offers four MJDSCC each of three credits in a semester, the one course will be based on the practical related to the first three MJDSCC courses in that particular semester.

Copy To: 1. SVC for kind perusal of Hon'ble Vice Chancellor
2. Coordinator, IQAC