

CHAUDHARY CHARAN SINGH UNIVERSITY, MEERUT

YOGA SCIENCE DEPARTMENT

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

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

- 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.
- 12 Duration: Four Years (Eight semesters)
- Maximum Period to Complete the Degree: Seven Years
- 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).
- Course credits: 170 credits including 4 credits through one vocational course (work-based learnings/ internships) and 12 credits through Dissertation. Four-year (Eight Semester) UG Degree (Honours with Research) with Single Major:
- Multiple Entry and Exit Options
- \odot UG Certificate with Single Major
- stipulated maximum period of seven years. vocational course (work-based learning/ internship) of 4 credits has been completed. However, it is necessary to complete the degree program within the 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
- (ii) UG Diploma with Single Major

vocational course (work-based learning/ internships) has been completed. However, it is necessary to complete the degree program within the stipulated 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 On exit after the completion of the second year (four semesters) with 90 credits including 4 credits of vocational course (work-based learning/internship). mum period of seven years

Three-year UG Degree with Single Major

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

Components of a Course

component, or only a practicum component 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

3. Credits

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

). 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)

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

III. Minor Generic Elective Course (MNGEC)

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 GEC/ MNGEC courses will provide multi-disciplinary or interdisciplinary knowledge to students. These are offered through a pool of courses by different

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

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

Ability Enhancement Course (AEC

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

Skill Enhancement Course (SEC)

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

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.

- Summer Vocational Course/Internship/Apprenticeship/Project/Community Outreach/Workshop (VIAPCW)
- Research Project / Dissertation
- 11. Outcomes (Please refer to the UGC Curriculum and Credit Framework for Undergraduate Programs, December 2022) for the following:
- Program Outcomes
- Program Specific Outcomes
- III. Course Outcomes

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

FYUGSM: Four-Year Undergraduate Program with Single Major

Abbreviations

MJDSCC: Major Discipline-Specific Core Course MJDSEC: Major Discipline-Specific Elective Course

AEC: Ability Enhancement Course MNGEC: Minor Generic Elective Course

SEC: Skill Enhancement Course

Semester

VIAPCW: Vocational Course/ Internship/ Apprenticeship/ Project/ Community Outreach/ Workshop VAC: Value Addition Course

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		Ш		,					1		Semester
					no i regiones especiales de Marie de	more and all a second	y Level	107	Foundation		Level of Course
	HathaPradipika MJDSCC V-	MJDSCC IV- Cr.4	Yoga Practicum- I Cr.4	MJDSCC III-	Anatomy and Physiology-I	MJDSCC II-	Yoga Cr.4	Foundation of	MIDSCCI	Course (MJDSCC)	Major Discipline Specific Core
	,								(MJDSEC)	Specific Elective	Major Discipline
	Yogic Effects on Human Body	s)				to Yoga	Introduction	(Pool of Courses)		Course(MNGEC)	Minor Generic Elective
a and	Cr.2	(Pool of			Yoga	Human System According to	AEC I-Cr.2	(Pool of		Enhancement Course (AEC)	Ability
Shatkarmas or Bh	1.2					Yoga and Happiness Karma Yoga	Courses)	(Pool of		Enhancement Course (SEC)	Skill
or Bhakti Yoga	From Swayam Portal					VAC 1-Cr.2 sKarma Yoga	Courses)	(Pool of		Course (VAC)	V
										Dissertation/ Seminar	
	22						13			Total Credits	

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IV		Total Cre Exit-1 a single m take re-4	
	Intermedia te Level	*(VIAPCW) *(VIAPCW) Total Credits After One-Year Exit-1 and Re-entry: Underguingle major and in addition take re-entry in the second year)	
MJDSCC X- Cr.4 Essence of Principal Introduction of Ayurveda Upanishads MJDSCC XI- (Pool of Courses) MJDSEC II-Cr.4 MJDSEC II-Cr.4 MNGE IV-Cr.4 Basics of Ayurveda	MJDSCC VII- Cr.4 Paatanjal Yog Sutra MJDSCC VIII- Cr.4 Gherandsamhita MJDSCC IX- Cr.4 Practicum- III	*(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. 1. For exit with Certificate VIAPCW of 4 credits after first year is mandatory. Exit-1 and Re-entry: Undergraduate Certificate in Major Discipline after securing 44 credits in two semesters (one year) of a UG (Honours/Honours with Research) project/Community Outstands (Honours/Honours with Research) project/Community Outstands (Honours/Honours with Research) project/Community Outstands (Honours/Honours with Research) program.	Cr.4 Anatomy and Physiology-II MIDSCC VI- Cr.4 Yoga Practicum- II
(Pool of Courses) MJDSEC II-Cr.4 Introduction of Ayu or MNGE IV-Cr.4 Basics of Ayurveda	(Pool of Courses) MJDSEC I-Cr.4 Swasthvritta or MNGE III-Cr.4 Health According to Yogic Perspective	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 Certificate VIAPCW of 4 credits after first year is mandatory. aduate Certificate in Major Discipline after securing 44 credits in two semesters (one year) of a UG (Honours/Honours with Recart in a Vocational Course/Internship/Apprenticeship/Project/Community Outs-Carly in the Course/Honours with Recart in a Vocational Course/Internship/Apprenticeship/Project/Community Outs-Carly in the Course/Honours with Recart in the Course/Internship/Apprenticeship/Project/Community Outs-Carly in the Course/Honours with Recart in the Course/Internship/Apprenticeship/Project/Community Outs-Carly in the Course/Honours with Recart in the Course/Internship/Apprenticeship/Project/Community Outs-Carly in the Course/Honours with Recart in the Course/Internship/Apprenticeship/Project/Community Outs-Carly in the Course/Internship/Apprenticeship/Project/Community Outs-Carly in the Course/Internship/Apprenticeship/Project/Community Outs-Carly in the Carly	
	o Yogic	8 l credits after first y credits after first y recurring 44 credip/ Apprenticeship/ 1	
(Pool of Courses) AEC IV-Cr.2 SAlternative Therapies	(Pool of Courses) AEC III-Cr.2 Methods of Teaching Yoga	ne in either first ear is mandatory ts in two semesters to introduce to the control of the contr	Meditation
(Pool of Courses) SEC IV-Cr.2 Swara Yoga	(Pool of Courses) SEC III-Cr.2 Yajna and its Basic Principles	or second or third y	
VAC III -Cr.2 From Swayam Portal Or Gyana Yoga	shop (VIAPCW)*. 1	ear of Graduation I	
	With these credits a	rogram.	
22	student may 20	44+4* (mandator y for Certificate	·**

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XV-	XIV-	of gita	uate Dip of Vocati				2	it with I	VIAPCW of 4 credits	24		MJDSCC XII- Cr.4 Practicum-	д 1
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	Cr. 4 Fundame ntals of Naturopa hy	(Pool of Courses) MJDSE	Major D urse/ Int					VIAPC		r 4			
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			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 also re-entry in the third Year. Higher Manager Variables of Vocational Course/ Internship/ Apprenticeship/ Project/ Community Outreach/ Workshop (VIAPCW)*. With these credits a student manager was a student manager with single content and the content of th										
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	Honours)	Honours)	VIII for UG (Honours)	(Honours)	• Exit-3: addition Require • Require VII for UG	Total Cred Ye	VIAPCW*	Credits V+VI	N-	
	JG	11 (0) G		Level	Undergraduate n 4 credits of V ement for the element for the element	Total Credits of Three Years	CW*	s V+VI		
	96	24	XVIII-Cr.6 Practicum-VII MJDSCC XIX- Cr.6 Yoga Upanishads MJDSCC XX- Cr.6 Practicum-VIII	MJDSCC XVII- Cr.6 General Psychology MJDSCC	Exit-3: Undergraduate Degree in Major Discipline after securing 126 creaddition 4 credits of Vocational Course/ Internship/ Apprenticeship/ Pro Requirement for the entry/ re-entry in semester VII for UG (Honours) \$ Requirement for the entry/ re-entry in semester VII for UG (Honours with Internal Course of Course)	72	VIAPCW or a Disse	24	MJDSCC XVI- Cr.6 Practicum-VI	Indian Philosophy
	12 or 16 or 20	4	(pool of courses) MJDSEC V-Cr.4 Sankhyakari ka		iscipline after so ternship/ Appropriester VII for Unester VII	8 or 12 or 16	ertation based o	&	Cr.4 Yoga Therapic	MJDSE CIV-
	28 or 24 or 20	4		(pool of courses) MNGE VII-Cr.4 Indian Culture and Civilization	Exit-3: Undergraduate Degree in Major Discipline after securing 126 credits in six semesters addition 4 credits of Vocational Course/ Internship/ Apprenticeship/ Project/ Community Ou Requirement for the entry/ re-entry in semester VII for UG (Honours) \$ Requirement for the entry/ re-entry in semester VII for UG (Honours with Research) #	72 8 or 12 or 1624 or 20 or 16 8 8 8	VIAPCW or a Dissertation based on either of MJDSCC offered during V and VI semesters of A condition	0	Chakra and Kundalini	Understanding of Nadi, Pranas,
	×		AEC-V Essay- Cr.4		semesters of a Ut munity Outreach	done in first or se	ered during V an			
	12	+		SEC-V Research Methodology-Cr.	of a UG (Honours/Honours with Research) program with single major and in treach/ Workshop (VIAPCW)*.	scond year of Graduation	d VI somestors of A cus			
	6				ith Research) progra	on Program.				
166-	4				am with single majo					
66+4*	40		20	20	(manda tory) or and in	126+4*	40			

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

k-based Vocational (s (including 4 credits of Work-reh) program with single maj	urs/ Honours with Resea	nmandations	cits of Dissertation) in eigh	dations	Recommandations
			Degree in Major discipline after se	(Honours with Research)	Undergraduate	• Exit-4:
						Honours with
12	12 6	&	8 or 12 or 24 or 20 or 16 16	96 80		Credits (UG
						Research)
12						Honours
	4			24		VII-VIII
				MJDSCC XX- Cr.6 Practicum-VIII		Credits
Dissertation/case Study Cr. 8				Yoga Upanishads		with Research)
				MJDSCC XVIII-Cr.6 Practicum-VII MJDSCC XIX- Cr.6		VIII for UG
Synopsis of Dissertation Cr. 4	SEC-VI Research Methodology-Cr.	Re Me		Psychology		with Research)
internship (VIAPCW)* in	RELEGIE	major.		Sing Voc	Advanc	Honours

- 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/
- 4. Through merit or any other mechanism decided by the University.

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

see and year of PG. The fourth year of UG (Hons.) with single major will be equivalent to the first year of PG. te: 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

- 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

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 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

Copy To: 1. SVC for kind perusal of Hon'ble Vice Chancellor

2. Coordinator, IQAC