

SCHEME OF EXAMINATION**M.A. [Yogashastra]****Semester - I**

	Theoretical Course						
Course Code	Title of the Papers and its abbreviation	Weekly Hours	Credit	Exam Duration (Hrs.)	Internal Marks	External Marks	Full Marks
	Core Course						
16 MA101	Fundamentals of Yoga (FY)	5	4	3	30	70	100
16 MA102	Recent Trends in Yoga (RTY)	5	4	3	30	70	100
16 MA103	Anatomy and Physiology (AP)	5	4	3	30	70	100
16 MA104	Research Methodology (RM)	5	4	3	30	70	100
	Practicum						
16 MA105	Yoga Practical (YP)	6	4	1	30	70	100
16 MA106	Lab Practical (LP)	6	4	1	30	70	100
Total		32	24		180	420	600

Note: Total number of hours required to earn 4 credits for each theory course are 71-80 hours per semester whereas 142-160 hours for each practicum course.

M. A. [Yogashastra]
Semester – II

	Theoretical Course						
Course Code	Title of the Papers and its abbreviation	Weekly Hours	Credit	Exam Duration (Hrs.)	Internal Marks	External Marks	Full Marks
	Core Course						
16MA107	Health Management (HM)	5	4	3	30	70	100
16MA108	Yoga Methodology (YM)	5	4	3	30	70	100
16MA109	Physiology of Yogic Practices (PYP)	5	4	3	30	70	100
16MA110	Research Process in Yoga (RPY)	5	4	3	30	70	100
	Practicum						
16MA111	Yoga Practical (YP)	6	4	1	30	70	100
16MA112	Practice Teaching (PT)	6	4	1	30	70	100
Total		32	24		180	420	600

Note: Total number of hours required to earn 4 credits for each theory course are 71-80 hours per semester whereas 142-160 hours for each practicum course.

M. A. [Yogashastra]
Semester – III

	Theoretical Course						
Course Code	Title of the Papers and its abbreviation	Weekly Hours	Credit	Exam Duration (Hrs.)	Internal Marks	External Marks	Full Marks
	Core Course						
16 MA 201	Applied Yoga (AY)	5	4	3	30	70	100
16 MA 202	Philosophy of Yoga (PY)	5	4	3	30	70	100
16 MA 203	Alternative Therapies (AT)	5	4	3	30	70	100
16 MA 204	Yoga Therapy (YT)	5	4	3	30	70	100
	Practicum						
16 MA 205	Yoga Practical (YP)	6	4	1	30	70	100
16 MA 206	Laboratory Practical (LP)	6	4	1	30	70	100
Total		32	24		180	420	600

Note: Total number of hours required to earn 4 credits for each theory course are 71-80 hours per semester whereas 142-160 hours for each practicum course.

M. A. [Yogashastra]
Semester – IV

	Theoretical Course						
Course Code	Title of the Papers and its abbreviation	Weekly Hours	Credit	Exam Duration (Hrs.)	Internal Marks	External Marks	Full Marks
	Core Course						
16 MA 207	Stress Management by Yoga (SMY)	5	4	3	30	70	100
16 MA 208	Principles of Indian Philosophy (PIP)	5	4	3	30	70	100
16 MA 209	Applied Alternative Therapies (AAT)	5	4	3	30	70	100
16 MA 210 16 MA 210	Applied Yoga Therapy (AYT) OR Dissertation (DISS)	5	4	3	30	70	100
	Practicum						
16 MA 211	Yoga Practical (YP)	6	4	1	30	70	100
16 MA 212	Project Work (PW)	6	4	1	30	70	100
Total		32	24		180	420	600

Note: Total number of hours required to earn 4 credits for each theory course are 71-80 hours per semester whereas 142-160 hours for each practicum course.