

DEGREE COLLEGE OF PHYSICAL EDUCATION

(MULTI FACULTY AUTONOMOUS COLLEGE)
AMRAVATI (Maharashtra)

1. Introduction

1.1 The Management Trust Shree H. V. P. Mandal, Amravati:

Shree Hanuman Vyayam Prasarak Mandal, Amravati is working in the field of Physical Education and recreation for more than 100 years. The Mandal was registered under section 3 of the Societies Registration Act 1860 (Act. No.XXI of 1860) on 14-10-1929 and under Bombay Public Trust Act 1950 (Bombay XXIX of 1950) on 28-05-1963.

Shree Hanuman Vyayam Prasarak Mandal, Amravati, came into existence as small club called "Hanuman Club" in the year 1914. The 'Club' was founded by two Vaidya brothers namely Anant Krishna and Ambadas Krishna Vaidya. They were inspired by the spirit of patriotism which was instilled in them by the leading personality of Vidarbha Region in the freedom movement named Veer Vamanrao Joshi who was a close associate of Lokmanya Tilak and also had linkages with the contemporary revolutionaries.

The Mandal had witnessed the visit of several luminaries like Rashtrapita Mahatma Gandhi, Netaji Subhash chandra Bose, Pt. Madan Mohan Malviya, Dr. Rajendra Prasad, Pt. Motilal Nehru, Lala Lajpat Rai, N. C. Kelkar, Martyr Shivram Hari Rajguru etc. The Main Building of the Mandal has been inaugurated by Mahatma Gandhiji on 21st Dec 1926.

At the time of freedom movement, without giving a shadow of doubt to the rulers about involvement of its members in freedom movement, the founders and their associates had also geared up programme of Indian traditional physical activities by running regular classes, organizing Summer camps of these activities for the youths, conducting demonstration-cum propaganda tours in various States, deputing volunteers for training of youths at different places. With the initiation of all these activities the Mandal became popularly known institution all over India. Another fruitful project the Mandal undertook in the year 1926-27 was the formation of 'Physical Culture Information Bureau'. This Bureau had collected information from various leading countries about the type of movement in physical education and sports going on throughout the World. This information had inspired the founders to depute their associates in different countries to study their traditional physical culture. Accordingly members were sent to Germany, Japan, and Austria during the period 1928 to 1933 for higher studies. The Mandal has been successful in developing Indian system of exercise and games on modern scientific line and as a result has earned great popularity for them in the country and abroad. The idea of founder member Shri Ambadaspant Vaidya of studying traditional and modern form of physical culture of India & various other countries. The object was to establish "Cosmopolitan University of Physical Culture", where traditional physical culture of different countries would be studied scientifically and it was the founder member's dream to evolve universally accepted system of physical culture by way of selecting positive elements and principles from amongst the

traditional systems of various countries. This high level planning of the Mandal was very well reflected in the printed report of the Mandal for the year 1932.

Till now the Mandal organized its tours abroad since the year 1936. The countries like Japan, Russia, Finland, Argentina, Brazil, U.K., U.S.A., Germany, Turkey, Iran, Iraq, France, Sweden, Switzerland, Denmark, Italy, Lithuania, Poland, etc., were visited and display of our traditional activities was presented in about more than 50 cities abroad. At the time of Olympic Games in Germany in 1936, the Mandal had unique honor of presenting its display in the Olympic Gymnastic Stadium on the opening day of the games. The Mandal has a long history of its international contacts, activities, endeavor and achievements. Our speakers had presented papers and delivered lectures before the international audience at many international events.

With the dawn of Independence of India, the focal point of the Mandal was shifted to implementing qualitative teacher training programme in physical education. In the year 1947-48, the Mandal started an institute, named Indian Institute for Diploma in Physical Culture and Recreation which was subsequently recognized by the then Central Province Berar Govt. It had enjoyed Autonomous Status. The one year post-matriculate Diploma in Physical Culture and Recreation awarded to the trainees by this Institute was duly recognized by the State Govt. for appointment as physical education teachers in schools and colleges. With the changing policy of Maharashtra Government, the said course was subsequently changed into Certificate course in Physical Education from the year 1959-60.

As it is stated above, the institute started in the year 1947 had Autonomous Status, the post matriculation certificate of “Vyayam Visharad” awarded to the student by Mandal had also enjoyed recognition of State Governments of Madhya Pradesh, Rajasthan, Maharashtra, Uttar Pradesh, Haryana, etc. for appointment as teachers in physical education. Thus, the Mandal and its constituent college / institute has unique honor of receiving recognition of various State Governments and the Diploma or Certificate awarded by the Mandal and its institute / college was also duly recognized by Universities, State Governments and Secondary School Certificate Boards.

Mandal organized Global Conference on Traditional Physical Cultures, Sports and Games on 15-17 Jan 2014. The patronages were provided for the conference by international organizations like UNESCO, TAFISA, ISHPES, ICSSPE, IAPESGW, ITSGA, FIEP. Near about 30 countries delegates were present for the conference. Sports engineering competition was also organized at the same time. The Mandal has done MOU with International organization like TAFISA (The Association For International Sports for All) and Gerlev Sports Academy, Poland for promoting the traditional Sports Activities.

Today the institute is running successfully Physical Education Colleges in Amravati & Chikhaldara, Engineering College, Ayurvedic College and Hospital, Naturopathy Hospital and Local and Tribal Schools. The social services conducted by Mandal are Help line for Amravati district, Shetkari Jagruti Abhiyan, Child Line, Women Welfare cell, etc. Many sports federations and associations are attached to Mandal.

The Institution has been successful in developing a grand sports complex in its premises. Well laid out play grounds for different games with flood-light arrangement, standard cinder track of 400 meters, International Standard Swimming Pool, Indoor sports, pavilion-cum gymnasium, Judo and Wrestling halls, Badminton, Table-Tennis hall, Auditorium, Staff Council hall, Yoga Centre, Physiotherapy Centre, Sports hostels, Seminar hall, sports library, well equipped weight training hall, Research Laboratory are the facilities already developed by the College for students, staff and community. The students of the College can avail these facilities as per the rules decided by the institution.

1.2 Awards and Achievements:

The work of the Mandal has been appreciated by many organizations and received honors in the form of awards and certificates from time to time. Some of the awards the Mandal has received are:

1. **Aadivasi Seva Sanstha Puraskar – 1997:** The Mandal is the recipient of prestigious "Aadivasi Seva Sanstha Puraskar" in the year 1997 for its work in tribal regions, by the Government of Maharashtra.
2. **State Government Award -2002:** The institute has received "State Government Award" for Educational institutions in 2002.
3. **Paryavaran Puraskar 2014:** The Mandal has also received "Paryavaran Puraskar 2014" bestowed by Sant Gadge Baba Amravati University, Amravati.

1.3 The Degree College of Physical Education

After Independence the Mandal started the regular programme of physical education to provide trained and discipline physical education teacher by establishing training college named as Degree College of Physical Education. This College is established in the year 1967 with the permission of Government of Maharashtra in urban area at Amravati and affiliated to Nagpur University, Nagpur earlier. This was the only College in Maharashtra which started a three years degree course in physical education on govt. grant basis. The College has clear standing of 50 years.

This College is now permanently affiliated to Sant Gadge Baba Amravati University, Amravati and recognized by the Govt. of Maharashtra, National Council for Teacher Education WRC, Bhopal and AICTE, Delhi. The College is also recognized by UGC under 2(f) and 12b, and is assessed and accredited by NAAC, Bangalore in 'A' Grade in the year Feb. 2005. The College is also conferred the Autonomous status by Sant Gadge Baba Amravati University, Amravati on the recommendation of U.G.C. & Govt. of Maharashtra. The NAAC committee reassessed and reaccruited the College with Grade 'B' in the year Jan. 2013 after receiving the academic autonomy.

The college has privilege to be a pioneering institute in introducing courses like., B.P.E., B.P.Ed., M.P.Ed, D.P.Ed, and D.Y.Ed., in Physical Education and allied disciplines in the faculty of Education of then Nagpur University and now Sant Gadge Baba Amravati University, Amravati. The college runs career oriented vocational courses independently with the financial assistance from U.G.C. New Delhi.

The College has achieved huge success in creating Physical Education Teachers who are now on renowned positions in various states of the country. Even research work at Post-Graduate and Ph.D. level is carried out in the College. Facilities in the form of library and research personnel required for carrying out research work in Physical Education and allied sciences are made available.

After being established as a premier institute of Physical Education and becoming a name to be reckon with, the college gradually developed itself into a Multi-Disciplinary Institute. Currently it runs courses in the streams like: Engineering & Technology, Science, Commerce and Social science.

1.4 MISSION AND VISION OF THE COLLEGE

Mission:

- To develop state of the art infrastructure to facilitate high quality student centric education.
- To design courses to impart traditional values with rational approach and contemporary professional insight.
- To conduct activities to inculcate sense of national responsibility, national integration, gender equality, social, moral, spiritual and scientific outlook.
- To safeguard and promote the physical fitness, traditional culture, values and professionalism.
- To enhance global interactions for mutual benefit and exposure.

Vision:

To develop this Multi-faculty Autonomous Institution as a center of excellence for imparting high quality, student centered education and lifelong learning opportunities for the communities. To provide students and faculty with exposure to learn and the faculty to interact at Local, National and Global level. We are committed to create and sustain the conditions that enable students to experience an innovative and inclusive education that is intellectually, socially and personally transformative.

1.5 THE AIMS AND OBJECTIVES

- To train students in physical education to provide teachers, lecturers and directors for secondary schools, colleges and universities. To train the students in commerce, Science & engineering computer applications to supply competent, result oriented man power to industry & society.
- To prepare administrators and supervisors in physical education, who will be able to conduct and organize programmes of physical education in all types of institutions and organizations.
- To prepare research workers and academic leaders in physical education & allied Sciences.
- To prepare and publish literature like: scientific papers, journals & research documents.
- To run in-service training courses, refresher and orientation courses in Yoga education and allied sciences.

- To organize professional Seminars, Conferences, Workshops and Clinics for the exchange of professional experiences, information and research output.
- To provide a platform for professionals for discussions, meetings and professional transactions.
- To determine and prescribe its own courses of study, syllabi, restructure and redesign the courses to suit local and regional needs of society and industry.
- To prescribe rules for admission in consonance with the reservation policy of the State Government.
- To evolve methods of assessment of students' performance, the conduct of examinations and notification of results.
- To use modern tools of educational technology to achieve higher standards and greater creativity.
- To promote healthy practices such as community service, extension activities, projects for the benefit of the society at large etc.
- To promote inter-disciplinary research in the field of Yoga Education, Physical Education, Sports Science, Ayurveda & traditional sports, Science & technology.

1.6 AUTONOMOUS STATUS OF THE COLLEGE

Sant Gadge Baba Amravati University Amravati, has conferred the Autonomous Status to the College on the recommendations of Government of Maharashtra and University Grant Commission, New Delhi under its Xth plan Development Scheme of Autonomous colleges, from the session 2007-2008.

This is the only Autonomous College of physical education in India established and run by private organization known as Shree Hanuman Vyayam Prasarak Mandal, Amravati. This organization is established in 1914 with the purposes to prepare healthy, sincere and patriotic youth to participate in National Freedom Movement and also to protect and propagate the Indian traditional sports culture in India and abroad on the scientific lines.

This College is selected for recommendations to grant autonomy by U.G.C., New Delhi because it has its own National Status and its contribution to the profession of Physical Education and Sports. The college is permanently affiliated to S.G.B., Amravati University, Amravati and recognized by National Council for Teacher Education, (NCTE), Western Region, Bhopal, All India council for Technical Education (AICTE) and also by U.G.C., New Delhi under section 2(f) and 12(b), of U.G.C. Act. The College is assessed and accredited in grade 'B' by National Assessment and Accreditation Council, Bangalore in its second cycle of accreditation as an autonomous college. Status of Autonomy has given full Academic freedom to the college to reform the Syllabus of study, Develop Examination System and Methods of Instruction as per the need of the Students, Society and Nation. The those who successful at the final examination shall on payment of the prescribed fees, can receive a degree of S. G. B. Amravati University, Amravati.

1.7 COLLEGE WITH POTENTIAL FOR EXCELLENCE:

The University Grants Commissions, New Delhi has bestowed the College with potential for excellence under XI plan of UGC. College has developed a good infrastructure, teaching learning aids, sports facilities & amenities by taking advantage of this scheme.

1.8 The Institute has got prestigious 36th Rank at All India Level by National Institution Ranking Framework (NIRF), of Ministry of Human Resource Development, Government of India. This Institute got Third Rank in the Maharashtra State and First Rank among Institutes in Vidarbha.

2. LOCATION

The College is located in the premises of Shree Hanuman Vyayam Prasarak Mandal near Amba Devi Temple at Amravati (Maharashtra State). It is at a distance of about one km. from Amravati Railway Station on the Central Railway. Candidates coming to Amravati by train have to detrain first at Badnera Junction which is on Mumbai-Kolkata railway route. Amravati is only 10 km. from Badnera. Trains, Buses and Auto rickshaws ply between these two places almost every time. Badnera is a suburb of Amravati Corporation.

3. COURSES RUN BY THE COLLEGE

Sr. No.	Course	Duration	Eligibility	Age	Seats
1.	D.Y.Ed. Dip. In Yoga Education	One Year	Any Graduate of recognized University	19 Years	30
2.	P.G.D.Y.T.	Two Years	Any Graduate of recognized University	19 Years	30
3.	MA. (Yogashastra)	Two Years	B.A. Yogashasta OR B.A. with optional subject Yoga/Yogashastra (three years OR B.N.Y.S. OR B.P.E.S OR any graduate with D.Y.Ed. OR P.G.D.Y.T. OR an examination recognized as equivalent of any statutory university or institution in India.	18 Years	20
4.	B.A. (Yogashastra)	3 years	The students who passed 12th standard Examination.	--	120
5.	B. Voc. (Health Care)	3 Years	Having passed exam at 10+2 level or equivalent	--	50
6.	B. Voc. (Un-armed Security Guard)	3 Years	Having passed exam at 10+2 level or equivalent	--	50

Note :

- The reservation of seats for SC/ST/OBC and other categories shall be as per the rules of Maharashtra State Government.
- For B. Voc., D.Y.Ed., P.G.D.Y.T. and B.A., M.A. admission contact department of Yoga, DCPE, Shree H. V. P. Mandal, Amravati 444605 (Maharashtra) On Ph No.0721-2567965/6510009

B.A. (Yogashastra)

Bachelor of Arts (Yogashastra)

(Six Semester)

Bachelor of Arts (Yogashastra) three year U.G. degree programme.

This B.A. (Yogashastra) three years U.G. degree programme was started from the session 2011-12. This is the only college in S.G.B. Amravati University, Amravati which had started the said course.

Scheme of the programme, syllabus & examination system

[01] Title of the programme:

The course shall be called as Bachelor of Arts (Yogashastra)

[02] Duration :

The B. A (Yogashastra) programme is of a duration of three academic years, that is, six semesters. However, the students shall be permitted to complete the programme requirements within a maximum of Five years from the date of admission to the programme.

[03] Aim and Objectives:

Aim of Course:

Aim of the course: The Degree of B.A. [Yogashastra] is aimed at fulfilling the need of qualified personnel who understand the Philosophy and Principles of Yoga and can apply this knowledge, principles and skills in teaching Yogashastra and propagate Yogic lifestyle for the healthful living.

Objectives of the course:

- To prepare professionals in Yogashastra who can effectively teach at School level.
- To train individuals to work as Yoga Teachers .

[04] Eligibility:

B.A. (Yogashastra) First year (Semester I & II)

An applicant for admission to the First Year B.A. (Yogashastra) Examination shall have passed:-

A) The 12th Standard Examination of Maharashtra State Board of Secondary and Higher Secondary Education or an examination recognized as equivalent thereto with English as one of the subject of passing and in such subjects and with such standards of attainments as may be prescribed.

OR

The 12th Standard Examination of Maharashtra State Board of Secondary and Higher Secondary Education in Vocational Stream with English as one of the Subject of passing.

OR

The 12th standard or its equivalent examination from any statutory Board of Examination of any country. With English as one of the subject and Hindi or Marathi as Indian language subject.

OR

Any Examination recognized as equivalent there to of any other Statutory University or Statutory Boards. With English as one of the subject and Hindi or Marathi as Indian language subject.

B.A. (Yogashastra) Second year (Semester III & IV)

An applicant for admission to the Second Year B.A. (Yogashastra) (Semester V & VI) Examination shall have Passed the first B.A. (Yogashastra) examination of this Autonomous college.

OR

The student who has passed B.A. (Yogashastra) Part-I OR B.A. Part-I with Yogashastra as one of the subject from S.G.B. Amravati University OR any other University subject to equivalence. Those got ATKT as per rules & regulation of this college may admitted for second year (Semester III & IV) or any other regular college of recognized university.

B.A. (Yogashastra) Final year (Semester V & VI)

An applicant for admission to the Final year B.A. (Yogashastra) Examination shall have passed the Second year B.A. (Yogashastra) examination of this Autonomous Collage

OR

The student who has passed B.A. (Yogashastra) Part-II From S.G.B. Amravati University OR any other University subject to equivalence.

Those got ATKT as per rules & regulation of this college may admitted for final year (Semester V & VI) or any other regular college of recognized university.

[05] B. A. (Yogashastra) The CBS System:

All programmes shall run on Credit Based System (CBS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

[06] B. A. (Yogashastra) Course:

The term course usually referred to, as 'papers' is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ Tutorials/ Field Work/ Outreach Activities/ Project Work/VIVA/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc. or a combination of some of these.

[07] B. A. (Yogashastra) Courses of Programme:

The B. A. (Yogashastra) programme consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the (Yogashastra) Programme.

- **Theory**
 - **Core Course**
- **Practicum**
 - **Compulsory Course**
 - **Teaching Practices**
 - **Yoga Practical**
 - **Physical Education Practical**
 - **Psychology Practical**

[08] B. A.(Yogashastra) Semesters:

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester may be scheduled from May/June to November/December and even semester from November / December to May/June. The institution shall work for a minimum of 36 working hours in a week (six days a week).

[09] B. A.(Yogashastra) Working days:

There shall be at least 200 working days per year inclusive of admission and examination processes etc.

[10] B. A.(Yogashastra) Credits:

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing B. A.(Yogashastra) programme is 120 credits and for each semester 20 credits.

Provision of Bonus Credits Maximum 06 Credits in each Semester

Sr. No.	Special Credits for the Extra Co-curricular Activities	Credit
1	Sports Achievement at State level Competition (Medal Winner)	1
	Sports Achievement National level Competition (Medal Winner)	2
	Sports participation International level Competition	4
2	Inter Uni. Participation (Any one game)	2
3	Inter College Participation (min. two games)	1
4	National Cadet Corps / National Service Scheme	2
5	Blood donation / Cleanliness drive / Community services /	2
6	Mountaineering – Basic Camp, Advance Camp / Adventure Activities	2
7	News Reporting / Article Writing / book writing / progress report writing	1

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

[11] B. A.(Yogashastra) Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

Sr. No.		Distribution of Marks
1	Class Attendance Marks 05	
	a) Above 85%	05
	b) 75%to 84%	04
	c) Below 75%	03
2	Unit test Attendance & Performance Marks 05	05
3	Model Test Attendance & Performance Marks 05	
	d) Above 75%	05
	e) 60% to 74%	04
	f) 40% to 59 %	03
	g) Below 40%	01
4	Assignment Marks 05	05

5	Guest Lecture Marks	10	
	h) Attendance		05
	i) Report Writing		05

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

[12] B. A.(Yogashastra) Grading:

Once the marks of the CIA (Continuous Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in R. B. A.(Yogashastra) 12 from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA). These two are calculated by the following formula:

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

$$CGPA = \frac{\sum_{j=1}^N SGPA_j}{N}$$

Where C_i is the Credit earned for the course in any semester; G_i is the Grade point obtained by the student for the course and n number of courses obtained in that semester; $SGPA_j$ is SGPA of semester j and N number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

[13] B. A.(Yogashastra) Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the Degree Bachelor of Arts (Yogashastra) in the First class / Second Class / Pass Class or First Class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations.

[14] B. A.(Yogashastra) Letter Grades and Grade Points:

- Two methods-relative grading or absolute grading— have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.
- The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Percentage	Grade Point	Latter Grade	Description	Classification of final result
85 & above	8.5-10.0	O	Outstanding	First class with Distinction
70-84.99	7.0-8.49	A+	Excellent	
60-69.99	6.0-6.99	A	Very Good	First Class
55-59.99	5.5-5.99	B+	Good	Higher Second Class
50-54.99	5.0-5.49	B	Above Average	Second Class
40-49.99	4.0-4.99	C	Average	Pass Class
Below 40	0.0	F	Fail/ Dropped	Dropped
	0	AB	Absent	

[15] B. A.(Yogashastra) Grade Point Calculation

Calculation of **Semester Grade Point Average (SGPA)** and **Credit Grade Point (CGP)** and declaration of class for B. A. (Yogashastra) Programme.

The credit grade points are to be calculated on the following basis:

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

Example – I

Marks obtained by Student in course 16MA102 = 65/100

Percentage of marks = 65 %

Grade from the conversion table is = A

Grade Point = 6.0 + 5 (0.99/9.99)

= 6.0 + 5x0.1

= 6.0+ 0.5

=6.5

The Course Credits = 04

Credits Grade Point (CGP) = 6.5 × 04 = 26

The semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all eight courses of the semester) / total credit of the semester as per example given below:

SEMESTER-1

Courses Code.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
19 BA 101	4	65	A	6.5	26.0
19 BA 102	3	60	A	6	18.0
19 BA 103	3	62	A	6.2	18.6
19 BA 104	3	57	B+	5.7	17.1
19 BA 105	2	55	B+	5.5	22.0
19 BA 106	3	72	A+	7.2	21.6
19 BA 107	2	65	A	6.5	13.0
	20				136.4

Examples: Conversion of marks into grade points

19 BA 101 65 = 60 + 5 = 6.0 + 5 x (0.99 / 9.99) = 6.0 + 5 x 0.1 = 6.0 + 0.5 = 6.5

$$19 \text{ BA } 102 \ 60 = 6.0$$

$$19 \text{ BA } 103 \ 62 = 60 + 2 = 6.0 + 2 \times (0.99/9.99) = 6.0 + 2 \times 0.1 = 6.0 + 0.2 = 6.2$$

$$19 \text{ BA } 104 \ 57 = 55.2 = 5.5 + 2 \times (0.49 / 4.99) = 5.5 + 2 \times 0.1 = 5.5 + 0.2 = 5.7$$

$$19 \text{ BA } 105 \ 55 = 5.5$$

$$19 \text{ BA } 106 \ 72 = 70 + 2 = 7.2 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$$

$$19 \text{ BA } 107 \ 65 = 60 + 5 = 6.0 + 5 \times (0.99 / 9.99) = 6.0 + 5 \times 0.1 = 6.0 + 0.5 = 6.5$$

$$\text{SEMESTER GRADE POINT AVERAGE (SGPA)} = \text{Total Credit Grade Points} \\ = 136.4/22 = 6.2$$

$$\text{SGPA Sem. I} = 6.2$$

At the end of Semester-1

$$\text{Total SGPA} = 6.2$$

$$\text{Cumulative Grade Point Average (CGPA)} = 6.2/1 = 6.2$$

$$\text{CGPA} = 6.2, \text{ Grade} = \text{A}, \text{ Class} = \text{First Class}$$

SEMESTER-II

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
19 BA 108	4	76	A+	7.6	30.4
19 BA 109	3	64	A	6.4	19.2
19 BA 110	3	59	B+	5.9	17.7
19 BA 111	3	80	A+	8	24
19 BA 112	2	49	C	4.9	19.6
19 BA 113	3	64	A	6.4	19.2
19 BA 114	2	72	A+	7.2	14.4
	20				144.5

$$\text{SGPA Sem. II} = 6.5681$$

At the end of Semester-2

$$\text{Total SGPA for two Semesters} = 6.2 + 6.5681 = 12.7$$

$$\text{Cumulative Grade Point Average (CGPA)} = 12.7/2 = 6.35$$

$$\text{CGPA} = 6.35, \text{ Grade} = \text{A}, \text{ Class} = \text{First Class}$$

Note:

- (1) SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.
- (2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.
- (3) The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.
- (4) For the award of the class, CGPA shall be calculated on the basis of:
 - (a) Marks of each Semester End Assessment And
 - (b) Marks of each Semester Continuous Internal Assessment for each course.

The final Class for B. A.(Yogashastra) Degree shall be awarded on the basis of last CGPA (grade) from one to Six semester examinations.

[16] The medium of instruction for this course shall be Marathi/ Hindi / English .

[17] In order to be successful in examination, the candidate shall have to secure at least 'C' grade in each course (paper) of Theory including sessional marks.

[18] If he/she passes in half of the passing head separately. However, he/she will be allowed to keep terms [ATKT] for the succeeding semester. Such candidate will have to reappear

in that particular papers during Semester examination. Result of the candidate will be declared only after clearing all the papers and Practical/ Teaching Practice/ Project Work.

- [19] A candidate who fails at Semester-VI examination may be permitted to appear at the instant examination as an Ex- student. The marks obtained by such candidate for sessional work at the previous examination will be repeated for consideration.
- [20] Successful examinee shall receive a degree in the prescribed format from Sant Gadge Baba Amravati University, Amravati.

Programme Outcome: The following Programme Outcomes are attained after completion of this UG programme:

1. Students will contribute to society as broadly educated, expressive, ethical and responsible citizens with proven expertise for working as an individual or in multidisciplinary teams with positive attitude.
2. Create awareness, attitude and concern about environmental problems.
3. Students can communicate efficiently to deliver their knowledge effectively.
- PO 4. Able to pursue advanced education in relevant subjects.

Programme Specific Outcomes (PSO): B.A. (Yogashastra) programme has been designed to prepare graduates to attain the following programme specific outcomes:

- PSO 1. Students learn the Yoga as well as its practical knowledge in order to craft them as a versatile Yoga professionals who can provide service in many fields.
- PSO 2. Achieve ability to identify, analyze, formulate and develop Yogic applications by using appropriate modern techniques.
- PSO 3. Students acquire latest comprehensive and skill based knowledge with equal emphasis on theory & practical in the field of Yoga.
- PSO 4. Able to apply the knowledge for solving real life problems using the expertise in the field of Yoga.
- PSO 5. Able to provide a wide range of yogic programmes as per taste, Age, need and interest of the individuals.

Curriculum Scheme

SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN FOR B.A. (YOGASHASTRA) SEMESTER-I

Subject Code No.	Short Name	Subject Name	Teaching Scheme	Theory Examination					Practical Examination		
			Theory/ Practical Credits	Duration of Paper (Hrs)	Max. Marks	Sessional Marks	Total Marks	Min. Pass Marks	Max. Marks (Ext.)	Total Marks	Min. Pass Marks
19BA 101	ENG	English	4	3	70	30	100	40	_____	_____	_____
19BA 102	MAR OR HIN	Marathi OR Hindi	3	3	70	30	100	40	_____	_____	_____
19BA 103	BPOY-I	Basic Principles of Yoga-I	3	3	70	30	100	40	_____	_____	_____
19BA 104	PS-I ICPLSG	Political Science-I Indian Constitutional Provisions and Local Self Government	3	3	70	30	100	40	_____	_____	_____
19BA 105	POY	Practical of Yoga	2	3	_____	_____	_____	_____	100	100	40
19BA 106		Elective I: Theory	3	3	40	30	70	28	_____	_____	_____
19BA 107		Elective I: Practical	2	2	_____	_____	_____	_____	30	30	12
Total			20	20	_____	_____	470	_____	_____	130	_____

List of Elective Subjects

A	IPE-I	Introduction to Physical Education-I
B	POPE	Practical of Physical Education
C	FP-I	Fundamentals of Psychology-I
D	POP	Practical of Psychology

Note: 1. If Elective I: Theory is 'A' then Elective I: practical shall be 'B'.
2. If Elective I: Theory is 'C' then Elective I: practical shall be 'D'.

Curriculum Scheme

SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN FOR B.A. (YOGASHASTRA) SEMESTER-II

Subject Code No.	Short Name	Subject Name	Teaching Scheme	Theory Examination					Practical Examination		
			Theory/ Practical Credits	Duration of Paper (Hrs)	Max. Marks	Sessional Marks	Total Marks	Min. Pass Marks	Max. Marks (Ext.)	Total Marks	Min. Pass Marks
19BA 108	ENG	English	4	3	70	30	100	40	_____	_____	_____
19BA 109	MAR OR HIN	Marathi OR Hindi	3	3	70	30	100	40	_____	_____	_____
19BA 110	BPOY-II	Basic Principles of Yoga-II	3	3	70	30	100	40	_____	_____	_____
19BA 111	PS-II ICPLSG	Political Science-II Indian Constitutional Provisions and Local Self Government	3	3	70	30	100	40	_____	_____	_____
19BA 112	POY	Practical of Yoga	2	3	_____	_____	_____	_____	100	100	40
19BA 113		Elective I: Theory	3	3	40	30	70	28	_____	_____	_____
19BA 114		Elective I: Practical	2	2	_____	_____	_____	_____	30	30	12
Total			20	20	_____	_____	470	_____	_____	130	_____

List of Elective Subjects

A	IPE-II	Introduction to Physical Education-II
B	POPE	Practical of Physical Education
C	FP-II	Fundamentals of Psychology-II
D	POP	Practical of Psychology

Note: 1. If Elective I: Theory is 'A' then Elective I: practical shall be 'B'.
2. If Elective I: Theory is 'C' then Elective I: practical shall be 'D'.

Curriculum Scheme

SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN FOR B.A. (YOGASHASTRA) SEMESTER-III

Subject Code No.	Short Name	Subject Name	Teaching Scheme	Theory Examination					Practical Examination		
			Theory/ Practical Credits	Duration of Paper (Hrs)	Max. Marks	Sessional Marks	Total Marks	Min. Pass Marks	Max. Marks (Ext.)	Total Marks	Min. Pass Marks
19BA 201	ENG	English	3	3	70	30	100	40	_____	_____	_____
19BA 202	MAR OR HIN	Marathi OR Hindi	3	3	70	30	100	40	_____	_____	_____
19BA 203	YM	Yoga Methodology	3	3	70	30	100	40	_____	_____	_____
19BA 204	EED	Environmental Education	2	3	_____	50	50	20	_____	_____	_____
19BA 205	PS-I SC&IR	Political Science-I Selected Constitutions and International Relations (U.K., U.S.A. & China)	3	3	70	30	100	40	_____	_____	_____
19BA 206	POY	Practical of Yoga	2	_____	_____	_____	_____	_____	100	100	40
19BA 207		Elective I: Theory	3	3	40	30	70	28	_____	_____	_____
19BA 208		Elective I: Practical	2	3	_____	_____	_____	_____	30	30	12
Total			21	_____	_____	_____	520	_____	_____	130	_____

List of Elective Subjects

A	MPE-I	Methods in Physical Education-I
B	POPE	Practical of Physical Education
C	SOP-I	Psychology : Social Psychology -I
D	POP	Practical of Psychology

Note: 1. If Elective I: Theory is 'A' then Elective I: practical shall be 'B'.
2. If Elective I: Theory is 'C' then Elective I: practical shall be 'D'.

Curriculum Scheme

SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN FOR B.A. (YOGASHASTRA) SEMESTER-IV

Subject Code No.	Short Name	Subject Name	Teaching Scheme	Theory Examination					Practical Examination		
			Theory/ Practical Credits	Duration of Paper (Hrs)	Max. Marks	Sessional Marks	Total Marks	Min. Pass Marks	Max. Marks (Ext.)	Total Marks	Min. Pass Marks
19BA 209	ENG	English	4	3	70	30	100	40	_____	_____	_____
19BA 210	MAR OR HIN	Marathi OR Hindi	3	3	70	30	100	40	_____	_____	_____
19BA 211	SOY	Science of Yoga	3	3	70	30	100	40	_____	_____	_____
19BA 212	EED	Disaster Management	2	3	----	50	50	20	_____	_____	_____
19BA 213	PS-II SC&IR	Political Science-II Selected Constitutions and International Relations (U.K., U.S.A. & China)	3	3	70	30	100	40	_____	_____	_____
19BA 214	POY	Practice Teaching	2	_____	_____	_____	_____	_____	100	100	40
19BA 215		Elective I: Theory	3	3	40	30	70	28	_____	_____	_____
19BA 216		Elective I: Practical	2	3	_____	_____	_____	_____	30	30	12
Total			22	_____	_____	_____	520	_____	_____	130	_____

List of Elective Subjects

A	MPE-II	Methods in Physical Education-II
B	POPE	Practical of Physical Education
C	SOP-II	Psychology : Social Psychology -II
D	POP	Practical of Psychology

Note: 1. If Elective I: Theory is 'A' then Elective I: practical shall be 'B'.
2. If Elective I: Theory is 'C' then Elective I: practical shall be 'D'.

The Final Year B.A. (Yogashastra) Examination shall consist of three parts

Part – I	Theory	500 Marks
Part – II	Practical	200Marks
Part – III	Project work	100 Marks

Total 800 Marks

Part – I	Theory Examination	Max. Marks :500			
Paper	Compulsory Subjects	Max. Marks	Sessional Marks	Total Marks	Min. Passing Marks
1.	English	80	20	100	35
2.	Marathi OR Hindi	80	20	100	35
3.	Health and Yoga	80	20	100	35
Optional Subjects (any two of the following)					
1.	Management Physical Education & Sports	80	20	100	35
2.	Psychology : Psychology Applied to Healthy life	80	20	100	35
3.	Political Science: Political Theory	80	20	100	35
Part-II	Practical Examination	Max. Marks: 200			
	Yogic Practices	200	-	200	100
Part-III	Project work Examination	Max. Marks: 100			
	Project work	60	40	100	50

M.A. (Yogashastra)

Master of Arts (Yogashastra)

(Four Semester)

Master of Arts (Yogashastra) two year P.G. degree programme.

This M.A. (Yogashastra) two years P.G. degree programme was started from the session 2008-09. This is the only college in S.G.B. Amravati University, Amravati which had started the said course.

Scheme of the programme, syllabus & examination system

[01] Title of the programme:

The course shall be called as Master of Arts (Yogashastra)

[02] Duration :

The M. A. (Yogashastra) programme is of a duration of two academic years, that is, four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.

[03] Objective & Outcomes: The P.G. Degree of M.A. (Yogashastra) is aimed

- a. To acquaint students with historic and traditional roots of Yoga, as well as, its philosophy and applications, as drawn from Traditional yogic texts.
- b. To give a proper exposure of Darshanika (Yogic philosophy related) aspect of Yoga to the students through Upanishadas and authoritative yogic texts.
- c. To equip students with traditional understanding of yoga practices from different schools of yoga in general and from Hatha yogic and Patanjala yoga schools in particular.
- d. Fulfilling the need of qualified personnel who understand the Philosophy and Principles of Yoga and can apply this knowledge, principles and skills in teaching Yogashastra and propagate Yogic lifestyle for the healthful living and pursue research work.
- e. To prepare professionals in Yogashastra who can effectively teach at Colleges and Universities.
- f. To prepare students to undertake higher studies in Yoga and opted subjects.
- g. To prepare graduates who will contribute to society as broadly educated, expressive, ethical and responsible citizens with proven expertise.
- h. To prepare professionals in Yogashastra who can effectively teach at School & College level.
- i. To train students to take up Yoga Science as a profession.

[04] Eligibility for admission:

MA. (Yogashastra) First year (Semester I & II)

A) B.A. (Yogashastra) of 3 years OR B.A. with optional subject as Yoga / Yogashastra of 3 years duration of S.G.B.A. University, Amravati and any statutory university in India OR B.N.Y.S. OR B.P.E.S. OR B.Voc. (Health Care) OR B.Voc. (Unarmed Security Guard) OR any graduate with D.Y. Ed. OR P.G.D.Y.T. OR an examination recognized as equivalent of any statutory university in India or Institute of repute.

B) A candidate must have completed the age of 19 years at the time of admission.

MA. (Yogashastra) Final year (Semester III & IV)

Those who has passed M.A. (Yogashastra) I & II Semester examination of this college. Those got ATKT as per rules & regulation of this college may admitted for final year (Semester IV & V) or any other regular college of recognized university.

[05] M. A. (Yogashastra) The CBS System:

All programmes shall run on Credit Based System (CBS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

[06] M. A. (Yogashastra) Course:

The term course usually referred to, as ‘papers’ is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ Tutorials/Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/VIVA/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc. or a combination of some of these.

[07] M. A. (Yogashastra) Course of Programme:

The M. A. (Yogashastra) programme consists of a number of courses, the term ‘Course’ applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a “paper” in the conventional sense. The following are the various categories of courses suggested for the M. A. (Yogashastra) Programme.

- **Theory**
 - **Core Course**
- **Practicum**
 - **Compulsory Course (Yoga Practical)**
 - **Teaching Practices**
 - **Lab Practical**
 - **Project Work**

[08] M. A. (Yogashastra) Semesters:

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester may be scheduled from May/June to November/December and even semester from November / December to May/June. The institution shall work for a minimum of 36 working hours in a week (six days a week).

[09] M. A. (Yogashastra) Working days:

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

[10] M. A. (Yogashastra) Credits:

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work/field work per day per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing M. A. (Yogashastra) programme is 90 credits and for each semester 20 credits.

- [11]** The medium of instruction for this course shall be Marathi/ Hindi / English .
- [12]** Syllabus of each paper is spread over four units. Number of questions will be in accordance with the units prescribed in the syllabus. There will be one question with option on each unit and one objective type question based on four units of ten marks.
- [13]** In order to be successful in examination, the candidate shall have to secure at least 'C' grade in each paper of Theory including sessional marks.
- [14]** If he/she passes in half of the passing head separately. However, he/she will be allowed to keep terms [ATKT] for the succeeding semester. Such candidate will have to reappear in that particular papers is during Semester examination. Result of the candidate will be declared only after clearing all the papers and Yoga practical/ Laboratory Practical/ Teaching Practice/ Project Work.
- [15]** The candidates who is opting for dissertations shall submit a synopsis as per the guideline given below to the course co-coordinator for consideration of the sub-committee constituted under the provision of Para [22] on or before 10 September of the calendar year.
- [16]** The synopsis/Dissertation should be submitted under the following heads with details.

I. (Cover Page/First Page)

- Title of the subject of the Dissertation.
- Name of the Candidate.
- Name of the Guide/ Supervisor.
- Name of the Department through which it has been submitted for approval of the subject of dissertation with month and year.

II. Synopsis/Dissertation Heads:

Chapter-1 Introduction of the subject

- Introduction of the main area of study and special area of Research.
- Statement of the problem.
- Purpose of the study.
- Significance of the study.
- Hypothesis.

- De-limitations and Limitations.
- Operational Definitions.

Chapter-2 Review of related literature.

Chapter-3 Method and Material.

Chapter-4 Interpretation and Analysis of data.

Chapter-5 Summary, conclusions and recommendations.

- Bibliography.
- Approved and signed by the supervisor.

iii. The final submission of Synopsis / Dissertation / Report / Record will have following specifications-

- a) Typed or computerized with double space and on one side of paper.
- b) Size of paper – 28x21cms
- c) Margin – Left -5 cms.; Right – 2 cms.; Header – 3 cms. and Footer - 3 cms.

[17] The sub-committee referred to in Paragraph 11 above shall consist of; -

- (i) The Chairman, Subject Board of Social Sciences.
- (ii) Head of the Department of Yoga or his nominee
- (iii) Two members nominated by the subject Board of Social Sciences.
- (iv) One member nominated by the Board of Management.
- (v) Two Subject Experts co-opted by the chairman.

[18] In giving the approval to the subject of dissertation the subcommittee shall meet in the third week of September of the calendar year to finalize and approve the topics of dissertation.

[19] In giving approval to the subject of dissertation, the sub-committee may prescribe such conditions as it may deem fit and the candidate shall comply with the conditions.

[20] The candidate shall conduct research in his/her subject of dissertation during that academic year and submit his/her dissertation to the course coordinator so as to reach him/her before 15 days commencement of Semester IV examination in 4 copies.

[21] A candidate shall submit his/her dissertation with a certificate from his/her supervisors to the effect:

- That the candidate has satisfactorily conducted research during that academic year.
- That the dissertation is the result of the candidate's own work and is of a sufficiently high standard to warrant its presentation for examination.
- That it is satisfactory in it respect of literary presentation.

[22] The candidate shall indicate the sources from which the information is taken. The extent to which he/she has availed of the work of others and the portion in his/her dissertation, which he/she claims to be original.

[23] A candidate who fails at Semester-IV examination may be permitted to appear at the instant examination as an Ex- student. The marks obtained by such candidate for sessional work at the previous examination will be repeated for consideration.

- [24] A declaration for passing in B⁺ Grade and above should be submitted at the time of filling the examination form of M.A.(Yogashastra) Semester-IV.
- [25] Successful examinee shall receive a degree in the prescribed format from Sant Gadge Baba Amravati University, Amravati,

Curriculum Scheme

SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN FOR M.A. (YOGASHASTRA) SEMESTER-I

	Theoretical Course					
Course Code	Title of the Papers and its abbreviation	Credit	Exam Duration (Hrs.)	Internal Marks	External Marks	Full Marks
	Core Course					
19 MA101	Fundamentals of Yoga (FY)	4	3	30	70	100
19 MA102	Recent Trends in Yoga (RTY)	4	3	30	70	100
19 MA103	Anatomy and Physiology (AP)	4	3	30	70	100
19 MA104	Research Methodology (RM)	4	3	30	70	100
19 MA105	Yoga Practical (YP)	2		30	70	100
19 MA106	Lab Practical (LP)	2		30	70	100
Total		20		180	420	600

Curriculum Scheme

SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN FOR M.A. (YOGASHASTRA) SEMESTER-II

	Theoretical Course					
Course Code	Title of the Papers and its abbreviation	Credit	Exam Duration (Hrs.)	Internal Marks	External Marks	Full Marks
	Core Course					
19MA107	Health Management (HM)	4	3	30	70	100
19MA108	Yoga Methodology (YM)	4	3	30	70	100
19MA109	Physiology of Yogic Practices (PYP)	4	3	30	70	100
19MA110	Research Process in Yoga (RPY)	4	3	30	70	100
	Practicum					
19MA111	Yoga Practical (YP)	2		30	70	100
19MA112	Practice Teaching (PT)	2		30	70	100
Total		20		180	420	600

Curriculum Scheme

SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN FOR
M.A. (YOGASHASTRA) SEMESTER-III

	Theoretical Course					
Course Code	Title of the Papers and its abbreviation	Credit	Exam Duration (Hrs.)	Internal Marks	External Marks	Full Marks
	Core Course					
19 MA 201	Applied Yoga (AP)	4	3	30	70	100
19 MA 202	Philosophy of Yoga (PY)	4	3	30	70	100
19 MA 203	Alternative Therapies (AT)	4	3	30	70	100
19 MA 204	Yoga Therapy (YT)	4	3	30	70	100
	Practicum					
19 MA 205	Yoga Practical (YP)	2		30	70	100
19 MA 206	Laboratory Practical (LP)	2		30	70	100
Total		20		180	420	600

Curriculum Scheme

SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN FOR M.A. (YOGASHASTRA) SEMESTER-IV

Theoretical Course						
Course Code	Title of the Papers and its abbreviation	Credit	Exam Duration (Hrs.)	Internal Marks	External Marks	Full Marks
Core Course						
19 MA 207	Stress Management by Yoga (SMY)	4	3	30	70	100
19 MA 208	Principles of Indian Philosophy (PIP)	4	3	30	70	100
19 MA 209	Applied Alternative Therapies (AAT)	4	3	30	70	100
19 MA 210 19 MA 210	Applied Yoga Therapy (AYT) OR Dissertation (DISS)	4	3	30	70	100
Practicum						
19 MA 211	Yoga Practical (YP)	2		30	70	100
19 MA 212	Project Work (PW)	1		30	70	100
19 MA 213	Internship in Organization (IO)	1		100		100
Total		20		280	420	700

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.

P.G.D.Y.T. (2 Years)

Post Graduate Diploma in Yoga Therapy

This Post Graduate Diploma Course of two years duration in yoga therapy started from the session 2006-07, under the 10th plan scheme of U.G.C. i.e. Teaching & Research interdisciplinary and emerging areas.

This is the only college in India which has proposed the said course to start from the session 2006-07. The final examination of this course is conducted by the Sant Gadge Baba Amravati University, Amravati and successful candidate will be awarded P.G. Diploma in Yoga Therapy.

Objective & Outcomes : The Programme Educational Objectives of P.G.D.Y.T. programmes are:

a) The Diploma Course in PGDYT is aimed at fulfilling the need of trained personnel who can understand the basic principles of Yoga and can apply this knowledge, principles and skills in teaching yogic practices and treating common diseases/disorder of masses and propagate and popularize Yogic lifestyle for the healthy living.

To prepare graduates who will contribute to society as broadly educated, expressive, ethical and responsible citizens with proven expertise.

Eligibility for Admission

- a) Candidate passing three years degree course in any faculty of any recognized university can be admitted to this course.
 - b) Candidate must have completed the age of 19 years at the time of admission.
1. The examinee shall pay the Examination fee, Tution fee and other fees in every academic year from time to time as prescribed by the college.
 2. An applicant for admission to an examination shall produce a Certificate regarding his/her physical and Medical fitness to undergo tests in skills.
 3. An examinee who is unsuccessful at an examination shall be eligible for appearing to a subsequent examination on payment of examination fee. The marks obtained by such candidate for sessional work, when he appeared for the first time, shall be taken into consideration when he reappears at the same examination.
 4. (i) The scope of the subjects shall be as indicated in the Syllabi.
(ii) The medium of instruction for the examination shall be Marathi, Hindi or English and the question papers shall be set and provided in Marathi, English, and Hindi.
 5. Provisions of Rules relating to the Condonation of Deficiency of Marks for Passing an examination and of Rule relating to Exemptions and Compartment shall apply to the examination as per examination rules.

6. As soon as possible after the examination but not later than 30th June next following the Examination committee shall publish a list of successful examinees arranged in three divisions. The names of examinees passing the examination as a whole in the minimum prescribed period and obtaining the prescribed number of places, in the First or Second Divisions shall be arranged in Order of Merit as provided in the Examinations in General Rule.

SYLLABUS: The Syllabus is designed to fulfill aforesaid objectives containing theory subjects, Practical, practices teaching and field training/ treatment in Yoga camps, projects work, and self- development through assignment.

Scheme of Examination for P.G.D.Y.T. First & Final Year

Part-I Theory : First Year

Sr. No.	Subjects	Sr. No. of Paper	External Marks	Sessional Marks	Total Marks	Min. Pass Marks
1.	Foundation of Yoga	I	80	20	100	40
2.	Basics Relevant to Yoga Therapy	II	80	20	100	40

Part-II : Practical Examination

1	Practical I Yogic Practices	100	30	130	65
2	Practical II Yogic Practices	100	30	130	65

Part-III Project Work

Project Work Report	50	50	100	50
Viva on Project	50	50	100	50

Final Year

Part-I Theory: Second Year

Sr. No.	Subjects	Sr. No. of Paper	External Marks	Sessional Marks	Total Marks	Min. Pass Marks
1.	Integral approach to Yoga Therapy	I	80	20	100	35
2.	Philosophy and Practices in Yoga Therapy	II	80	20	100	35

Part-II : Practical Examination

1	Practical I Therapeutic Yogic Practices	100	30	130	65
2	Practical II Use of Scientific Instruments	100	30	130	65

Part-III Project Work

Project Work Report	50	50	100	50
Viva on Project	50	50	100	50

EXAMINATION

An examinee shall obtain not less than 40% of marks prescribed in each paper and not less than 50% marks in each part of the practical. In order to be successful at the First or the Second year of the P.G.D.Y.T. examination

DISTINCTION AND DIVISION

The distinction and division will be awarded according to the following table :

Distinction	75% and above marks obtained in any theory paper
Distinction	80% and above marks obtained in part II and Part -III practical and practice teaching examination respectively
First Division	60% and above marks obtained in aggregate of all the three parts of examination.
Second Division	45% and above marks obtained in aggregate of all the three parts of examination.
Third Division	Below 45% marks obtained in aggregate of all the three parts of examination.

-----***-----

D. Y. Ed. (One Year)

Diploma in Yoga Education

1. **Objective & Outcomes:** The course aims at
 - a. To train and prepare deserving candidates in the exoteric aspects of Yoga, which deals with the problems of integration of personality as a first step to prepare oneself for the higher esoteric practices.
 - b. The students will also be grounded fairly in the various academic aspects of the subject so that they may find themselves well equipped in these, if they were to go out into the world after the course to undertake teaching work in Yoga.
 - c. To prepare students to undertake higher studies in Yoga.
 - d. To prepare professionals in Yogashastra who can effectively teach at School level.
 2. **Eligibility:** Any Graduate.
 3. **Medium:** Hindi / English / Marathi.
 4. Syllabus prescribed for the Diploma in Yoga Education consists of
 - Part – I Theory
 - Part – II Practical
 - Part – III Practice Teaching
 5. The examination shall consist of three parts namely :
 - Part I : Theory
 - Part II : Practical
 - Part III: Practice Teaching
- A. The examination under Part–I theory, shall be divided into two sections:
- | | |
|------------------------------|-------------------------|
| | Total Marks: 500 |
| Section I: Final Examination | 400 |
| Section II :Sessional work. | 100 |
- In Section I, there shall be five papers of 80 marks each as mentioned below:
- Paper I : Foundations of Yoga.
 - Paper II : Yoga Texts.
 - Paper III : Yoga Methodology.
 - Paper IV : Anatomy and Physiology of Yogic Practices.
 - Paper V : Yoga and Health.
- In Section II : there shall be sessional work of 20 marks each for all the theory papers.
- [Assignments, terminal examinations, attendance and discipline]

- B. The examination under Part - II Practical:** **Total Marks: 300**
 Section I : Asana (50 Marks)
 Section II : Shatkarma (50 Marks)
 Section III : Pranayama and Bandha-Mudra (50 Marks)
 Section IV : Yogic sukshama and sthula Vyayam and suryanamaskara (50 Marks)
 There shall be 100 sessional work of 25 marks for each the sections. **100 Marks**
 [assignments, terminal examinations and record book]

C. The examination under Part – III, practice teaching shall be divided into two
 Parts Internal & External:

Internal Assessment - Ten practice lessons during training
 period of five marks each (50 Marks)

External: One lesson to be conducted at the final examination
 from Yogasana group by the candidate (50 Marks)

6. The scope of the subject shall be as indicated in syllabi.
7. A candidate who fails at the examinations may be permitted to appear at the
 Instant examination as an Ex-Student. The marks obtained by such candidate for
 sessional work at the previous examination will be repeated for consideration.
8. The candidate who fails in papers in Part I or in any Part or Parts may be permitted to
 appear at the subsequent examination as an Ex-Student in the paper or papers of Part I
 and/or in the Parts in which he/she had failed. Provided he/she obtained not less than
 40% in the session in each paper and 50% in practical and Practice teaching. Division
 will be assigned to such a candidate on the basis of marks obtained by him/ her in the
 examination as a whole.
 Provided further that the candidate who fails in any parts of the examination on obthaing
 less than 40% minimum passing marks in theory and 50% in practical & practice
 teaching shall have to appear in the respective parts completely as a whole.
9. For theory the external of examination will be of 80 marks and sessional will be of 20%
 marks practical external will be 200 and sessional will be of 100 and for practice
 teaching the external will be of 100 and sessional marks will be 100 marks
10. A: Successful examinees obtaining 60% or more marks in the aggregate examination as a
 whole, inclusive of all parts of the examinations, namely Theory, Yoga Practicals and
 Practice Teaching, shall be placed in FIRST Division, those obtaining less than 60% but
 not less than 50% marks in the SECOND division and all the successful examinees with
 below 50% Marks in the Third Division.

B: Successful examinees obtaining not less than 75% marks in a paper of the Theory part

of the examination, shall be declared to have passed the examination with distinction in that theory paper, and those obtaining not less than 80% of total marks in Part II & Part III of the examination shall be declared to have pass the examination with distinction in that part/s.

11. Successful examinees shall receive a Diploma in the prescribed format from Sant Gadge Baba Amravati University, Amravati.

SCHEME OF EXAMINATION FOR D.Y.Ed (One Year)

PART – I THEORY

Sr. No.	Paper	Max. Marks Written Exam	Sessional Work	Max. Marks Total	Min. Marks Total
1.	Paper – I Foundations of Yoga	80	20	100	40
2.	Paper – II Yoga Texts	80	20	100	40
3.	Paper – III Yoga Methodology	80	20	100	40
4.	Paper – IV Anatomy & Physiology of Yogic Practices	80	20	100	40
5.	Paper – V Yoga & Health	80	20	100	40

PART – II : PRACTICAL

Sr. No.	External Marks	Sessional	Total	Min. Passing Marks
1	200	100	300	150

PART – III : PRACTICE TEACHING

Sr. No.	External	sessional	Total	Min. Passing Marks
1	50	50	100	50
2	50	50	100	50

EXAMINATION	TOTAL MARKS	MIN. PASSING MARKS
PART - I : THEORY	500	200
PART - II : PRACTICAL	300	150
PART - III : PRACTICE TEACHING	200	100
GRAND TOTAL	1000	450

DISTINCTION AND DIVISION

The distinction and division will be awarded according to the following table :

Distinction	75% and above marks obtained in any theory paper
Distinction	80% and above marks obtained in part II and Part -III practical and practice teaching examination respectively
First Division	60% and above marks obtained in aggregate of all the three parts of examination.
Second Division	45% and above marks obtained in aggregate of all the three parts of examination.
Third Division	Below 45% marks obtained in aggregate of all the three parts of examination.

B. Voc. (Bachelor of Vocational)

(Health Care / Unarmed Security Guard)

4. About Bachelor of Vocational (B. Voc.) Programme:

It has been a long felt necessity to align higher education with the emerging needs of the economy so as to ensure that the graduates of higher education system have adequate knowledge and skills for employment and entrepreneurship. The higher education system has to incorporate the requirements of various industries in its curriculum, in an innovative and flexible manner to produce holistic and well groomed graduates.

Govt. of India and the University Grants Commission (UGC) had launched a scheme on 27 February, 2014 for skills development based higher education as part of college/university education, leading to Bachelor of Vocation (B.Voc.) degree with multiple entry and exit points. The B.Voc. programme is focused on universities and colleges providing undergraduate studies which would also incorporate specific job roles and their National Occupational Standards along with broad based general education. This would enable the graduates completing B. Voc to make a meaningful participation in accelerating India's economy by gaining appropriate employment, becoming entrepreneurs and creating appropriate knowledge.

4.1 Objectives of the programme

- To provide judicious mix of skills relating to a profession and appropriate content of general education.
- To ensure that the students have adequate knowledge and skills, so that they are work ready at each exit point of the programme.
- To provide flexibility to students by means of pre-defined entry and multiple exit points.
- To integrate National Skill Qualification Framework (NSQF) within the undergraduate level of higher education in order to enhance employability of the graduates and meet industry requirements. Such graduates apart from meeting the needs of local and national industry are also expected to be equipped to become part of the global workforce.
- To provide vertical mobility to students coming out of (a) 10+2 with vocational subjects; and (b) Community Colleges.

4.2 Curricular Aspects and Levels of Awards

There can be three types of learners getting admission to first semester of B.Voc. courses under NSQF:

Category – 1 : students who have already acquired NSQF certification Level 4 in a particular industry sector and opted for admission in the B.Voc degree courses under NSQF in same sector for which he / she was previously certified at school level.

Category – 2 : students who have acquired NSQF certification Level 4 but may like to change their sector and may enter in B.Voc course in a different sector.

Category – 3 : students who have passed 10+2 examination with conventional schooling without any background of vocational training.

The institutions develop curriculum and arrange for skill intensive training/teaching for the learners belonging to the category-2 and 3 as above during the first six months who will be assessed and certified for NSQF Level 4 of skill competency by concerned Sector Skill Council (SSC) at the end of first semester. However, learners belonging to category-1 will not require such certification as they were already having NSQF level 4 certificates in same industry sector / job role required for specified skill credits.

All the learners continuing for Diploma courses or further will be treated at par from second semester onwards. Students may exit after six months with a Certificate (NSQF Level 4) or may continue for Diploma or Advanced Diploma or B. Voc Degree level course(s). An academic progression for the students in vocational stream is illustrated below:

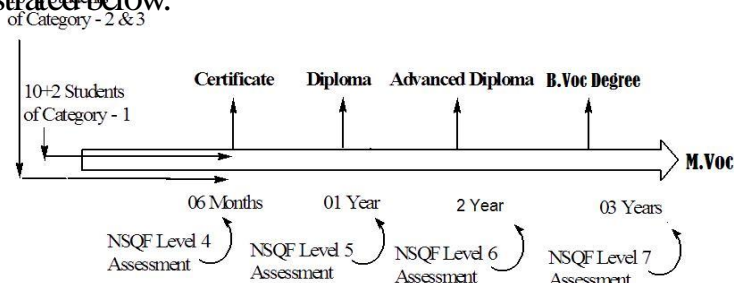


Fig. : Assessment of Skill Component under NSQF in Vocational Courses

As an illustration, awards could be given at each stage as per Table below for cumulative credits awarded to the learners in skill based vocational courses.

TABLE					
NSQF Level	Skill Component Credits	General Education Credits	Total Credits for Award	Normal Duration	Exit Points / Awards
4	18	12	30	One Sem.	Certificate
5	36	24	60	Two Sem.	Diploma
6	72	48	120	Four Sem.	Advanced Diploma
7	108	72	180	Six Sem.	B.Voc Degree

The NSQF Levels in above illustrations indicate that there should be at least one job role at the concerned NSQF Level in the curriculum to be assessed and certified for skill component. The normal training hours for skilling should be proportionate to the weightage for skill credits and an appropriate component of skill training may be imparted as on-site training at actual work place.

The candidates who have acquired vocational Certificate/Diploma or Advanced Diploma from UGC recognized Community Colleges/B.Voc institutions or DDU KAUSHAL Kendras in a specific sector with certified skills on a particular job role will be eligible for admission through lateral entry to next higher level in same sector.

4.3 Assessment:

4.3.1 The Skill component of the course will be assessed and certified by the respective Sector Skill Councils. In case, there is no Sector Skill Council for a specific trade, the assessment may be done by an allied Sector Council or the Industry partner. The certifying bodies may comply with and obtain accreditation from the National Accreditation Board for Certification Bodies (NABCB) set up under Quality Council of India (QCI). Wherever the university/college may deem fit, it may issue a joint certificate for the course(s) with the respective Sector Skill Council(s).

4.3.2 The general education component will be assessed by the concerned university as per the prevailing standards and procedures. The following formula may be used for the credit calculation in general education component of the courses:

- General Education credit refers to a unit by which the course work is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or two hours of practical work/field work per week. Accordingly, one Credit would mean equivalent of 14-15 periods of 60 minutes each or 28 – 30 hrs of workshops / labs.
- For internship / field work, the credit weightage for equivalent hours shall be 50% of that for lectures / tutorials.
- For self-learning, based on e-content or otherwise, the credit weightage for equivalent hours of study shall be 50% of that for lectures / tutorials.

4.3.3 Letter Grades and Grade Points: The UGC recommends a 10-point grading system with the following Letter grades as given below:

Table : Grades and Grade Points

Letter Grade	Grade Point
O (Outstanding)	10
A+ (Excellent)	9
A (Very Good)	8
B+ (Good)	7
B (Above Average)	6
C (Average)	5
P (Pass)	4
F(Fail)	0
Ab (Absent)	0

A student obtaining Grade F shall be considered failed and will be required to reappear in the examination.

4.3.4 Computation of SGPA and CGPA: Following procedure to compute the Semester Grade Point Average (SGPA) and Cumulative Grade Point Average (CGPA) may be adopted:

The SGPA is the ratio of sum of the product of the number of credits with the grade points

scored by a student in all the course components taken by a student and the sum of the number of credits of all the courses undergone by a student in a semester, *i.e*

$$\text{SGPA} (S_i) = \sum(C_i \times G_i) / \sum C_i$$

where 'C_i' is the number of credits of the ith course component and 'G_i' is the grade point scored by the student in the ith course component.

The CGPA is also calculated in the same manner taking into account all the courses undergone by a student over all the semesters of a programme, *i.e*.

$$\text{CGPA} = \sum(C_i \times S_i) / \sum C_i$$

where 'S_i' is the SGPA of the ith semester and C_i is the total number of credits in that semester.

The SGPA and CGPA shall be rounded off to 2 decimal points and reported in the transcripts.

4.2 Certification of Awards:

- 4.3.1 Award of B.Voc degree or Advanced Diploma / Diploma / Certificate as the case may be, would depend on acquisition of requisite credits as prescribed in the guidelines and not on the duration of the calendar time spent in pursuing the course.
- 4.3.2 The certificate for skilling component would be awarded by the Sector Skill Council in terms of NSQF level either singly or jointly with the institution concerned and the general education grades will be certified along with the skill component in terms of certificate/ diploma awarded by the institution.
- 4.3.3 UGC guidelines on Choice Based Credit System (CBCS), and Guidelines on Curricular Aspects, Assessment Criteria and Credit System in Skill based Vocational Courses may be referred for further illustration on computation of SGPA, CGPA *etc.* to confer the awards as above.
- 4.3.4 The students will have the option to exit with a Certificate, Diploma or Advanced Diploma after acquiring requisite no of credits. In case of affiliated colleges, such students may be awarded Certificate, Diploma or Advanced Diploma, as the case may be by the concerned College after a written authorization by the affiliating University.

4.3 Admissions Criteria

- 4.4.1 The minimum educational qualification for admission into B.Voc degree course will be class XII pass or equivalent from any recognized board or university.
- 4.4.2 Equal weightage, at par with other subjects, should be given to vocational subjects at +2 level while considering the students for admission into B.Voc.
- 4.4.3 While deciding criteria for admission into any particular trade, the institutions will consider students having background in relevant stream at 10+2 level. For admission to the skill based vocational courses, preference may be given to the learners living in the local community. Reservation to SC, ST, OBC and PwD categories will be available as per the extant national/State policy. There shall be no age bar for admission in such courses.
- 4.4.4 Admissions may be done twice a year (summer / winter session), to facilitate a steady stream of learners joining the college and moving out as trained work force to the job market.

- 4.4.5 The applicants seeking re-entry into the education and training for further advanced leanings in their field of expertise in particular trade should get preference in admission over the new applicants.

4.5 B. Voc. Programme at DCPE

The **University Grants Commission (UGC), New Delhi**, has granted the Institute two courses under the scheme of Bachelor of Vocational, namely, B. Voc. (Health Care) and B. Voc. (Un-Armed Security Guard) from the session 2015-2016.

4.5.1 B. Voc. (Health Care)

This course is related to Health Care Sector dealing with Alternate Therapy. The course covers treatment of diseases using Yoga and Naturopathy, Massage, Acupressure, Sujok, Herbal Medicine, Magneto Therapy, Auricular Therapy, Physiotherapy, etc.

The purpose of introducing this programme is to prepare the qualified personnel who can understand the philosophy and principles of the science of health care (Alternative therapies) and its application. The students completing this course will acquire knowledge, principles and skills in teaching and practicing Yogashastra, Naturopathy, Physiotherapy, Panchakarma, Acupressure & Su-jok, Magneto Therapy, Auricular Therapy, Herbal Medicine and can apply this knowledge, principles and skills in treating and propagate the healthy lifestyle.

4.5.2 B. Voc. (Un-Armed Security Guard)

This course is related to Security Sector and is aimed at creating security personnel like supervisors, guards, administrators/managers and security officers who are responsible for planning and handling security of premises and properties at organizations like Banks, Hospitals, Malls, Resorts, etc.

The purpose of introducing this programme is to prepare the qualified personnel who can understand the philosophy and principles of Civil Security using modern and traditional aids. The course covers training on Understanding and Planning the Security, Deployment of Manpower and Resources, Manage and Handle Defence, Dealing with Emergencies, Fire Fighting, Map Reading, Yoga, CCTV, Computer proficiency, communication Skills, etc.

4.5.3 The job roles covered and mapping with (NSQF): B. Voc. (Health Care)

Sr. No.	Name of the Sector/ Programme	Semester	Job role Covered	NSQF Level	Remarks
1	B. Voc. (Health Care)	1	➤ Masseur ➤ Exercise Therapy Assistant	4	Certificate (Health Care)
		2	➤ Acupressure and SU-JOK Treatment Provider	5	Diploma (Health Care)
		4	➤ Acupressure, SU-JOK and Auriculotherapy Treatment Provider ➤ Yoga Instructor ➤ Panchakarma Assistant	6	Advanced Diploma (Health Care)
		6	➤ Yoga Instructor/Yoga Teacher/Yoga Therapist ➤ Can start own Alternative Therapy center and act as a job provider	7	B. Voc. (Health Care)

B. Voc. (Un-Armed Security Guard)

Sr. No.	Name of the Sector/ Programme	Semester	Job role Covered	NSQF Level	Remarks
1	B. Voc. (Unarmed Security Guard)	1	Security guards	4	Certificate (Unarmed Security Guard)
		2	➤ Security Supervisors ➤ CCTV Supervisors	5	Diploma (Unarmed Security Guard)
		4	➤ Security Executive ➤ Security Head ➤ Assistant Security Officer	6	Advanced Diploma (Unarmed Security Guard)
		6	➤ Security Administrator/Manager ➤ Security Officer	7	B. Voc. (Unarmed Security Guard)

5. Rules of Conduct and Discipline

- The College maintains strict discipline and expects rules to be followed by every student, in the college campus and outside. Students must obey the instructions of the Principal. Students found violating the rules of the college administration or behaving in an undisciplined manner will have their names removed from the college rolls. It will be

presumed on admission that the students concerned and their parents and/or guardians have read and concurred with these rules.

- Attendance: As per the University rules, every student is required to attend 80% of the lectures (Theory and Practical taken together). The student having an attendance below 80% will not be permitted to appear for the final examination. The students remaining absent without genuine reasons will have to pay a fine as decided by the college.
- Identity Card : Every student must purchase a blank identity card from the office. The student has to affix his/her passport size photograph on it, and fill the appropriate information asked therein, get it countersigned by a clerk and then attested by the Principal. It is essential for every college's student to bear the Identity card with him/her while in the college premises so that he/she is able to produce it on being asked to.
- Students should make careful use of college books, room furniture, fans, laboratory equipment and the college property, in general. The cost of any damage done would be recoverable from the students either individually or collectively as the case may be.
- Students are prohibited from forming associations/organizations and from holding functions in the college without the prior permission of the Principal. Students are prohibited from organizing, welcome, farewell and other such functions, outside college premises. Violation of rules will lead severe disciplinary action. The Principal's decision in all matters of admission, administration and enforcement of discipline is final. General rules and other important instructions in this prospectus shall be final and binding on all.
- Use of Mobile in campus and hostel is strictly prohibited.
 - Motto of Institute is "Aage Badho – Sabse Aage Badho".

5. Action Against Ragging:

Maharashtra Prohibition of Ragging Act 1999 and its amendments which may be published from time to time. The Act is in effect from 15th May, 1999 has the following provisions for Action against Ragging

- a. Ragging within or outside of any educational institution is prohibited,
- b. Whosoever directly or indirectly commits, participates in, abets, or propagates ragging within or outside any educational institution shall, on conviction, be punished with imprisonment for a term up to 2 years and / or penalty, which may extend to ten thousand rupees.
- c. Any student convicted of an offence of ragging shall be dismissed from the educational institution and such student shall not be admitted in any other educational institution for a period of five years from the date of order of such dismissal.
- d. Whenever any student or, as the case may be, the parent or guardian or a teacher of an educational institution complains, in writing, of ragging to the head of the educational institution, the head of the educational institution shall, without prejudice to the foregoing provisions, within seven days of the receipt of the complaint, enquire into them attementioned in the complaint and if, prima facie, it is found true, suspend the student who is accused of the offence, and shall, immediately forward the complaint to the police station having jurisdiction over there a in which the educational institution is situated, for further action. Where, on enquiry by the head of the educational institution, it is found that there is no substance, prima facie, in the complaint received, he / she shall intimate the fact, in

writing, to the complainant. The decision of the head of the educational institution shall be final.

- e. If the Head of the educational institution fails or neglects to act in the manner specified in section “d” above when a complaint of ragging is made, such person shall be deemed to have abetted the offence and shall, on conviction, be punished as provided for in section “b” above.

6. Prohibition of Capitation Fee Act, 1987 (Government of Maharashtra)

Workload of B. Voc. (Health Care) Subjects

Semester -I	Semester -II	Semester -III
Foundations & Principles of Yoga-I	Foundations & Principles of Yoga-II	Yoga & Health
English	Personality Development	Computer Proficiency
Human Anatomy	Human Physiology	Magnet Therapy
Massage & Acupressure	Acupressure & Su-Jok	Fitness Management
Health Education-I	Health Education-II	Panchakarma

Workload of B. Voc. (Health Care) Subjects

Semester -IV	Semester -V	Semester –VI (Any One Project & Internship)
Applied Yoga	Yoga Therapy	Yoga
Internet & its Application	Env. Edu.	Panchkarma
Chromo Therapy	Kashay Kalpana	Health Club Management
Health Club Management	Adv. Prac. Of Health Club Management	Massage & Acupressure
Panchakarma and it's Application	Hydrotherapy	

H.V.P.Mandal's
Institute of Yoga & Naturopathy, Amravati – 444605 (Maharashtra) India
Diploma In Naturopathy & Yogic Sciences

Affiliated by Akhil Bhartiya Prakritik Chikitsa Parishad, New Delhi- India

1. Purpose: - Different educational programmes are designed with the aim of disseminating the scientific knowledge of Nature Cure & Yoga Therapy. Akhil Bhartiya Prakritik Chikitsa Parishad (CABPCD) based at Delhi is registered body. It plans to promote Nature Cure & Yoga all over the world for better health and longevity. In order to translate this into action an educational programme is run as detailed in subsequent paragraphs. This Institute run DNYS programme under the supervision of ABPCP.

2. Medium of Instruction & Examination : Hindi/ English

3. Course Offered : Diploma in Naturopathy & Yogic Science (DNYS)

Duration: Three and Half Years including six month's House Job.

Eligibility: - Senior Secondary (10+2) or Intermediate.

Medical Graduates (M.B.B.S., M.D., B.A.M.S. / B.U.M.S., B.D.S., B. Pharma or Nursing degree) recognized by Govt. & Registered with the respective medical councils are eligible to enroll directly for the DNYS second year course.

4. Admission Procedure:- A Physically & Mentally fit candidate who has attained the age of 18 years having the required qualifications shall submit the prescribed admission form, obtainable from the office on cash payment of rupees fifty (Rs.50/-) or Rupees Hundred (Rs.100/-) by post on cash payment well in advance before the commencement of the course. Application form duly filled in and completed must be accompanied with necessary documents. (Attested copies of marksheet & T.C.)

Admission to this course is granted two times in a year (i) January & (ii) July. Students admitted to the centre in January will undergo academic session from January to January (next year), those seeking admission in July will have the session from July to July next.

5. Method of Teaching: - Since it is basically distant education course it will have no regular classes and students are expected to adopt self study system. However tutors will be available at the centre on every Saturday and Sunday for solving difficulties of the students. Teaching will also be available on-line

(E-mail ID 1. labde_s@rediffmail.com 2. drpatilsd@rediffmail.com

3. sunlabde.2011@gmail.com)

6. Examination form:- Each enrolled candidate shall be required to submit the duly filled in examination form (available from the office only) along with prescribed fee. Last date for submission of examination form for June examination is 31 st January & 31 st July for December examination. The form can be submitted in the office with a late fee of Rs. 100/- (One Hundred) up to 45 days before the examination. Form received after the last date shall be kept in pending for the next session.

7. Examination Details :- (a) the candidate is bound to appear in this examination from the centre only.

Written Exam.	Session	
	Morning	Afternoon
Ist Day	-----	2.00 to 5.00 pm
IInd Day	9.00 to 12.00	2.00 to 5.00 pm

(b) Viva, Practical & Sessional/ Project works is a compulsory part of the examination. Candidates who do not clear Viva, Practical & Sessional/Project Work, shall be declared unsuccessful into the relevant examination. Viva Practical and sessional/Project work is of 100 marks.

8. Minimum pass marks for each & paper, Viva practical examination is 40% (IIIrd division), 50% (IInd division). A candidate who secures 60% or more marks, will be declared first division.

9. An unsuccessful candidate can appear in next full examination. He /She will have to submit fresh application form along with the required examination fee.

There shall be two written paper of 100-100 Marks, 60 Marks viva, 20 Marks Practical work and 20 Marks for Project sessional work in each of DNYS annual examination.

(10) Fee Schedule (For June & Dec. Session)

DNYS Ist Year Examination Fee	4200/-
DNYS IInd Year Examination Fee	4400/-
DNYS IIIrd Year Examination Fee	4600/-
Duplicate Marksheet Fee	200/-
Parishad Prabha (Subscription Compulsory)	100/-

Fee deposited once shall not be refunded.

Certificate of Examination :- The Parishad will issues the certificate only after the passing examinations according to its schedule. A candidate after passing the DNYS Final year examination will have to undertake 6 months regular practical house job in the centers recognized by the Parishad. After the completion of this training the candidate has to apply for the certificate on the prescribed form duly filled with necessary documents. On submission of the application form along with one hundred rupees (Rs. 100/-) certificate fee can get it after successful interview & oath for good conduct.

11. Special Remarks :- Trained candidates will be responsible for their illegal activities. Parishad's decision to change the rules and regulations shall be final. Jurisdiction area will be with in Delhi Territory.

----- #### -----

Certificate Course in Yoga Education (C.Y.Ed.)

(Three Months Duration)

Part Time Course

1. Aim & Objective:

The certificate a in Yoga is aimed at fulfilling the need of trained personnel who can understand the basic principle of Yoga and can apply this knowledge, principles & skills in preservation and protection of health of general public and children.

2. Eligibility:

Higher secondary any discipline

3. Course Fee: Rs. 4000/-

4. Duration:

The duration of course will be three month. To be completed as: part time course.

5. Medium:

Hindi/English/Marathi.

6. Syllabus prescribed for the certificate in Yoga consists of Part – I Theory; Part – II Yoga Practical.

7. The Examination shall consist of the following two parts namely:

Part I: Theory

6.1 In Section I, there shall be two papers of 100 marks each as mentioned below:

Paper – I: General Anatomy & Physiology of Yogic Practices.

Paper – II: Schools of Yoga & Teaching Methods for Yogic Practices.

Pattern of Question paper on the Unit system

The pattern of question paper as per unit system will be broadly based on the following pattern:

a. Syllabus has been divided into units equal to the number of questions to be answered in the paper. On each unit there will be a question either a long answer type or a short answer type.

b. Number of questions will be in accordance with the unit prescribed in the syllabi for each paper i.e. there will be one question on each unit.

c. For every question Long answer type or short answer type.

d. Each short answer type question shall contain 4 to 8 sub questions with no internal choice.

6.3 In Section II, two assignments of 10 marks each will be give under each paper during the course of training. Thus the assignments in the sessional work of each paper will be of 20 marks, the total of two papers being 40 marks.

6.4 The examination under Part – II Yoga Practicals shall be divided in to three sections.

Section I: Asanas

50 Marks

Section II: Shatkarma

20 Marks

Section III: Pranayama, Bandhas & Mudras

20 Marks

Degree College of Physical Education, Autonomous College

Established by: Shree Hanuman Vyayam Prasarak Mandal,
Hanuman Vyayam Nagar, Amravati -444605 (Maharashtra)

Certificate of Physical & Medical Fitness for Admission

- 1 Name :-----
- 2 Age :-----
- 3 Height :----- Cms 4. Weight :----- Kg.
- 5 Health : Good / Fair / Poor
- 6 Previous fracture or injury, if any -----

- 7 Heart
 - i) Resting heart-rate -----
 - ii) Heart- rate after 10 full Squats -----
 - iii) Time to return to normal -----

- 8 Blood Pressure
 - i) Systolic -----
 - ii) Diastolic -----
 - iii) Pulse -----
- 9 Blood Group -----
- 10 Lungs -----
- 11 Liver -----
- 12 Spleen -----

13 Gland -----

14 Hernia -----

15 Ear -----

16 Nose -----

17 Throat -----

18 Eyes -----

19 Power of glass, if any -----

20 Special remarks -----

I certify that I have carefully examined Shri / Smt. / Ku. -----

And I am satisfied that he / she is fit for undergoing a training that involves a strenuous physical activities and competitive sports.

Place :

Signature : -----

Date :

Reg. No. -----

Full Address -----



Shree H.V.P. Mandal's
Degree College of Physical Education
 An Autonomous College,
 Affiliated to Sant Gadge Baba Amravati University, Amravati

DECLARATION / UNDERTAKING FROM THE STUDENT

I, Mr. / Miss _____ admitted to the
 Course _____ Class _____ for the Academic year 20____ - 20____
 in Degree College of Physical Education, do hereby undertake and abide by the following
 terms:

1. **I, hereby, promise to abide by the enforced rules and regulations**, concerning discipline, attendance, etc. of the College. I acknowledge that, the College has the authority for taking punitive actions against me for violation and/or non-compliance of the same.
2. **I will pay tuition fees, examination fees and any other dues** within the stipulated time as required by the Institute authorities, failing to which I would not be permitted to attend the classes or exams.
3. I, understand that, **75% attendance is compulsory** and I commit myself to adhere to the same. I also understand, in case my attendance falls short, for any reason, the competent authority of the College may take punitive action against me.
4. I, hereby declare that, **I will neither join in any coercive or violent agitation/strike** for the purpose of forcing the authorities of the College to solve any problem, nor I will participate in any activity which has a tendency to disturb the peace and tranquility of life of the College campus, outside campus and/or its Hostel premises. I acknowledge that, the College has the authority for taking punitive actions against me for violation and/or non-compliance of the same.
5. I, hereby declare that, **I shall be solely responsible for my involvement in any kind of immoral, illegal or criminal activities** inside and outside the campus, and shall be liable for punishment as per the law of the land. I, further understand that, the College shall in no way provide any support to me and will not be held responsible for my any such action.

6. I, hereby declare that, **neither I will indulge in, nor tolerate Ragging, in any form**, even in words or intentions. I am fully aware that involving in Ragging is an offence and punishable as per College rules/Law.
7. **I will not bring Mobile Phone to the classes on the ground, campus and during examinations.** I am fully aware that bringing mobile phone to the classrooms and examination is punishable as per College rules/Law.
8. **I will not use Mobile phones/Video Camera/Camera/ any other devices to capture any event and upload on social sites** which may cause any disturbance to College, Society or an Individual by any means. I am aware that if I indulge in these types of activities, College can take serious actions against me.
9. I, also declare that, **I am not suffering from any serious/contagious ailment and/or any psychiatric/psychological disorder.**
10. I know the **College Authority reserves the right to initiate any action/punishment including expelling from College** on my involvement in any activity which leads to any disturbance to College, Society or an Individual by any means.
11. The **College shall not be held responsible for any unwanted incidence** during sanctioned leave/onward journey towards home or any other destination in which College is not involved.
12. I, further declare that, my admission may be cancelled, at any stage, if I am found ineligible and/or the information provided by me are found to be incorrect.

DECLARATION FROM STUDENT

I have gone through carefully the terms of the above undertaking and understand that following these are for my own benefit and improvement. I also understand that if I shall fail to comply with these terms, will be liable to suitable action as per the College/University rules and law. I undertake that I will strictly follow the above terms.

Date:

Signature of Student:

Address:

Mobile No.(Student) :

Mobile No.(Parent) :

Degree College of Physical Education
 (Affiliated to S.G.B.Amravati University and recognized by N.C.T.E., U.G.C. & A.I.C.T.E. New Delhi)
 (Multi Faculty Autonomous College)
Established by Shree Hanuman Vyayam Prasarak Mandal
 Hanuman Vyayam Nagar, Amravati-444605 (Maharashtra)

Application form for Admission to

	B. Voc. (Health Care)	Semester	I / II / III / IV / V / VI	
	B. Voc. (USG)	Semester	I / II / III / IV / V / VI	
	M.A. (Yogashastra)	Semester	I / II / III / IV	
	B.A. (Yogashastra)	Semester	I / II / III / IV / V / VI	
		Annual	Final Yr.	
	D.Y.Ed.	Annual	One Year	
	P.G.D.Y.T.	Annual	First Yr.	Final Yr.

To,
The Principal
 Degree College of Physical Education
 AMRAVATI

Paste recent
 Photograph
 3x4 cm
 Don't Pin

Sir,

I hereby apply for admission to your college for _____ Course.
 My Medical certificate and other necessary testimonials are enclosed herewith.

My Particulars are as follows:

1. Full Name is capital Letters: _____
 (As per qualifying Exam Marks list)
 Sex: M ☐ F ☐ Date of Birth -----
 Age as on 1st July ----- Years

Category to which you belong:

SC	ST	NT	DNT	OBC	SBC	OPEN
----	----	----	-----	-----	-----	------

2. Full Name of Father in capital letters: _____
 Full Name of Mother in capital letters: _____
 Full Name of Guardian in capital letters: _____
 (only if parents are not alive)
3. Occupation of Parent / Guardian: _____
4. Permanent Address of Parent / Guardian : _____

Mobile No. _____ Phone _____ Pin _____
 Aadhar No. _____ Email _____

5. Nationality: Indian / Foreigner / NRI _____
6. Details of Qualifying Examination:
 Name of the qualifying examination passed: _____

- Subject offered: 1. _____ 2. _____ 3. _____
 4. _____ 5. _____ 6. _____
7. Name of the Board / University: _____
8. Date, Month and Year of passing qualifying examination: Date: ___ Month ___ Year _____
9. Marks Obtained in: Part-I _____ Out of _____ Part- II _____ Out of _____
 Part- III _____ Out of _____ Total Marks _____ Out of _____
 Contage of Marks: _____ %
10. Name and address of the School / College last attended : _____

11. Private or Deputed: _____ If Deputed then by whom: _____
12. Desires to reside in the Hostel: Yes / No _____
13. Participation in games and Sports: i) School level _____
 (please write the name of game / sport)
 ii) District Level _____
 iii) Inter-Collegiate level _____
 iv) State level _____
 v) Interstate level _____
14. Extra Curricular Activities: i) N.C.C. Yes / No If yes then certificate obtained A / B / C
 ii) N.S.S.: Yes / No
 iii) Career Oriented Course Yes / No
 if yes then name of the course _____
 iv) Course in adventure Sports : Yes / No _____
 if yes then name of the course _____
15. Whether involved in any criminal case or indisciplinary action in school / college : Yes / No
16. Compulsory Subject 1) _____ 2) _____ 3) _____
 Optional Subject 1) _____ 2) _____
17. I hereby solemnly declare that all given information in the Application are true. If selected, I will submit all the required documents in Original at the time of admission.

Date: ___ / ___ / 20

Place: _____

 Signature of the Applicant

Enclosures: The application must be accompanied by Attested of the following

(Please Tick the attached enclosures)

- i) Medical Certificate (By Registered Doctor)
- ii) Certificate with Date of Birth
- iii) Board / University / Certificate with all marks lists of I, II, III yr. of qualifying examination.
- iv) School / College Leaving Certificate
- v) Character Certificate
- vi) Certificates of Games & Sports Participation
- vii) Caste Certificate
- viii) Gap Certificate if education was discontinued
- ix) In case of an employee "No Objection Certificate"
- x) Two self addressed envelopes of 23 x 10 cm. Size.