

# **Mahakaushal University, Jabalpur (M.P.)**



## **Scheme**

**For**

**B.A. with Research/honors**

**Yogic Science**

**2022-23**

**Duration of Course: 4 Years**

**Examination Mode: Semester**

**Examination System: CBCS**

**Mahakaushal University**  
**Village-Aithakheda, Mukunwara Road, Post- Tilwara Jabalpur (M.P.) 482003**



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## Major/Minor

| Course Code | Category | Paper                                         | Credits |
|-------------|----------|-----------------------------------------------|---------|
| BBSY101T    | Major    | Foundations and Practices of Hatha Yoga       | 4       |
| BBSY101P    | Major    | Shatkarmas & Basic Yoga                       | 2       |
| BBSY102T    | Minor    | Basic Concepts of Yoga                        | 4       |
| BBSY102P    | Minor    | Vyayama and Surya Namaskara                   | 2       |
| BBSY201T    | Major    | Introduction to Upanishads                    | 4       |
| BBSY201P    | Major    | Basic Naturopathy Lab                         | 2       |
| BBSY202T    | Minor    | Human Anatomy and Physiology-I                | 4       |
| BBSY202P    | Minor    | Human Anatomy and Physiology-I Lab            | 2       |
| BBSY301T    | Major    | Patanjali Yoga Sutra                          | 4       |
| BBSY301P    | Major    | Yogic and Meditation Lab                      | 2       |
| BBSY302T    | Minor    | Human Anatomy & Physiology-II                 | 4       |
| BBSY302P    | Minor    | Human Anatomy and Physiology-II Lab           | 2       |
| BBSY401T    | Major    | Introduction to Bhagavad Gita                 | 4       |
| BBSY401P    | Major    | Bandha & Mudras, Pranayama and Meditation Lab | 2       |
| BBSY402T    | Minor    | Yoga and Holistic Health                      | 4       |
| BBSY402P    | Minor    | Yogasana-I Lab                                | 2       |
| BBSY501T    | Major    | Methods of Teaching Yoga                      | 4       |
| BBSY501P    | Major    | Teaching Practice Lab                         | 2       |
| BBSY601T    | Major    | Four Streams of Yoga                          | 4       |
| BBSY601P    | Major    | Yogasana-II Lab                               | 2       |
| BBSY701T    | Major    | Yoga and Human Consciousness                  | 4       |
| BBSY701P    | Major    | Yogic Psychology Lab                          | 2       |
| BBSY702T    | Minor    | Basis of Yoga Therapy                         | 4       |
| BBSY801T    | Major    | Yoga and Human Values                         | 4       |
| BBSY801P    | Major    | Yoga Case Study                               | 2       |
| BBSY802T    | Minor    | Yoga Philosophy                               | 4       |

## Department Specific Elective

|             |     |                              |   |
|-------------|-----|------------------------------|---|
| BBSY101D-I  | DSE | Introduction to Ayurveda     | 4 |
| BBSY101D-II | DSE | Basic of Indian Culture      | 4 |
| BBSY102D-I  | DSE | Fundamentals of Biochemistry | 4 |
| BBSY102D-II | DSE | Fundamentals of Naturopathy  | 4 |
| BBSY103D-I  | DSE | Yoga Psychology              | 4 |
| BBSY103D-II | DSE | Introduction to AYUSH        | 4 |
| BBSY104D-I  | DSE | Health and Yogic Hygiene     | 4 |
| BBSY104D-II | DSE | Yoga and Stress Management   | 4 |

**Skill Enhancement Course (Skill Based) (Any Two)**

| Course Code | Category | Paper                  | Credits |
|-------------|----------|------------------------|---------|
| BBSY101SB   | SEC-SB   | Yoga & Mental Health   | 4       |
| BBSY102SB   | SEC-SB   | Yogic Diet & Nutrition | 4       |
| BBSY103SB   | SEC-SB   | Fitness & Yoga Trainer | 4       |
| BBSY104SB   | SEC-SB   | Yoga & Acupuncture     | 4       |
| BBSY105SB   | SEC-SB   | Yoga Therapy           | 4       |

**Open Elective Compulsory Course/ Generic Elective Compulsory Course**

| Course Code | Category | Paper                                       | Credits |
|-------------|----------|---------------------------------------------|---------|
| OECC101-I   | OEC      | Fundamentals of Computer                    | 4       |
| OECC101-II  | OEC      | Environmental Studies                       | 4       |
| OECC102-I   | OEC      | Entrepreneurship                            | 4       |
| OECC102-II  | OEC      | Principle of Management                     | 4       |
| OECC103-I   | OEC      | Nutrition and Fitness                       | 4       |
| OECC103-II  | OEC      | Current Concerns in Public Health Nutrition | 4       |
| OECC104-I   | OEC      | Travel and Tourism                          | 4       |
| OECC104-II  | OEC      | Tourism Operation Software Skills           | 4       |

**Ability Enhancement Compulsory Course**

| Course Code | Category | Paper               | Credits |
|-------------|----------|---------------------|---------|
| AECC101     | AECC     | English Language-I  | 4       |
| AECC102     | AECC     | English Language-II | 4       |

**Skill Enhancement Course (Value Based) (Any One)**

| Course Code | Category | Paper                         | Credits |
|-------------|----------|-------------------------------|---------|
| SECVB101    | SEC-VB   | Constitution of India         | 4       |
| SECVB102    | SEC-VB   | Yoga in Life                  | 4       |
| SECVB103    | SEC-VB   | National Service Scheme (NSS) | 4       |
| SECVB104    | SEC-VB   | Health & Wellness             | 4       |
| SECVB105    | SEC-VB   | Sports                        | 4       |



## Field Work

| Course Code | Category | Paper/Description                                                                                                                                                                                                                                              | Credits |
|-------------|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| BFWF-501    | FW       | Field work is the process of observing and collecting data about people, cultures, and natural environments.                                                                                                                                                   | 6       |
| BFWI-601    | FW       | The aim of the internship provides a direction to the activities, helps to focus on a result, and to assess the result achieved.                                                                                                                               | 6       |
| BFWP-701    | FW       | The objective of the minor project is to provide an opportunity for students to undertake short research training outside the classroom to solve real-world issues.                                                                                            | 6       |
| BFWR-801    | FW       | Project objectives describe the desired outcome of a project, which is often a tangible object. It's beneficial to create objectives for your project because creating a specific goal for you helps everyone know what they're supposed to be working toward. | 10      |

### Credit Distribution

| SEMESTER SYSTEM |                     |                                                 |      |    |    | Credits Required |             |      |              |    |                 |
|-----------------|---------------------|-------------------------------------------------|------|----|----|------------------|-------------|------|--------------|----|-----------------|
|                 |                     |                                                 | Sem  | MJ | MI | DSE              | GEC/<br>OEC | AECC | SEC<br>SB/VB | FW | Total<br>Credit |
| Level 5         | Certificate         | 1 <sup>st</sup> Year Pass<br>(Sem I+Sem II)     | I    | 6  | 6  |                  | 4           | 4    |              |    | 20              |
|                 |                     |                                                 | II   | 6  | 6  |                  | 4           | 4    |              |    | 20              |
| Level 6         | Diploma             | 2 <sup>nd</sup> Year Pass<br>(Sem III+Sem IV)   | III  | 6  | 6  |                  | 4           |      | 4            |    | 20              |
|                 |                     |                                                 | IV   | 6  | 6  |                  | 4           |      | 4            |    | 20              |
| Level 7         | Degree              | 3 <sup>rd</sup> Year Pass<br>(Sem V+Sem VI)     | V    | 6  |    | 4                |             |      | 4            | 6  | 20              |
|                 |                     |                                                 | VI   | 6  |    | 8                |             |      |              | 6  | 20              |
| Level 8         | Honors/<br>Research | 4 <sup>th</sup> Year Pass<br>(Sem VII+Sem VIII) | VII  | 6  | 4  | 4                |             |      |              | 6  | 20              |
|                 |                     |                                                 | VIII | 6  | 4  |                  |             |      |              | 10 | 20              |
|                 | Total Credit        |                                                 |      | 48 | 32 | 16               | 16          | 8    | 12           | 28 | 160             |

| SEMESTER SYSTEM     |                     |                           |           |           | Credits Required |             |          |              |           |                 |
|---------------------|---------------------|---------------------------|-----------|-----------|------------------|-------------|----------|--------------|-----------|-----------------|
|                     |                     |                           | MJ        | MI        | DSE              | GEC/<br>OEC | AECC     | SEC<br>SB/VB | FW        | Total<br>Credit |
| Level 5             | Certificate         | 1 <sup>st</sup> Year Pass | 12        | 12        |                  | 8           | 8        |              |           | 40              |
| Level 6             | Diploma             | 2 <sup>nd</sup> Year Pass | 12        | 12        |                  | 8           |          | 8            |           | 40              |
| Level 7             | Degree              | 3 <sup>rd</sup> Year Pass | 12        |           | 12               |             |          | 4            | 12        | 40              |
| Level 8             | Honors/<br>Research | 4 <sup>th</sup> Year Pass | 12        | 8         | 4                |             |          |              | 16        | 40              |
| <b>Total Credit</b> |                     |                           | <b>48</b> | <b>32</b> | <b>16</b>        | <b>16</b>   | <b>8</b> | <b>12</b>    | <b>28</b> | <b>160</b>      |

#### For Regular Students Course Duration:

|                                            |         |
|--------------------------------------------|---------|
| Min. Years for Completing UG Degree        | 3 Years |
| Min Years for Completing UG (Hons.) Degree | 4 Years |
| Maximum Years for Completing UG Degree     | 6 Years |
| Max Years for Completing UG (Hons.) Degree | 8 Years |

| Faculty of Yoga          |               |                 |                           |                                          |             |              |             |                                   |                  |
|--------------------------|---------------|-----------------|---------------------------|------------------------------------------|-------------|--------------|-------------|-----------------------------------|------------------|
| Yogic Science            |               |                 |                           |                                          |             |              |             |                                   |                  |
| Sem                      | Major         | Minor           | DSE                       | Open<br>Elective/<br>Generic<br>Elective | AECC        | SEC          |             | FW                                | Total<br>Credits |
|                          |               |                 |                           |                                          |             | Skill Based  | Value Based |                                   |                  |
| 1                        | MJ-I (4+2)    | MN-I (4+2)      |                           | OEC-I (4)                                | AECC-I (4)  |              |             |                                   | 20               |
| 2                        | MJ-II (4+2)   | MN-II<br>(4+2)  |                           | OEC-II (4)                               | AECC-II (4) |              |             |                                   | 20               |
| 3                        | MJ-III (4+2)  | MN-III<br>(4+2) |                           | OEC-III (4)                              |             | SECSB-I (4)  |             |                                   | 20               |
| 4                        | MJ-IV (4+2)   | MN-IV<br>(4+2)  |                           | OEC-IV (4)                               |             | SECSB-II (4) |             |                                   | 20               |
| 5                        | MJ-V (4+2)    |                 | DSE-I (4)                 |                                          |             |              | SECVB (4)   | Field Work<br>(6)                 | 20               |
| 6                        | MJ-VI (4+2)   |                 | DSE-II (4)<br>DSE-III (4) |                                          |             |              |             | Internship<br>(6)                 | 20               |
| 7                        | MJ-VII (4+2)  | MN-V (4)        | DSE-IV (4)                |                                          |             |              |             | Minor<br>Project (6)              | 20               |
| 8                        | MJ-VIII (4+2) | MN-VI (4)       |                           |                                          |             |              |             | Major<br>Research<br>Project (10) | 20               |
| <b>Total<br/>Credits</b> | <b>48</b>     | <b>32</b>       | <b>16</b>                 | <b>16</b>                                | <b>8</b>    | <b>8</b>     | <b>4</b>    | <b>28</b>                         | <b>160</b>       |