



UNDERGRADUATE DEGREE PROGRAMME

B.Sc. (Yoga)

Regulation & Syllabus

2020

*Expanding the boundaries of Education
to make the most Amazing Learning Possible...*



Preamble

The Department of Yoga under JSS Academy of Higher Education and Research (AHER) offers undergraduate and postgraduate program and under the UGC-Choice Based Credit System (CBCS) pattern. The CBCS pattern offers a platform for interdisciplinary learning among our students. This pattern provides choice for students to select from the prescribed courses (core, elective, allied & soft skills). Under this CBCS, the requirement for awarding a degree is prescribed in terms of number of credits to be completed by the students. The courses offered has a mandate to coordinate the UGC regulations in a manner that uniform quality control regulations and procedures are strictly adhered to and high academic standards are maintained, in addition to providing our students with high quality academic, ICT, other support services.

The Semester Grade Point Average (SGPA) is measured as performance of work done by the student in a semester. The Cumulative Grade Point Average (CGPA) is measured as cumulative performance of a student in all semesters in the courses taken by the student.

The mission of the undergraduate and postgraduate studies offered at Department of Yoga is to promote excellence amongst our undergraduate and postgraduate students through responsive teaching, research and supervision.

The main objective of the courses offered at Department of Yoga is interdisciplinary in nature that enables over all student development and enhanced learning experience. Each course paper provides hands-on-experience that translates theory to practical. The curriculum is supported with Education trips and other extension and extracurricular activities wherever required.

The students are encouraged to undergo and acquire scientific knowledge by frequently participating in different subject related workshops, conferences, research activities with inter and multidisciplinary collaborative research groups.

UNDERGRADUATE PROGRAMME REGULATIONS

1. Title and Commencement

These regulations shall be called as “The Regulations for the **B.Sc. (Yoga)** Degree Program – 2020-2021 of the JSS AHER, Mysore”. They shall come into effect from the Academic Year 2020-2021. The regulations framed are subject to modifications from time to time by the authorities of the JSS AHER.

2. Minimum qualification for admission

Candidate shall have passed 10+2 examination conducted by the respective state/central government authorities recognized as equivalent to 10+2 examination with English as one of the subjects and Physics, Chemistry, Mathematics (P.C.M) and Biology (P.C.B / P.C.M.B.) OR 10+2 (Arts or Commerce) examination passed with certificate of Diploma in Science.

3. Duration of the program

The course of study for BSc (Yoga) shall be minimum period of six semesters (three academic years) and maximum period of 12 semesters (6 academic years) for completion of a BSc Yoga course. The curriculum and syllabus for the program shall be prescribed from time to time by JSS AHER, Mysore.

4. Medium of instruction and examinations

Medium of instruction and examination shall be in English.

5. Working days in each semester:

There are two semesters in a year. Each semester shall consist of not less than 90 working days.

6. Attendance and progress

No candidate who has put in less than 75% of the full attendance for the course shall be permitted to take the semester examination of the course concerned. The candidate shall complete the prescribed course satisfactorily to be eligible to appear for the respective examinations.

7. Program/Course credit structure:

As per the philosophy of Choice Based Credit System (CBCS), quantum of academic work viz. theory classes, practical classes, etc. are measured in terms of credits. On satisfactory completion of the courses, a candidate earns credits. The amount of credit associated with a course is dependent upon the number of hours of instruction per week in that course. Similarly, the credit associated with any of the other academic, co/extra-curricular activities is dependent upon the quantum of work expected to be put in for each of these activities per week.

8. Semesters:

The semester that begins in July (July to December) is known as Odd Semester and the semester that begins in December (January to June) is known as Even Semester.

9. Curriculum:

Department of Yoga has a prescribed course structure, which in general terms is known as Curriculum/Course of Study/Programme. It prescribes papers/courses to be studied in each semester. This includes all the curricula and course contents. Except for the language curricula, for all other curricula the medium of the instruction, examination, seminar, and project work should be in English.

10. Credit assignment:

10.1 Theory and Laboratory courses:

Courses are broadly classified as Theory and Practical. Theory courses consist of lecture (L) and Practical (P) courses consist of hours spent in the laboratory/ yoga practical. Credits (C) for a course is dependent on the number of hours of instruction per week in that course and is obtained by using a multiplier of one (1) for lecture and a multiplier of half (1/2) for practical (laboratory) hours. Thus, for example, a theory course having four lectures per week throughout the semester carries a credit of 4. Similarly, a practical having two laboratory hours per week throughout semester carries a credit of 1.

10.2 Minimum credit requirements

The minimum credit points required for award of a BSc (Yoga) degree by JSS AHER, Mysore is 140. These credits are divided into Theory courses and Practical over the duration of six semesters. The credits are distributed semester-wise as shown in Table VII. Courses generally progress in sequences, building competencies and their positioning indicates certain academic maturity on the part of the learners. Learners are expected to follow the semester-wise schedule of courses given in the syllabus.

11. Academic work

A regular record of attendance both in Theory and Practical shall be maintained by the teaching staff of respective courses.

12. Course of study:

The course of study for BSc (Yoga) shall include Semester wise Theory & Practical

Table – VII: Semester wise credits distribution

Sl. No.	Semester	Credit Points
1	First	21
2	Second	24
3	Third	25
4	Fourth	23
5	Fifth	23
6	Sixth	24
7	Extracurricular/ Co-curricular activities: Presenting at National/International Conferences, Yoga competition participation etc.	02*
	Total	140

* The credit points assigned for extracurricular and or co-curricular activities shall be given by the HOD and the same shall be submitted to the Controller of Examinations. The criteria to acquire this credit point shall be defined by the Dean & HOD from time to time.

13. Program Committee

13.1 The BSc Yoga programme shall have a Programme Committee constituted by the Head of the department.

13.2 The composition of the Programme Committee shall be as follows: Among the faculty member will be the Chairperson; One Teacher from each department handling BSc (Yoga) courses; and three student representatives of the programme (one from each academic year), nominated by the Head of the department.

13.3 Duties of the Programme Committee:

- i. Periodically reviewing the progress of the classes.
- ii. Discussing the matters concerning curriculum, syllabus and the conduct of classes.
- iii. Discussing with the course teachers on the nature and scope of assessment for the course and the same shall be announced to the students at the beginning of respective semesters.
- iv. Communicating its recommendation to the Head of the department on academic matters.
- v. The Programme Committee shall meet at least thrice in a semester preferably at the end of each Sessional exam (Internal Assessment) and before the end semester exam.

14. Examination:

The internal assessment in each semester and end semester examinations will be conducted.

14.2 Internal assessment: Continuous mode

The Continuous Internal Assessments may be in the form of a combination of periodical tests (two), assignments (two) and seminar (one). The marks allocated for Continuous mode of Internal Assessment shall be awarded as per the scheme given below.

Table VIII:

(a) Details of Sessional Assessment / Internal Assessment For 25 Marks

Examinations	Assessment	Marks
Test	Average of the two test performances	15
Assignment	Average of the two submitted	04
Seminar	Average of two Presentations on given topics	04
Attendance	Refer Table -IX	02

(b) Details of Sessional Assessment / Internal Assessment for 20 Marks

Examinations	Assessment	Marks
Test	Average of best two test performances	10
Assignment	Average of the two submitted	04
Seminar	Average of two Presentations on given topics	04
Attendance	Refer Table -IX	02

Table- IX: Guidelines for the allotment of marks for attendance/semester

Less than 75%	0 marks
75-89%	1 mark
90% and above	2 marks

14.3. Sessional Exams

Two Sessional exams shall be conducted for each theory / practical course as per the schedule fixed by the department. The scheme of question paper for theory and practical sessional examinations is given below. The average marks of two Sessional exams shall be computed for internal assessment as per the requirements given in tables –VIII.

Sessional exam shall be conducted for 30 marks for both theory and Practical and shall be computed for 15 marks except for Biostatistics and Biochemistry practical where the Sessional exam shall be conducted for 20 marks and shall be computed for 5 marks each.

Question paper pattern for Theory Sessional examinations:

Time: 1 Hours	Maximum Marks:30
I. Long Essay (Answer any one out of 2 questions)	1 x 10= 10
II. Short Essay (Answer any two out of 3 questions)	2 x 5 = 10
III. Short Answers (Answer all 5 questions)	5 x 2= 10

Question paper pattern for practical sessional examinations:

Time: 1 Hours	Maximum Marks:30
I. Kriya Yoga practical	05
II. Yoga Practical	20
III. Viva voce	05

End semester Question Paper Pattern

Time: 3 Hours	Maximum Marks:75
PART A: Long Essay Answer any THREE out of four questions All questions carry equal marks	(3 X 10 = 30 Marks)
PART B: Short Essay Answer any FIVE out of Six questions All questions carry equal marks	(5 X 5 =25 marks)
PART C: Short Answer Answer ALL questions All questions carry equal mark	(10 X 2 = 20 marks)

End semester Question Paper Pattern

Time: 2 Hours	Maximum Marks:50
PART A: Long Essay Answer any THREE out of four questions All questions carry equal marks	(3 X10 = 30 Marks)
PART B: Short Essay Answer any TWO out of three questions All questions carry equal marks	(2 X 5= 10 marks)
PART C: Short Answer Answer ALL questions All questions carry equal mark	(5 X 2= 10 marks)

End semester Question Paper Pattern

Time: 1 Hour	Maximum Marks:30
PART A: Long Essay Answer any ONE out of Two questions All questions carry equal marks	(1X 10=10 Marks)
PART B: Short Essay Answer any TWO out of Three questions All questions carry equal marks	(2 X 5=10 marks)
PART C: Short Answer Answer ALL questions choosing All questions carry equal mark	(5 X 2 = 10 marks)

15. Re-examination/ Supplementary of end semester examinations:

15.1 Students who have missed CIA on valid reason may apply for retests to the Course Teacher concerned specifying the reason for the absence and the Course Teacher shall conduct a retest when satisfied with the validity of the reasons given for the absence. Such conduct must get the approval from the HOD.

15.2 Re-examination of end semester examination shall be conducted as per the schedule given in table X. The exact dates of examinations shall be notified from time to time.

Table – X: Tentative schedule of end semester examinations:

Semester	Exam Schedule
I, III, V	November / December
II, IV, VI	May / June

16. Revaluation and Re-totalling of answer papers:

There is no provision for revaluation of the answer papers in any examination. However, the candidates can apply for re-totalling by paying prescribed fee.

17. Duration for completion of the program of study

The duration for the completion of the program shall be fixed as double the actual duration of the program i.e. 6 years and the students must pass within the said period, otherwise they must get Re-Registration.

18. Carry forward of marks

In case a student fails to secure the minimum 40% in any Theory or Practical course, then he/she shall reappear for the end semester examination of that course. However, his/her marks of the Internal Assessment shall be carried over and he/she shall be entitled for grade obtained by him/her on passing.

19. Academic Progression:

19.1 No student shall be admitted to end semester examination unless he/she fulfils the norms given in para 6 (Attendance and progress).

19.2 A candidate who has failed in one or more subjects in the previous semesters should be cleared six months before the end of the final year semester.

19.3 A student shall be eligible to get his/her CGPA upon successful completion of the courses of I to VI semesters within the stipulated time period as per the norms specified in para 16 (Duration of course).

20. Grading of performances:

20.1 Letter grades and grade points allocations:

Based on the performances, each student shall be awarded a final letter grade at the end of the semester for each course. The letter grades and their corresponding grade points are given in Table – XI.

Table XI: Letter grades and grade points equivalent to Percentage of marks and performances

Percentage of Marks Obtained	Letter Grade	Grade Point	Performance
90.00 – 100	O	10	Outstanding
80.00 – 89.99	A	9	Excellent
70.00 – 79.99	B	8	Good
60.00 – 69.99	C	7	Fair
50.00 – 59.99	D	6	Average
Less than 50	F	0	Fail
Absent	AB	0	Fail

A learner who remains absent for any end semester examination shall be assigned a letter grade of AB and a corresponding grade point of zero. He/she should reappear for the said evaluation/examination in due course.

21. The Semester grade point average (SGPA)

The performance of a student in a semester is indicated by a number called ‘Semester Grade Point Average’ (SGPA). The SGPA is the weighted average of the grade points obtained in all the courses by the student during the semester. For example, if a student takes five courses (Theory/Practical) in a semester with credits C₁, C₂, C₃, C₄ and C₅ and the student’s grade points in these courses are G₁, G₂, G₃, G₄ and G₅, respectively, and then students’ SGPA is equal to:

$$\text{SGPA} = \frac{C_1G_1 + C_2G_2 + C_3G_3 + C_4G_4 + C_5G_5}{C_1 + C_2 + C_3 + C_4 + C_5}$$

The SGPA is calculated to two decimal points. It should be noted that, the SGPA for any semester shall take into consideration the F and ABS grade awarded in that semester. For example, if a learner has a F or ABS grade in course 4, the SGPA shall then be computed as:

$$\text{SGPA} = \frac{C_1G_1 + C_2G_2 + C_3G_3 + C_4* \text{ZERO} + C_5G_5}{C_1 + C_2 + C_3 + C_4 + C_5}$$

22. Cumulative Grade Point Average (CGPA)

The CGPA is calculated with the SGPA of all the VI semesters to two decimal points and is indicated in final grade report card/final transcript showing the grades of all VI semesters and their courses. The CGPA shall reflect the failed status in case of F grade(s), till the course(s) is/are passed. When the course(s) is/are passed by obtaining a pass grade on subsequent examination(s) the CGPA shall only reflect the new grade and not the fail grades earned earlier. The CGPA is calculated as:

$$\text{CGPA} = \frac{C_1S_1 + C_2S_2 + C_3S_3 + C_4S_4 + C_5S_5 + C_6S_6 + C_7S_7 + C_8S_8}{C_1 + C_2 + C_3 + C_4 + C_5 + C_6 + C_7 + C_8}$$

where C_1, C_2, C_3, \dots is the total number of credits for semester I, II, III, and S_1, S_2, S_3, \dots is the SGPA of semester I, II, III, \dots

23. Declaration of class

First Class with Distinction	= CGPA of 8.00 and above
First Class	= CGPA of 7.00 to 7.99
Second Class	= CGPA of 6.00 to 6.99
Pass Class	= CGPA of 5.00 to 5.99

24. Award of Ranks:

Ranks and Medals shall be awarded based on final CGPA. However, candidates who fail in one or more papers during the BSc (Yoga) program shall not be eligible for award of ranks. Moreover, the candidates should have completed the BSc (Yoga) program in minimum prescribed number of years, (Three years) for the award of Ranks.

25. Award of degree:

Candidates who fulfil the requirements mentioned above shall be eligible for award of degree.

26. Re-admission after break of study

Candidate who seeks re-admission to the program after break of study must get the approval from the AHER by paying a condonation fee. No condonation is allowed for the candidate who has more than 2 years of break up period and he/she must re-join the program by paying the required fees.

Overview of B.Sc. (Yoga) Program curriculum

SEMESTER I
Sanskrit
English
Biology of Human Body– Basics of Anatomy & Physiology (Part I)
Principles of Yoga -Part 1
Basics of Computer
Yoga Practical- I
SEMESTER II
Principles of Yoga - Part 2
Patanjali Yoga Sutras - Part 1
Biology of Human Body– Basics of Anatomy & Physiology (Part II)
Basics of Biostatistics
Basics of Biostatistics Practical
Environmental Studies
Yoga Practical II
SEMESTER III
Introduction to Upanishads& Relevance to Yoga
Hatha Yoga - Part 1
Patanjali Yoga Sutras -Part 2
Personality Development by Bhagavad Gita
Basics of Biochemistry
Basics of Biochemistry Practical
Yoga Practical- III
SEMESTER IV
Hatha Yoga -Part 2
Yogic Psychology
Allied Paper
Allied Paper
Allied Paper
Yoga Practical- IV
SEMESTER V
Yoga and Consciousness
Application of Yoga for Society
Environmental Psychology
Allied Paper
Allied Paper
Yoga Practical- V
SEMESTER VI
Research Methodology
Physiology of Yoga
Nutrition & Dietetics and Concept of Yogic diet
Allied Paper
Importance of Veda OR Introduction to AYUSH
Yoga Practical- VI