

Kurukshetra University, Kurukshetra
(Established by the State Legislature Act-XII of 1956)
("A++" Grade, NAAC Accredited)



Scheme of Examination
for
Post Graduate Programme

M. A. Yoga
as per NEP 2020

**Curriculum and Credit Framework for Postgraduate Programme with
Multiple Entry-Exit, Internship and CBCS-LOCF with effect from the
session 2024-25 (in phased manner)**

DEPARTMENT OF PHYSICAL EDUCATION
FACULTY OF EDUCATION

KURUKSHETRA UNIVERSITY, KURUKSHETRA -136119
HARYANA, INDIA


Department of Physical Education
Kurukshetra University
Kurukshetra-136119


Faculty of Education
Kurukshetra University
Kurukshetra - 136119

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Programme Learning Outcomes(PLOs) for PG Programmes
as per NEP-2020

PLOs for M.A. Yoga

PLOs	M.A. Yoga
	After the completion of M.A. Yoga the student will be able to:
PLO-1: Knowledge and Understanding	Demonstrate the fundamental and advanced knowledge of the subject and understanding of recent developments and issues, including methods and techniques, related to the Yoga .
PLO-2: General Skills	Acquire the general skills required for performing and accomplishing the tasks as expected to be done by a skilled professional in the fields of Yoga .
PLO-3: Technical/ Professional Skills	Demonstrate the learning of advanced cognitive technical/professional skills required for completing the specialized tasks related to the profession and for conducting and analyzing the relevant research tasks indifferent domains of the Yoga .
PLO-4: Communication Skills	Effectively communicate the attained skills of the Yoga in well-structured and productive manner to the society at large.
PLO-5: Application of Knowledge and Skills	Apply the acquired knowledge and skills to the problems in the subject area, and to identify and analyze the issues where the attained knowledge and skills can be applied by carrying out research investigations to formulate evidence-based solutions to complex and unpredictable problems associated with the field of Yoga or otherwise.
PLO-6: Critical thinking and Research Aptitude	Attain the capability of critical thinking in intra/inter-disciplinary areas of the Yoga enabling to formulate, synthesize, and articulate issues for designing of research proposals, testing hypotheses, and drawing inferences based on the analysis.
PLO-7: Constitutional, Humanistic, Moral Values and Ethics	Know constitutional, humanistic, moral and ethical values, and intellectual property rights to become a scholar/professional with ingrained values in expanding knowledge for the society, and to avoid unethical practices such as fabrication, falsification or misrepresentation of data or committing plagiarism.
PLO-8: Capabilities/qualities and mindset	To exercise personal responsibility for the outputs of own work as well as of group/team and for managing complex and challenging work(s) that requires new/strategic approaches.
PLO-9: Employability and job-ready skills	Attain the knowledge and skills required for increasing employment potential, adapting to the future work and responding to the rapidly changing demands of the employers/industry/society with time.


 Chairperson
 Department of Education
 Kurukshetra University
 Kurukshetra-136119

**Programme Learning Outcomes(PLOs) for PG Programmes
as per NEP-2020**

PLOs for a Master Degree – M.A. Yoga

PLOs	Master Degree in M.A. Yoga After the completion of Master degree in M.A. Yoga the student will be able to:
PLO-1: Knowledge and Understanding	Demonstrate the fundamental and advanced knowledge of the subject and understanding of recent developments and issues, including methods and techniques, related to the Yoga .
PLO-2: General Skills	Acquire the general skills required for performing and accomplishing the tasks as expected to be done by a skilled professional in the fields of Yoga .
PLO-3: Technical/ Professional Skills	Demonstrate the learning of advanced cognitive technical/professional skills required for completing the specialized tasks related to the profession and for conducting and analyzing the relevant research tasks in different domains of the Yoga .
PLO-4: Communication Skills	Effectively communicate the attained skills of the Yoga in well-structured and productive manner to the society at large.
PLO-5: Application of Knowledge and Skills	Apply the acquired knowledge and skills to the problems in the subject area, and to identify and analyze the issues where the attained knowledge and skills can be applied by carrying out research investigations to formulate evidence-based solutions to complex and unpredictable problems associated with the field of Yoga or otherwise.
PLO-6: Critical thinking and Research Aptitude	Attain the capability of critical thinking in intra/inter-disciplinary areas of the Yoga enabling to formulate, synthesize, and articulate issues for designing of research proposals, testing hypotheses, and drawing inferences based on the analysis.
PLO-7: Constitutional, Humanistic, Moral Values and Ethics	Know constitutional, humanistic, moral and ethical values, and intellectual property rights to become a scholar/professional with ingrained values in expanding knowledge for the society, and to avoid unethical practices such as fabrication, falsification or misrepresentation of data or committing plagiarism.
PLO-8: Capabilities/qualities and mindset	To exercise personal responsibility for the outputs of own work as well as of group/team and for managing complex and challenging work(s) that requires new/strategic approaches.
PLO-9: Employability and job-ready skills	Attain the knowledge and skills required for increasing employment potential, adapting to the future work and responding to the rapidly changing demands of the employers/industry/society with time.

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 Chairperson
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Kurukshetra University, Kurukshetra

Scheme of Examination for Postgraduate Programme M.A. Yoga
as per NEP 2020 Curriculum and Credit Framework for Postgraduate Programmes
(CBCS LOCF) with effect from the session 2024-25 (in phased manner)
Framework-2 (Scheme-P)

Semester	Course Type	Course Code	Nomenclature of course	Theory (T)/ Practical (P)	Credits		Contact hours per week				Internal Assessment Marks	End Term Examination Marks	Total Marks	Examination hours	
					Total	L	T	P	Total						
1	CC-1	M24-YGA-101	Foundation of Yoga	T	4	26	4	0	0	4	30	70	100	3	
	CC-2	M24-YGA-102	Anatomical and Physiological Aspect of Yoga	T	4		4	0	0	4	30	70	100	3	
	CC-3	M24-YGA-103	Hatha Yoga	T	4		4	0	0	4	30	70	100	3	
	CC-4	M24-YGA-104	Research Methodology in Yoga	T	4		4	0	0	0	4	30	70	100	3
	PC-1	M24-YGA-105	Demonstration of basic Asana	P	4		0	0	8	8	30	70	100	4	
	PC-2	M24-YGA-106	Basic Pranayamas and Shudhi Kriya	P	4		0	0	8	8	30	70	100	4	
	SEMINAR	M24-YGA-107	SEMINAR	S	2		0	0	0	2	0	50	50	1	
2	CC-5	M24-YGA-201	Traditional Yoga	T	4	26	4	0	0	4	30	70	100	3	

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CC-6	M24-YGA-202	Heath aspect of Yoga	T	4		4	0	0	4	30	70	100	3
CC-7	M24-YGA-203	Applied Psychology in Yoga	T	4		4	0	0	4	30	70	100	3
CC-8	M24-YGA-204	Applied Statistics	T	4		4	0	0	4	30	70	100	3
PC-3	M24-YGA-205	Demonstration of Asana	P	4		0	0	8	8	30	70	100	4
PC-4	M24-YGA-206	Paranayamas and Shudhi Kriya	P	4		0	0	8	8	30	70	100	4
CHM	M24-CHM-201		T	2		2	0	0	2	15	35	50	3
Internship	M24-INT-200	An internship course of 4 Credits of 4-6 weeks duration during summer vacation after IInd semester is to be completed by every student. Internship can be either for enhancing the employability or for developing the research aptitude.								50	50	100	
CC-9	M24-YGA-301	Naturopathy	T	4	26	4	0	0	4	30	70	100	3
CC-10	M24-YGA-302	Basic Yogic Text Principles of Upanishads and Bhagwat Geeta	T	4		4	0	0	4	30	70	100	3
DEC-1	M24-YGA-303	Application of Yoga	T	4		4	0	0	4	30	70	100	3
DEC-2	M24-YGA-304	Kinesiological aspect of Yoga	T	4		4	0	0	4	30	70	100	3
PC-5	M24-YGA-305	Demonstration of Advance Asana & Paranayamas	P	4		0	0	8	8	30	70	100	4
PC-6	M24-YGA-306	Shudhi Kriya & Meditation	P	4		0	0	8	8	30	70	100	4
OEC	M24-OEC-338	Yoga and Health	T	2		2	0	0	2	15	35	50	3

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4	CC 11	M24-YGA-401	Patanjali Yoga Sutra	T	4	26	4	0	0	4	30	70	100	3
	CC-12	M24-YGA-402	Food and Nutritional Aspect of Yoga	T	4		4	0	0	4	30	70	100	3
	DEC-3	M24-YGA-403	Therapeutic Yoga	T	4		4	0	0	4	30	70	100	3
	DEC-4	M24-YGA-404	Pedagogical Techniques in Yoga	T	4		4	0	0	4	30	70	100	3
	PC-7	M24-YGA-405	Teaching of Asana	P	4		0	0	8	8	30	70	100	4
	PC-8	M24-YGA-406	Teaching of Paranayamas and Shudhi Kriya	P	4		0	0	8	8	30	70	100	4
	EEC	M24-MEE-406	Practical Aspect of Naturopathy	T	2		2	0	0	2	15	35	50	3

Note: There will be only one group in Practical.

Total Work Load = 34 Hours per week per semester


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