

**Approved structure of course and pattern of the Choice Base
Credit System (CBCS) in Board of Studies**

COURSE: FUNDAMENTALS OF YOG (0101)

Course Code			
Credits-4	L	T	P
	40	16	4
Course type	Core/Elective		
Lectures to be Delivered	60		

Course Objective: The purpose of this course is to introduce students to the basic understanding about Yog and its emergence as a branch of knowledge. It also aims to teach the students about the Fundamentals of Yog theory and practical.

Continuous Comprehensive Assessment and end semester examination system will be same as prescribed above in course paper i.e. Fundamentals of Yog (0101)

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Continuous Comprehensive Assessment (CCA) pattern: (50 Marks) Instructions for conducting Minor Test I & II.

Minor Test (Marks)		Class Test/ tutorials/Assignments (Marks)	Quiz/Seminars (Marks)	Attendance	Total Marks
Test1	15	10	5	5	50
Test2	15				
Total	30	10	5	5	

Time allowed for conducting Minor Test I & II will be 1.5 hrs.

Semester End Examination System:

Maximum marks Allotted	Minimum Pass Marks	Time Allotted
50	23	3:00 Hrs

End Semester Examination System: Maximum Marks Allotted: 50

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	35	16	3:00 Hrs
Practical	15	7	3:00 Hrs
Total	50	23	6:00 Hrs

Paper Setting Scheme

Section	No of Questions	Syllabus Coverage	Nature of Questions and Answers	Questions to be Attempted	Maximum Marks
A	10 (1 marks each)	Complete	Objective type	10	10
B	5 (2 marks each)	Complete	Short answer type(25 words)	5	10
C	10 (3 mark each)	Complete	Medium answer type (50 words)	5	15
D	3 (15 marks each)	Complete	Long answer type (1000 words)	1	15

Marks Allocation Scheme (Practical Paper) : 50 Marks

Particulars	Maximum Marks
Asanas	10
Pranayam	10
Shatkaram	10
Meditation and Viva-Voce	20

