
**CBCS CURRICULUM OF
P.G. DIPLOMA IN YOGA**

रूचि आधारित साख पद्धति
पी0जी0 डिप्लोमा – योग विज्ञान

SUBJECT CODE = YOG

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FOR POST GRADUATE DIPLOMA COURSES UNDER RANCHI UNIVERSITY

राधा गोविन्द विश्वविद्यालय के अन्तर्गत एक – वर्षीय स्नातकोत्तर डिप्लोमा पाठ्यक्रम



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COURSE STRUCTURE FOR P.G. DIPLOMA IN YOGA

Table AI-1: Distribution of 40 Credits for Subjects having Practical Papers

[*wherever there is a practical examination there will be no tutorial and vice –versa.]

Course	Papers	Credits Theory + Practical
I. Core Course (CC)	(CC 1 to 6)	
Theory	4 Papers	4X5=20
Practical/ Tutorial*	1 Paper/-----	1X5=5
Project	1 Paper	1X5=5
II. Elective Course (EC)		
A. Skill Enhancement Course of the Core Course opted	(SE 1) 1 Paper	1X5=5
III. Foundation Course (FC)		
1. Foundation Course Compulsory Foundation/ Elective Foundation	(FC) 1 Paper	1X5=5
		Total Credit = 40

Table AI-1.1: Course structure for P.G. Diploma Programme with Practical Papers

Semester	Subject (Core Courses) 11 Papers	Allied (Elective Courses) 4 Papers	Foundation Course (Compulsory Course) 1 Paper	Total Credits
Sem-I	C-1, C-2, C-3 (5+5+5=15 Credits)		Foundation Course FC (05 Credits)	20 Credits
Sem-II	C-4, C-5 (5+5=10 Credits) C-6 (Project) (05 Credits)	SE (05 Credits)		20 Credits
				Total = 40 Credits

COURSES OF STUDY FOR P.G. DIPLOMA IN YOGA

Table AI-2 Subject Combinations allowed for P.G. Diploma Programme (40 Credits)

Core Subject CC 5 Papers + 1 Project	Skill Enhancement Course SE 1 Paper	Foundation Course FC 1 Paper
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Table AI-2.1 Semester wise Examination Structure for Mid Sem & End Sem Examinations:

Sem				Core, SE & Compulsory FC Courses	Examination Structure		
	Paper	Paper Code	Credit	Name of Paper	Mid Semester Evaluation (F.M.)	End Semester Evaluation (F.M.)	End Semester Practical/ Viva (F.M.)
I	FC	FCYOG101	5	Fundamentals of Yoga	30	70	
	C1	CCYOG102	5	Introduction of Hatha Yoga	30	70	
	C2	CCYOG103	5	Human Biology & Yoga	30	70	
	C3	CPYOG104	5	Yoga Practical Study-I	----	----	100
II	SE	ECYOG201	5	Yoga Practical Study-II	----	----	100
	C4	CCYOG202	5	The Introductory study of Yoga Sutras	30	70	
	C5	CCYOG203	5	Yoga and Health	30	70	
	PROJECT	PRYOG204	5	Project Work	----	----	100

Sem				Core, SE & Compulsory FC Courses	Examination Structure		
	Paper	Paper Code	Credit	Name of Paper	Mid Semester Evaluation (F.M.)	End Semester Evaluation (F.M.)	End Semester Practical/ Viva (F.M.)
I	FC	FCYOG101	5	योग के आधारभूत तत्व	30	70	
	C1	CCYOG102	5	हठयोग परिचय	30	70	
	C2	CCYOG103	5	शरीर विज्ञान एवं योग	30	70	
	C3	CPYOG104	5	योग का प्रयोगात्मक अध्ययन-१	----	----	100
II	SE	ECYOG201	5	योग का प्रयोगात्मक अध्ययन-२	----	----	100
	C4	CCYOG202	5	योग सूत्र का परिचयात्मक अध्ययन	30	70	
	C5	CCYOG203	5	योग एवं स्वास्थ्य	30	70	
	PROJECT	PRYOG204	5	परियोजना कार्य	----	----	100

SEMESTER I**4 Papers****Total 100 x 4 = 400 Marks****I. COMPULSORY FOUNDATION COURSE (FC) [FCYOG101]:**

(Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100**Pass Marks (MSE:17 + ESE:28)=45*****Instruction to Question Setter:******Mid Semester Examination (MSE):***

There will be **two** groups of questions in 20 marks written examinations. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

FUNDAMENTALS OF YOGA**Theory: 75 Hours; Tutorial: 15 Hours****Unit 1:**

Introduction of Sanskrit literature, Sanskrit Varnamala, Pronunciation of Varnas, Maheswara sutra, Pratyahar nirmana vidhi. Introduction of Karak, Vibhakti, Linga, Vachana, Purush, lakar & Numbers of Sanskrit (form one to hundred).

Sabdarupa:- Rama, Muni, Bhanu, Dhenu, Asmad, Ushmad, Tat (in all three lings), Kim (in all three lings), Bhawat (in all three lings)

Dhaturupa: (in Lat, Lrit, Langa, Lot, Linga lakars) Bhu, As, Path, Kri, Pa, Da, Prach, Gya, Chint, Bru, Shru, Ni.

Translation: From Hindi to Sanskrit and Sanskrit to Hindi.

Unit 2 -Introduction & Format of Yoga

Meaning and Definition of Yoga, History and Tradition of Yoga, Utility and Types of Yoga, Rules and Discipline of Yoga, Patanjali Yoga Sutra, Yoga in Veda, Yoga in Upanishad

Unit 3 -Types of Yoga

Karma Yoga, Bhakti Yoga, Gyan Yoga

Unit 4 -Life Introduction of Different Yogis

Sri Aurobindo, Swami Vivekanand, Swami Satyananda Saraswati

Reference Book

- | | |
|---------------------------------|----------------------|
| – Yoga Philosophy | - S.N. Dasgupta |
| – Yoga Sara Samgraha | - Gangadhar Jha |
| – Yoga Mahavigyan | - Dr. Kamakhya Kumar |
| – Rajyoga Karmayoga, Bhaktiyoga | - Swami Vivekananda |
| – History of Indian Philosophy | - S.N. Dasgupta |
| – Super Science of Yoga | - Dr. Kamakhya Kumar |

II. CORE COURSE –C 1 [CCYOG102]:

(Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100**Pass Marks (MSE:17 + ESE:28)=45**Mid Semester Examination (MSE):**Instruction to Question Setter:**

There will be **two** groups of questions in 20 marks written examinations. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations.

INTRODUCTION OF HATHA YOGA**Theory: 60 Hours; Tutorial: 15 Hours****Unit 1 - Hatha Yoga – General Introduction**

Meaning Definition of Hatha Yoga
Suitable Location and Atmosphere for hatha Yoga
Brief Introduction of Hatha Yogic Texts
(Ghanda Samhita & Hath Pradipika)

Unit 2 - General ntroduction of Shatkarma

Introduction of Shatkarma Process in Gharanda Samhita
Introduction of Shatkarma Process in Hatharpradipika

Unit 3 - Brief Introduction of Asanas

Introduction of Asanas in Gharand Samhita
Introduction of Asanas in Hathapradipika

Unit 4 - Brief Introduction of Pranayam

According to Gharand Samhita, Introduction of Pranayam
According to Hatha Pradipika, Introduction of Pranayam

Reference Book

– Gheranda Samhita	– Swami Niranjanananda Saraswati
– Hatha Pradipika	– Swami Swatmaramj
– Asann, Pranayama, Mudra Bandha	– Dr. Kamakhya Kumar
– Yogasana Vigyan	– Swami dhirendra Brahamchari
– Yoga Mahavigyan	– Dr. Kamakhya Kumar

III. CORE COURSE- C 2 [CCYOG103]:

(Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100**Pass Marks (MSE:17 + ESE:28)=45**Mid Semester Examination (MSE):**Instruction to Question Setter:**

There will be **two** groups of questions in 20 marks written examinations. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type** six questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

HUMAN BIOLOGY & YOGA**Theory: 60 Hours; Tutorial:15 Hours****Unit 1 - General Introduction of Human Body**

The Structural Organization of Human Body

The Cell

The Tissue

Unit 2 - The Composition & Functions of Human Body system

Respiratory system, Digestive system,

Unit 3-The Composition & Functions of Human Body system

Nervous system, Endocrine system

Unit 4- The effect of Yoga in various Mechanisms

Respiratory system, Digestive system, Nervous system, Endocrine system

Reference Books:

- | | |
|-------------------------|------------------------|
| – Yoga Therapy | – Swami Sivanandaji |
| – Physiology | – Priyavrat Sharma |
| – Anatomy | – Mukund Swarup Sharma |
| – Super Science of Yoga | – Dr. Kamakhya Kumar |
| – Anatomy & Physiology | – Ross & Wilson |

IV. CORE COURSE PRACTICAL- C 3 [CPYOG104]:

(Credits: Practical-05)

Marks: 30 (ESE: 20 Viva + 5Attd. + 5 Record) + 70 (ESE Pr: 6Hrs)=100**Pass Marks =45*****Instruction to Question Setter:******End Semester Practical Examination (ESE Pr):***

The questions in practical examination will be of equal to 70 marks and will be so framed that the students are able to answer them within the stipulated time. 20 marks will be awarded on the performance in viva voce whereas 10 marks will be awarded on cumulative assessment which is further subdivided as 5 marks for Practical record and 5 marks for Attendance.

Note:

(Attendance Upto75%, 1mark; 75<Attd.<80, 2 marks; 80<Attd.<85, 3 marks; 85<Attd.<90, 4 marks; 90<Attd, 5 marks).

YOGA PRACTICAL STUDY-I**Practical: 75Hours****THE INITIAL PRACTICE –**

The practice of standing – sitting position for Asanas Practice.

The Practice of Pawan Muktasana Part 1 & 2

SPEED YOGA PRACTICE (ENTIRE BODY)**Unit 1- Asanas:-**

Tadasana, Tiryak tadasana, Katichakrasana
Padmasane, Siddasana, Vajrasana
Vrikshasana, Garudasana, Natrajasana
Paschimotanasana, Padhastasana, Vibhakt Paschimotanasana
Bhujangasana, Dhanurasana, Rajkopotanasana
Halasana, Hanumanasana, Chakrasana
Baddha Padmasana, Savasana
Surya Namaskara

Unit 2 - Pranayama:-

Nadishodhan Pranayam (Stage 1 & 2)
Bhramani Pranayama, Ujjayi Pranayama
Bhastrika Pranayama, Suryabhedan Pranayama

Unit 3- Shatkarma:-

Jalneti, Raberneti

Unit 4- Bandha

Jalandhar Bandha, Uddiyan Bandh

Unit 5- Mudra

Aswini Mudra, Kaki Mudra, Vipritkarni, Mudra, Tadagi Mudra

Unit 6- Dhyan

Bindu Tratak Practice, Bhoo – Madya, Dristi Practice, Savita Dhyan Practice

Unit 7- Practical Copy & Viva

SEMESTER II**4 Papers****Total 100 x 4 = 400 Marks****I. SKILL ENHANCEMENT COURSE SE1 [ECYOG201]: (Credits: Theory-05)****Marks: 100 (ESE Pr: 6Hrs)=100****Pass Marks ESE Pr =45*****Instruction to Question Setter:******End Semester Examination (ESE):***

The questions in practical examination will be of equal to 70 marks and will be so framed that the students are able to answer them within the stipulated time. 20 marks will be awarded on the performance in viva voce whereas 10 marks will be awarded on cumulative assessment which is further subdivided as 5 marks for Practical record and 5 marks for Attendance.

Note:

(Attendance Upto 75%, 1 mark; 75 < Attd. < 80, 2 marks; 80 < Attd. < 85, 3 marks; 85 < Attd. < 90, 4 marks; 90 < Attd., 5 marks).

YOGA PRACTICAL STUDY-II**Practical: 75 Hours****ALL PRACTICES OF 1ST SEMESTER****Unit 1- The practice of Pawan Muktasana Part 3****Unit 2- Asanas :**

Gomukhasana, Ardhamatsyendrasana, Sinhasana, Matsayasana
 Vrikshavana, Trikonasana, Ardh Shalbhansama, Vakrasana
 Noukasana, Shirsh Padangusthasana, Ardh Chandrasana
 Tolangulasana, Sarvangasana, Shirshasana.
 Yogamudrasana, Balasana, Shashankasana, Makarasana.

Unit 3- Pranayam

Nadishodhana Stage 3 & 4
 Shitali Prasayama
 Shitkari Pranayama
 Chandrabhedam Pranayama

Unit 4- Kapalbhati**Unit 5- Shat Karma**

Sutraneti, Vaman, Laghushankhaprakshalana

Unit 6- Bandha

Mulbandh, Mahabandh

Unit 7- Mudra

Shambhavi Mudra, Khechari Mudra, Dhyana Mudra,
 Shanmukhimundra,

Unit 8- Dhyana Jyoti Tratak Dhyan, Sohan Dhyan, Nasagra Drishti**Unit 9- Practical Copy & Viva**

II. CORE COURSE- C 4 [CCYOG202]:

(Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100**Pass Marks (MSE:17 + ESE:28)=45*****Instruction to Question Setter:******Mid Semester Examination (MSE):***

There will be **two** groups of questions in 20 marks written examinations. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

THE INTRODUCTORY STUDY OF YOGA SUTRAS**Theory: 60 Hours; Tutorial:15 Hours****Unit 1: Yoga Sutras**

Introduction of Yoga
Chitta Vrittis, its type and Detention Measures.
Measures of Chitta Antaraya and Chitta Prasadhana

Unit 2:- Astang Yoga

Yama, Niyama
Asana, Pranayama
Pratyahara, Dharana
Dhyana, Samadhi

Unit 3- Kriya Yoga

Pancha Klesha & Karmashya
Kriya Yoga-Tapa, Swadhyaya, Ishwar Pranidhan.

Unit 4- Samadhi

Samadhi
Types of Samadhi

Reference:

- | | |
|--------------------------------|--|
| – Patanjali Yoga Darshan | - Gitapress Gorkhapur |
| – Yoga Sutra (Tatva Baishardi) | - Vachaspati Mishr |
| – Patanjali Yoga Pradeep | - Swami Omananda Tirth, Gitapress Gorakhapur |
| – Yoga Sutra (Yogavartika) | - Vigyan Bhikshu |

III. CORE COURSE- C 5 [CCYOG203]:

(Credits: Theory-04, Tutorial-01)

Marks: 30 (MSE: 20Th. 1Hr + 5Attd. + 5Assign.) + 70 (ESE: 3Hrs)=100**Pass Marks (MSE:17 + ESE:28)=45**Mid Semester Examination (MSE):**Instruction to Question Setter:**

There will be **two** groups of questions in 20 marks written examinations. **Group A is compulsory** and will contain five questions of **very short answer type** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.

End Semester Examination (ESE):

There will be **two** groups of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of five questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type six** questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question asked in Theory Examinations

YOGA AND HEALTH**Theory: 60 Hours; Tutorial:15 Hours****Unit 1- Diet & Health**

Definition of Diet (Balance Diet)
The Major component of Diet
Definition of Health
The Affecting factors of Health

Unit 2- Yogic Body

Panch Prana
Panch Kosh
Panch Tatva
Seven Chakra

Unit 3- Yoga Therapy of different types of Physical diseases.

For Patient of Diabetes, Obesity, Arthritis
For Patient of Asthma, Constipation & Indigestion
For Patient of Neck Pain & Back Pain.

Unit 4- Yoga Therapy of different types of Mental diseases.

For patient of Insomnia & Stress.
For patient of Depression.
For patient of High Blood Pressure

Reference:

- | | |
|--|-----------------------------|
| – Clinical dietetic & Nutrition | – F.P. Antia |
| – Essential of Food Nutrition (Vol. 1&2) | – Swaminath |
| – Food & Nutrition | – Reegna Begwan |
| – Disease & Yoga | – Swami Satyanend Saraswati |
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IV. CORE COURSE (PROJECT) - C 6 [PRYOG204]:

(Credits: Practical-05)

Marks : 100 (ESE: 3Hrs)=100**Pass Marks =45*****Guidelines to Examiners for******End Semester Examination (ESE):****Overall project dissertation may be evaluated under the following heads:*

- *Motivation for the choice of topic*
- *Project dissertation design*
- *Methodology and Content depth*
- *Results and Discussion*
- *Future Scope & References*
- *Participation in Internship programme with reputed organization*
- *Application of Research technique in Data collection*
- *Report Presentation*
- *Presentation style*
- *Viva-voce*

PROJECT WORK

Each student has to submit two copies of the dissertation work duly forwarded by the HOD of Department concerned. The forwarded copies will be submitted in the Department of Yoga, Ranchi University, for evaluation (Seven days before the seminar).

The paper will consist of

- a. Field work/Lab work related to the project.
- b. Preparation of dissertation based on the work undertaken.
- c. Presentation of project work in the seminar on the assigned topic in the P.G. Department of Yoga, Ranchi University, Ranchi & open viva there on.
- d. The word limit of project work is 5000 approx.

Topics

- (a) Project work related to the One of the Theoretical Paper/socially relevant topics may be given.
- (b) Choose only one topic of Theoretical paper and Explain it.
- (c) Code the References in explanation of your topic (References always related to your topic)

NB:- Students will select topics for the project work in consultation with a teacher of the department. The Seminar will be held in the Department of Yoga, Ranchi University, Ranchi.

**DISTRIBUTION OF CREDITS FOR P.G. PROGRAMME (SEMESTER-WISE) FOR
POSTGRADUATE 'P.G. Diploma' PROGRAMME**

Table B-1: Semester wise distribution of 80 Credits for Subjects with Practical Papers.

Semester	CC	FC	SE	Total credits
Semester I	15	05		20
Semester II	15		05	20
	30	05	05	40

**SAMPLE CALCULATION FOR SGPA & CGPA FOR POSTGRADUATE 'P.G.
Voc./M.Sc./M.A./M.Com' PROGRAMME**

Table B-2: Sample calculation for SGPA for M.Sc./M.A./M.Com Programme

Course	Credit	Grade Letter	Grade Point	Credit Point (Credit X Grade)	SGPA (Credit Point/Credit)
Semester I					
FC	05	A	8	40	
C-1	05	B+	7	35	
C-2	05	B	6	30	
C-3	05	B	6	30	
Total	20			135	6.75 (135/20)
Semester II					
SE	05	B	6	30	
C-4	05	C	5	25	
C-5	05	B+	8	40	
C-6/ Project	05	A+	9	45	
Total	20			140	7.00 (140/20)
Grand Total	40			275	
CGPA					6.87 (275/40)

Table B-3: Sample calculation for CGPA for P.G. Diploma Programme

Semester I	Semester II
Credit:20; SGPA:6.75	Credit:20; SGPA: 7.00

Thus CGPA= (20x6.75+20x7.00) /40=6.87

DISTRIBUTION OF MARKS FOR EXAMINATIONS AND FORMAT OF QUESTION PAPERS

Distribution of Marks for Mid Semester Evaluation:**Table No. 15:** Distribution of marks of Theory Examinations of Mid Semester

Topic	Code	Full Marks	Time	Group-A (Very short answer type Compulsory Questions) No. of Questions x Marks = F.M.	Group-B (Descriptive Questions with Choices) No. of Questions x Marks = F.M.	Total No. of Questions to Set	
						Group A	Group B
Mid Sem*	T30*	30 (20 +5 +5)	1 Hr	5 x1 =5	3 (out of 5) x5 =15	05	5

***There shall be 20 marks theory examination for mid sem, 05 marks for attendance/regular interactions& 05 marks for assignment/term paper given by faculty concerned in classrooms.**

Distribution of Marks for End Semester Theory Examinations:**Table No. 16:** Marks distribution of Theory Examinations of End Semester

Topic	Code	Full Marks	Pass Marks Including mid Sem	Time	Group-A [#] (Very short answer type Compulsory Questions) No. of Questions x Marks = F.M.	Group-B (Descriptive Questions with Choices) No. of Questions x Marks = F.M.	Total No. of Questions to Set	
							Group A [#]	Group B
End Sem	T50	50	20	3 Hrs	2 x5 =10	2 (out of 3) x20 =40	2	3
	T70	70	40	3 Hrs	Q.No.1 (5x1) + 1x5 =10	4 (out of 6) x15 =60	2	6

Question No.1 in Group-A carries very short answer type questions of 1 Mark

Note : There may be subdivisions in each question asked in Theory Examinations.