

KANNUR UNIVERSITY



SCHOOL OF PHYSICAL EDUCATION AND SPORTS SCIENCES

Choice Based Credit Semester System (CBCSS)

Regulations

**FIVE-YEAR INTEGRATED MASTER OF PHYSICAL
EDUCATION AND SPORTS PROGRAMME
(Five-Year Integrated M.P.E.S)**

(Effective from 2023 Admission)

KANNUR UNIVERSITY

Regulations for Master of Physical Education and Sports (M.P.E.S) (Five-year Integrated Programme) Under Choice Based Credit Semester System (CBCSS) in the School of Physical Education and Sports Sciences, Kannur University effective from 2023 admissions.

1. TITLE, APPLICATION & COMMENCEMENT

- 1.1 These Regulations shall be called ‘**Kannur University Regulations for M.P.E.S (Five Year Integrated)**’ programme under the Choice Based Credit and Semester System (CBCSS).
- 1.2 The Regulation provided herein shall apply for **M.P.E.S (Five Year Integrated) Programme (CBCSS), coming under the Faculty of Physical Education and Sports Sciences.**
- 1.3 These regulations shall come into force with effect from Academic Year 2023-2024.

2. DEFINITIONS

In this regulation, unless the context otherwise requires.

- 2.1 Curriculum Committee means a committee constituted by the Vice Chancellor under the Regulations to monitor the Choice Based Credit and Semester programme. The HoD of the M.P.E.S (Five Year Integrated) Programme (CBCSS) shall be the convener of the **Curriculum Committee**. All faculty members and the external experts nominated by the Vice Chancellor may act as curriculum committee for the M.P.E.S (Five Year Integrated) Programme (CBCSS).
- 2.2 Department/School means Department/School instituted in the University as per the Kannur University Statutes
- 2.3 **Academic Programme** means an entire course of study comprising its programme structure, course details, evaluation schemes etc. designed to be taught and evaluated in a teaching Department/Centre or jointly under more than one such Department/ Centre
- 2.4 **Course** means a segment of a Programme limited to one semester in a subject.
- 2.5 **Programme Structure** includes the Programme Objectives, Course Objectives, Programme Outcomes, Course Outcomes, Courses (Common,

Core, Elective, Open Electives) specifying the Syllabus, Credits, hours of teaching, evaluation and examination schemes, minimum number of credits required for successful completion of the programme etc. prepared in conformity with University Rules.

- 2.6 **‘Foundation Course’** means a course that comes under the category of courses, including compulsory foundation courses both theory and practicum including Ability Enhancement Compulsory Course (AECC), Practicum (Compulsory Foundation Course) which is compulsory for all students undergoing the programme.
- 2.7 **Core Course** means a course that a student admitted to a particular programme must successfully complete to receive the degree and which cannot be substituted by any other course
- 2.8 **Elective Course** means an optional course to be selected by a student out of such courses offered in the same Department/Centre
- 2.8.1 Generic Elective Course** means an elective course which is available for students of all programmes including students of the same department. Students of other Departments may opt for these courses subject to fulfilling eligibility criteria as laid down by the Department offering the course.
- 2.8.2 Discipline Specific Elective (DSE) Course:** Elective courses may be offered by the main discipline/subject of study is referred to as Discipline Specific Elective
- 2.8.3 Interdisciplinary Elective (IE) Course** – These are discipline related elective courses offered as electives which are interdisciplinary in nature (to be offered by main discipline/subject of study).
- 2.8.4 Open Elective Courses** means a generic elective or skill enhancement elective course which is chosen generally from an unrelated discipline/subject with an intention to seek exposure to another discipline/subject. These courses are offered by one department to students of other departments.
- 2.9 **Credit** An Academic credit is defined both in terms of student efforts and teacher’s efforts. A course which includes one hour of lecture or tutorial or minimum 2 hrs of lab work/practical work/field work per week is given one credit hour.

Accordingly, a one credit course in a semester should be designed for 15 hrs.

Lecture/tutorials+30 hrs. of learner engagement in terms course related activities such as seminars preparation, submitting assignments etc. Credit for a practical could be proposed as part of a course or as a separate practical course.

- 2.10 **‘Credit Point’ of a course (CCP)** is the value obtained by multiplying the grade point (GP) by the credit (C) of the course: $CCP = GP \times C$.
- 2.11 **SGPA** means Semester Grade Point Average calculated for individual semester.
- 2.12 **Credit Point of a semester (SCP)** is the product of SGPA of that semester and the total credit load of that semester. $SCP = SGPA \times \text{Credit of the semester}$
- 2.13 **Overall Grade Point Average (OGPA)** is the sum of credit points in all semesters of the Programme/Total credits.
- 2.14 **Cumulative Grade Point Average’ (CGPA)** is the value obtained by dividing the sum of credit points in all the courses taken by the student for the completed semesters by the total number of credits acquired so far and shall be rounded off as follows: If the student exits from the Programme after 6th semester, credit shall be rounded off to three decimal places and if completes the 10th semester, credit can be rounded off to two decimal places.
- 2.15 **‘Department’** means any teaching department offering a programme/course of study approved by the university, as per the Statutes and Act of the University.
- 2.16 **‘Department Council’** means the body of all regular teachers of the Department.
- 2.17 **‘Duration of programme’** means the time period required for the conduct of the programme. The duration of M.P.E.S (Five Year Integrated) Programme (CBCSS) coming under the Faculty of Physical Education and Sports Sciences shall be 10 Semesters distributed in a period of 5 academic years.
- 2.18 **‘Faculty Advisor’** means a teacher from the parent Department nominated by the Department council, who will advise the students in the academic matters and in the choice of Generic Elective course.
- 2.19 **Grade Card** means the official record of student’s performance, awarded to the candidate in a semester.
- 2.20 **Consolidated Grade Card means** the official record of student’s performance, awarded to the candidate in a programme.
- 2.21 **‘Letter Grade’** or simply ‘Grade’ in a course is a letter symbol (A⁺, A, B, C,

D, and E). Grade means the prescribed alphabetical grade awarded to a student based on her/his performance in various examinations. The Letter Grade that corresponds to a range of CGPA is given in clause 8.

- 2.22 **Parent Department** means the Department which offers a particular degree programme.
- 2.23 **Programme** means the entire course of study and examinations for the award of degree.
- 2.24 **Semester** means a term consisting of 90 working days including examination days.
- 2.25 **Strike off the roll** means removing a student from the roll, who is continuously absent for 14 working days without sufficient reason and proper intimation in writing to the Head of the Department/Course Coordinator, after following the procedure prescribed.
- 2.26 Words and expressions used and not defined in these regulations, but defined in the Kannur University Act, Statutes and Ordinances shall have the meaning respectively assigned to them in the Act, the Statutes and the Ordinances.

3. PROGRAMME DURATION

- 3.1 **M.P.E.S (Five Year Integrated) Programme** (CBCSS) is a five-year (10 semesters) programme with an exit option after the completion of VI Semesters if the student so desires, with permission from the University. Lateral entry into the M.P.E.S. programme to the seventh semester will also be allowed for those candidates who have successfully completed B.P.E.S / B.P.Ed Programme from any of the recognized Universities. Candidates on successful completion of first six semesters will be awarded **Bachelor of Physical Education and Sports (B.P.E.S.) Degree** on request. Candidates who are awarded B.P.E.S Degree on request after six semesters shall surrender the same at the time of issuing. M.P.E.S (Five Year Integrated) Degree Certificate. Candidates who successfully complete the first six semesters and thereafter continue the programme and successfully complete the remaining four semesters, will be awarded **M.P.E.S (Five Year Integrated) Degree**. If the candidate gets admission through lateral entry, the candidate who successfully completes the semesters (i.e., seven to ten) will be awarded

Master of Physical Education and Sports (**M.P.E.S.) Degree.**

- 3.2 Admission taken in the first semester shall be admission to “M.P.E.S. (Five Year Integrated) Programme” (CBCSS) (and students will not be required to take re- admission at any stage of the course unless the student discontinues the course after 6th semester).
- 3.3 Eligible candidates registered for a semester examination alone will be promoted to the subsequent semesters.
- 3.4 There shall be a provision for readmission of students already registered under Kannur University Regulations for **M.P.E.S. (Five Year Integrated) Programme** under the Choice Based Credit and Semester System (CBCSS) subject to the conditions that;
- (i) The Candidate seeking readmission to a particular semester should have registered for the previous semester examination.
 - (ii) There should not be any change in the scheme and syllabus. If there is change in the scheme and syllabus, readmission may be given in consultation with the Department Council and Examination Branch. The Semester syllabi can change at any time.
 - (iii) For re-admission, the vacancy should be within the statutory limit or as per university rules. Re-admission shall be made within 14 days of the commencement of classes.
- 3.5 Those students who prefer the exit option and obtain B.P.E.S Degree shall be given readmission to the 7th semester of the Programme along with subsequent batch to complete Integrated M.P.E.S Degree, subject to the availability of vacancy.

4. ELIGIBILITY, ADMISSION AND REGISTRATION

- 4.1 Eligibility for admissions and reservation of seats for **M.P.E.S. (Five Year Integrated) Programme** (CBCSS) shall be as per the rules framed by the University/ UGC from time to time. No student shall be eligible for admission to the Programme unless they have successfully completed the Higher Secondary Examination of the State, or an Examination accepted by the University as equivalent thereto. Relaxation of marks and reservation for

eligible categories will be given in qualifying examinations as per rules of Kannur University/Govt. of Kerala for admission.

4.1 (i). The selection of students for admission will be done as per the merit list.

4.1 (ii). The merit list will be prepared according to admission tests (written test, physical test and game proficiency assessment) based on the rules/regulations as laid down by Kannur University from time to time.

4.2 B.P.E.S and M.P.E.S degrees awarded as per regulation of **M.P.E.S. (Five Year Integrated) Programme** (CBCSS) shall be equivalent to the B.P.E.S and M.P.E.S. Degree for academic and employment purposes.

4.3 If any vacancy arises due to discontinuation or exit option after VI Semester, fresh admission shall be allowed to VII semester, for candidates with Degree in B.P.E.S or B.P.Ed, as per University PG Department Admission regulations.

4.4 The maximum number of students to be admitted to the Programme shall be limited to 30.

4.5 The University shall publish a Prospectus listing all courses offered in the programme.

4.6 There shall be a uniform Academic cum Examination Calendar approved by the University for the registration, conduct and scheduling of examinations, and publication of results.

4.7 Each student shall register for the courses that they propose to take in a semester, in consultation with the Faculty Adviser.

5. Attendance and Progress

5.1 The minimum attendance required for each Course shall be 75% of the total number of classes conducted for that semester. Those who secure the minimum attendance in a semester alone will be allowed to register for the End Semester Examination.

5.2 Condonation of shortage of attendance for a maximum of 10 days in a semester, subject to a maximum of two spells for Semesters I to VI and 10 days in a semester, subject to maximum of two spells for semesters VII to X

separately will be granted by Vice Chancellor as per the existing rules.

- 5.3 Records of attendance shall be maintained by the concerned Department for a period of six years after the programme and the attendance register shall be made available for verification.

6. PROGRAMME STRUCTURE

- 6.1 **Semester and Working Days:** The M.P.E.S (Five Year Integrated) programme is a 5-year 10 semester programme under the CBCSS. Each semester shall consist of 18 weeks of academic schedule equivalent to 90 teaching days.
- 6.2 In each semester 15 days should be kept aside for examinations including internal examination and other academic activities
- 6.3 Maximum weeks available for curricular transactions may be fixed as 15 in a semester.
- 6.4 **Course Code:** The programme shall include the theory and Practicum Courses as follows: In theory - Core Courses, Elective courses, Open Elective courses, Ability Enhancement Compulsory Courses; and in Practicum Courses which includes, Compulsory Foundation Courses, Elective Courses, Skill Enhancement Courses and Ability Enhancement Courses.
- 6.5 Each course offered is identified by a unique course code. The first two letters denote the Integrated Programme (IP), the next three letter denote the programme, Master of Physical Education and Sports (MPS), this is followed by the semester 01, 02, 03, 04.... 10. After semester number the single alphabet stands for course as C for Core Course; E for Elective Course, A for Ability Enhancement Course, and P for Practicum Course.
- 6.6 For the first six semesters, candidates have to undergo the prescribed course of study leading to the award of outcome-based B.P.E.S Degree with courses at Graduate level, and subsequent 4 semesters leading to M.P.E.S (Five Year Integrated) Programme (CBCSS), coming under the Faculty of Physical Education and Sports Sciences. The minimum credits required for the

Integrated Programme will be 217 with minimum 134 credits for Semesters I to VI; minimum 83 credits for Semesters VII to X. The credit distribution shall be as follows:

TOTAL CREDITS FOR FIRST SIX SEMESTERS = 134

COURSE	CREDITS
Theory - Core Courses	56
Theory - Elective Courses	9
Theory – Ability Enhancement Compulsory Courses	9
Practicum – Compulsory Foundation Course	16
Practicum – Elective Course	32
Practicum – Skill Enhancement / Ability Enhancement Courses	12
Total credits for first six semesters	134

TOTAL CREDITS FOR THE LAST FOUR (VII to X) SEMESTERS = 83

COURSE	CREDITS
Theory - Core Courses	43
Theory - Elective Courses	4
Theory – Open Electives	4
Practicum – Compulsory Foundation Course	12
Practicum – Elective Course	12
Practicum – Skill Enhancement / Ability Enhancement Courses	8
Total credits for first six semesters	83

- 6.7 If the candidate takes an exit option after semester 6, the total credits for the B.P.E.S programme is 134. If the candidate takes admission to Semester 7

through lateral entry, the total credits required for the programme (M/P/E/S) is 83. The total credits required for the Integrated M.P.E.S programme is 217 (134 + 83).

6.8 The number of courses and their respective credits can be decided by the department council. The department council shall design Core, Elective and Open Elective courses including the detailed syllabus for each Programme offered by the department. Department Council shall have the freedom to introduce new courses and/or to modify/redesign existing Courses and replace any existing Course with a new Course to facilitate better exposure and training for the students, with the approval of the Department Council and the Academic Council. Any such change in the syllabus or course during a programme shall be effected before the commencement of the semesters with prior approval from the university.

6.9 Grace mark will be awarded as per the existing rules applicable for UG and PG programmes of the University departments.

7. VALUE ADDED COURSES / MOOC COURSES

7.1 In addition to the courses specified as part of the programme, all students should complete a Value-Added Course or MOOC course of at least 2 credits during the semesters VII to IX for getting the degree.

7.2 The credits earned from Value Added Course/ MOOC course will be over and above the minimum credits required for the completion of the programme.

7.3 Value Added Courses will be offered by the departments and the students can opt it. The MOOC courses selected by the students should be relevant to the discipline and approved by the department in which the student is enrolled.

7.4 The students should submit the pass certificate of the Values Added Course / MOOC course before completing the last semester (Xth Semester) examination to the Controller of Examination through the Head of the Department.

7.5 The marks/grades secured for Value Added Courses / MOOC course will not be considered for the computation of CGPA. However, the name of such

course, the credits earned, and the marks/grades secured will be shown in the final grade card.

8. EVALUATION

- 8.1 Evaluation of the students shall be done by the faculty member who teaches the Course based on Continuous Evaluation and an End Semester Examination. The proportion of the distribution of marks among End Semester Examination and Continuous Evaluation shall be 60: 40.
- 8.2 Continuous Evaluation includes assignments, seminars, periodic written examinations, or other measures as proposed in the syllabus and approved by the university.
- 8.3 The allocation of marks for each component under Continuous Evaluation shall be usually in the following proportions:

Theory		Practical	
Components	% of marks	Components	% of marks
Test papers	40% (16 marks)	Tests	80% (32 marks)
Viva-voce, Seminar presentations, Discussion, Debate etc.relevant to the course	40% (16 marks)	Record	20% (8 marks)
Assignment	20% (8 marks)		
Total marks for Continuous Evaluation	40 marks	Total marks for Continuous Evaluation	40 Marks

- 8.4 A copy of all records of Continuous Evaluation shall be maintained in digital format in the Department and shall be made available for verification by the University.

- 8.5 Performance of each student in an assessment shall be intimated to the student within two weeks of the conduct of test/ submission of assignment/ report.

9. CONDUCT OF END SEMESTER EXAMINATIONS

- 9.1 The End Semester Examinations of each semester will be conducted by the Controller of Examinations. It will be the responsibility of the Department to maintain a sufficient balance of different levels of questions in the Question Bank. The tabulation registers of each Semester shall be prepared and maintained by the Examination Branch. The duration of the End Semester Examination shall be specified in the curriculum.
- 9.2 The Board of Examiners will function as the Pass Board with the Head of the Department or a nominee of the Vice Chancellor as its Chair.
- 9.3 The grades so finalized by the pass board will be forwarded to Controller of Examinations by the Chairman of the Board of Examiners.
- 9.4 The minimum percentage of marks required for pass for each course shall be 50%, with minimum 40 % marks for the End Semester Evaluation (ESE).

10. DISSERTATION/ PROJECT WORK

- 10.1 All Integrated MPES students are required to carry out a research project in the fourth semester. For this, the students are encouraged to go to institutes / research centres / coaching academies of national importance to acquire hands-on-training and exposure to a research culture. The department/University may establish close link with such institutions for the purpose, by way of executing appropriate MoU, if required.
- 10.2 There shall be a board of at least two examiners (At least one external expert) for the evaluation of the project work. Each candidate must submit two copies of the Project Report approved by the project guide before the last date fixed by the department. The candidate must present the project before the board of examiners which will be followed by a *Viva-voce*. The ESE for the project will

be made jointly by the board of examiners based on the project report, its presentation and *Viva-Voce*. The ESE marks for the project will be 60.

10.3 Continuous evaluation of the project work shall be done by the project supervisor. The marks for CE will be 40. The total marks for the project will be 100.

11. GRADING

11.1 An alphabetical Grading System shall be adopted for the assessment of a student's performance on a Course. The grade is based on a 6-point scale. The following table gives the range of marks %, grade points and alphabetical grade.

Range of Marks%	Grade Points	Alphabetical Grade
95-100	10	O
85-94	9	A+
75-84	8	A
65-74	7	B+
55-64	6	B
50-54	5	C
Below 50	0	F

11.2 A minimum of grade point 5 (Grade C) is needed for the successful completion of a Course. A student who has failed in a Course can reappear for the End Semester Examination of the same Course along with the next batch without taking re-admission or choose another Course in the subsequent Semesters of the same programme to acquire the minimum credits needed for the completion of the Programme. There shall not be provision for improvement of CE and ESE. A student who has successfully completed the CE requirements in a subsequent semester can also appear for the ESE subject to the maximum duration permitted.

11.3 Performance of a student at the end of each Semester is indicated by the Semester Grade Point Average (SGPA) and is calculated by taking the weighted average of grade points of the Courses successfully completed in that semester. The following formula is used for the calculation. The average will be rounded off to two decimal places.

$$\text{GPA} = \frac{\text{Sum of (grade points in a course multiplied by its credit)}}{\text{Sum of credits of courses}}$$

11.4 At the end of the Programme, the overall performance of a student is indicated by the Cumulative Grade Point Average (CGPA) and is calculated using the same formula given above, by taking all courses successfully completed in the programme.

11.5 Empirical formula for calculating the percentage of marks will be

$$\% \text{ Marks} = \text{CGPA} \times 10$$

11.6 Based on the CGPA overall letter grade of the student and classification shall be in the following way.

CGPA	Overall Letter Grade	Classification
9.5 and above	O	First class with exemplary
8.5 and above but less than 9.5	A+	First Class with Distinction
7.5 and above but less than 8.5	A	
6.5 and above but less than 7.5	B+	First Class
5.5 and above but less than 6.5	B	
5 and above but less than 5.5	C	Second Class

11.7 Appearance for Continuous Evaluation (CE) and End Semester

Examination (ESE) are compulsory, and no Grade shall be awarded to a candidate if the candidate is absent for CE or ESE or both.

- 11.8 A student who fails to complete the Programme/Semester can repeat the full Programme / Semester once if the Department Council permits to do so. Absence in an examination will be marked zero.

12. GRADE CARD

- 12.1 The Controller of Examinations shall issue the grade cards of all semesters and the consolidated grade card and certificates on completion of the programme, based on the details submitted by the Heads of the Departments concerned. This will be in digital form only.
- 12.2 The Grade Card shall contain the following.
- (a) Title of the Courses taken as Core, Elective & Open Elective, Ability Enhancement / Skill Enhancement Courses separately for theory and Practicum Courses.
 - (b) The credits associated with, and grades awarded for each Course.
 - (c) The number of credits (Core / Elective / Open Elective, Ability Enhancement / Skill Enhancement Courses) separately earned by the student and the SGPA.
 - (d) The total credits (Core / Elective / Open Elective, Ability Enhancement / Skill Enhancement Courses) separately earned by a student till that Semester.
- 12.3 The consolidated grade statement issued on completion of the Programme shall contain the name of the Programme, the Department/School offering the Programme, the title of the Courses taken, the credits associated with each Course, grades awarded, the total credits for Theory and Practicum (Core/ Elective/Open Elective/ Ability Enhancement/Skill Enhancement Courses) separately earned by the student, the CGPA and the class in which the student is placed. Rank/Position Certificates will be issued based on CGPA calculated at the end of the last semester of that Programme.
- 12.4 The consolidated grade card shall also contain the details of the Value-

Added Course / MOOC course successfully completed by the student. However, the marks/grades secured in the Value-Added Course / MOOC course will not be taken for computing the CGPA.

13. AWARD OF DEGREE

Candidates who successfully complete two programmes under this regulation will be awarded Degree as specified below:

1. For the successful completion of all the courses (common, core, elective - Generic elective, Discipline Specific Elective, Ability Enhancement /Skill Enhancement courses) a candidate has to secure minimum 'D' Grade.
2. A candidate who successfully completes First to Tenth semesters shall be awarded M.P.E.S. (Five Year Integrated) Degree.
3. A Candidate taking admission to Seventh Semester through Lateral Entry and successfully completes Seventh to Tenth semesters shall be awarded M.P.E.S Degree.

14. RANKING

- 14.1 Ranking shall be done on the basis of the OGPA obtained by the candidate in the whole examination of the M.P.E.S (Five Year Integrated) Programme (CBCSS) (Ten Semesters) passed in the first chance, including Improvement chance within the Programme period.
- 14.2 Candidates taking exit after successful completion of first 6 semesters/ Lateral Entry candidates shall not be considered for Ranking of M.P.E.S (Five Year Integrated) Programme (CBCSS)
- 14.3 No provision for Ranks/Position for B.P.E.S (exit option) and M.P.E.S (lateral entry)

15. TIME LIMIT FOR THE COMPLETION OF PROGRAMME

- 15.1 A candidate of **M.P.E.S (Five Year Integrated) Programme** (CBCSS) shall be required to complete the programme within a period of eight years after joining the programme.

- 15.2 The maximum time limit to complete the Programme for a candidate taking exit on completion of 6 semesters shall be 6 years after joining the programme.
- 15.3 The maximum time limit to complete the Programme for Lateral entry candidates joining in 7th semester shall be 4 years after joining the programme.

16. DEPARTMENT COUNCIL

- 16.1 All regular teachers of the Department shall be members of the Department Council.
- 16.2 The Department Council subject to these Regulations shall monitor every academic programme conducted in the Department.
- 16.3 The Department Council shall prescribe the mode of conduct of courses, conduct of examinations and evaluation of the students.
- 16.4 An elected student representative also may attend the Department Council meeting where agenda related to academic matters / research activities of students are discussed.

17. ACADEMIC GRIEVANCE REDRESSAL MECHANISM

- 17.1 Committees will be constituted at the Department and University levels to look into the written complaints regarding Continuous Evaluation (CE). The Department Level Committee (DLC) will consist of the Department Council, and an elected student representative who is currently a student of that Programme of study. There will be one student representative for the postgraduate programmes and one student representative for the doctoral programme.
- 17.2 University Level Committee (ULC) will consist of the Convenor of the Curriculum Committee, the concerned Dean, the concerned Head of the Department and a nominee of the Students' Union.
- 17.3 Department Level Committee will be presided over by the HoD. Complaints will have to be submitted to the Department concerned within two weeks of publication of results of Continuous Evaluation (CE) and disposed of within two weeks of receipt of complaint. Appeals to University Level Committee

should be made within two weeks of the decisions taken by Department Level Committee and disposed of within two weeks of the receipt of the complaint.

- 17.4 Complaints unsolved by the University Level Grievance Committee shall be placed before the Vice Chancellor.

18. TRANSITORY PROVISION

- 18.1 Notwithstanding anything contained in these regulations, the Vice Chancellor shall for a period of one year (may be revised) from the date of coming into force of these Regulations, have the power to provide by order that these Regulations shall be applied to any Programme with such modifications as may be necessary.
- 18.2 These regulations or modifications as mentioned in 16.1 will be applicable to admission of students to one year post graduate programme (after completion of 4-year undergraduate programme) or two year postgraduate programme after completion of three year degree programme satisfying the credits as per the National Credit Framework and UGC regulations for Four Year Undergraduate Programme