

## BSc Yoga Sem-I

| S. No. | Course Name                  | Code   | (L+T+P) / Week | Credits   |
|--------|------------------------------|--------|----------------|-----------|
| 1      | Universe & Human Life        | BSY111 | 3x1=3          | 3         |
| 2      | Human Anatomy & Physiology-I | BSY112 | 3x1+1x1+0=4    | 4         |
| 3      | Basics of Yoga               | BSY113 | 3x1=3          | 3         |
| 4      | Introductory Sanskrit        | BSY114 | 3x1=3          | 3         |
| 5      | Yoga Practicum - I           | BSY115 | 0+0+1x5        | 2         |
| 7      | Open Elective - 1            | OE     | 3x1=3          | 3         |
| 8      | Writing Seminar-I            | FSU005 | 3x1=3          | 3         |
| 9      | SPRINT-I                     | SP001  | Once a Sem     | 2         |
|        | <b>Total</b>                 |        | <b>24</b>      | <b>24</b> |

## BSc Yoga Sem-II

| S. No. | Course Name                     | Code   | (L+T+P) / Week | Credits   |
|--------|---------------------------------|--------|----------------|-----------|
| 1      | Introduction to Patanjali Sutra | BSY121 | 3x1=3          | 3         |
| 2      | Human Anatomy & Physiology-II   | BSY122 | 3x1+1x1+0=4    | 4         |
| 3      | Introduction to IT Tools        | FSU003 | 3x1+2x1=5      | 4         |
| 4      | Yoga & Human Psychology         | BSY123 | 3x1=3          | 3         |
| 5      | Sanskrit Adhyayan               | BSY124 | 3x1=3          | 3         |
| 6      | Yoga Practicum - II             | BSY125 | 0+0+1x5        | 2         |
| 7      | Yoga Practicum - III            | BSY126 | 0+0+1x5        | 2         |
| 8      | Open Elective - 2               | OE     | 3x1=3          | 3         |
| 9      | Writing Seminar-II              | FSU009 | 3x1=3          | 3         |
| 10     | SPRINT-II                       | SP002  | Once a Sem     | 2         |
|        | <b>Total</b>                    |        | <b>34</b>      | <b>29</b> |

## BSc Yoga Sem-III

| S. No. | Course Name                      | Code   | (L+T+P) / Week | Credits |
|--------|----------------------------------|--------|----------------|---------|
| 1      | Introduction to Upanishad        | BSY211 | 3x1=3          | 3       |
| 2      | Patanjali Yoga Sutra             | BSY212 | 3x1=3          | 3       |
| 3      | Hath Yoga Texts -Pradepika (HYP) | BSY213 | 3x1=3          | 3       |
| 4      | Human Values & Ethics            | BSY214 | 3x1=3          | 3       |
| 5      | Yoga Practicum - V               | BSY215 | 0+0+1=1        | 0.5     |
| 6      | Yoga Practicum - VI              | BSY216 | 0+0+1=1        | 0.5     |
| 7      | Open Elective-3                  | OE     | 3              | 3       |

|   |                     |        |           |           |
|---|---------------------|--------|-----------|-----------|
| 8 | Writing Seminar-III | FSU010 | 3x1=3     | 3         |
|   | <b>Total</b>        |        | <b>20</b> | <b>19</b> |

### BSc Yoga Sem -IV

| S. No. | Course Name                            | Code   | (L+T+P) / Week | Credits   |
|--------|--|--------|----------------|-----------|
| 1      | Hath Yoga Texts- GES & Yoga Vashishtha | BSY221 | 3              | 3         |
| 2      | Common Ailments                        | BSY222 | 3              | 3         |
| 3      | Diet & Nutrition                       | BSY223 | 3              | 3         |
| 4      | Concept of Yoga in Bhagvad Geeta       | BSY224 | 3              | 3         |
| 5      | Science of Kriya Yoga                  | BSY225 | 3              | 3         |
| 6      | Yoga Practicum VII                     | BSY226 | 0+0+1          | 0.5       |
| 7      | Yoga Practicum VIII                    | BSY227 | 0+0+1          | 0.5       |
| 8      | Open Elective -4                       | OE     | 3              | 3         |
|        | SPRINT-1                               |        | Whole Sem      | 3         |
|        | <b>Total</b>                           |        | <b>23</b>      | <b>22</b> |

### BSc Yoga Sem -V

| S. No. | Course Name                             | Code                     | (L+T+P)/Week | Credits   |
|--------|---|--------------------------|--------------|-----------|
| 1      | Research Methodology                    | BYS311                   | 3+1+0=4      | 4         |
| 2      | Meditation Techniques                   | BYS312                   | 3+0+1=4      | 4         |
| 3      | Yoga Therapy                            | BYS313                   | 3+0+1=4      | 4         |
| 4      | Fundamental of Naturopathy or Aryurveda | BYS (N) 314 /<br>BYS (A) | 3+1+0=4      | 4         |
| 5      | Yoga Practicum -IX                      | BSY 315                  | 2x1=2        | 1         |
| 6      | Summar Yoga Camp                        | SYC                      | 3 Weeks      | 3         |
| 7      | Open Elective -5                        | OE                       | 3x1=3        | 3         |
| 8      | SPRINT-II                               |                          | Whole Sem    | 3         |
|        | <b>Total</b>                            |                          | <b>24</b>    | <b>26</b> |

### BSc Yoga Sem-VI

| S. No. | Course Name   | Code   | (L+T+P)/Week | Credits |
|--------|---|--------|--------------|---------|
| 1      | Modern Yoga Philosophers & Yogic Institution in India & World | BSY321 | 3x1=3        | 3       |
| 2      | Yoga & Contribution of India to the World                     | BSY322 | 3x1=3        | 3       |

|   |                                 |        |           |           |
|---|---------------------------------|--------|-----------|-----------|
| 3 | Applied Yoga Practice & Therapy | BSY324 | 3x1=3     | 3         |
| 4 | Research Project                | BSY323 | 3x1=3     | 3         |
| 5 | Yoga Practicum - X              | YP321  | 0+0+2=2   | 1         |
| 6 | Open Elective -6                | OE     | 3x1=3     | 3         |
| 7 | SPRINT-II                       | SP321  | Whole Sem | 3         |
|   | <b>Total</b>                    |        | <b>20</b> | <b>19</b> |