

## B.Sc. (H) Yoga Course – 2017-20 onwards

S.No.	Course Name	Course Code	L+T+P/Week	Credit
<b>Semester- I</b>				
1	Universe and Human Life	BSY 111	3x1=3	3
2	General Science	BSY 112	3x1+1x1+0=4	4
3	Basic Yoga	BSY 113	3x1=1	3
4	Introductory Sanskrit	BSY 114	3x1=3	3
5	Yoga Practicum I & II	BSY 115, 116		
6	Open Elective I	OE	3x1=3	3
7	Writing Seminar I		3x1=3	3
<b>Semester- II</b>				
8	Introduction to Upanishad	BSY 121	3x1=3	3
9	Yoga and Human Psychology	BSY 122	3x1=3	3
10	Introduction to IT Tools	BSY 123	3x1=3	3
11	Introduction to Patanjali Yoga Sutra	BSY 124	3x1=3	3
12	Yoga Practicum III & IV	BSY 126&127		
13	Open Elective 2	OE	3x1=3	3
14	Writing Seminar II		3x1=3	3
<b>Semester- III</b>				
15	Human Anatomy & Physiology	BSY 211	3x1=3	3
16	Patanjali Yoga Sutra-II	BSY 212	3x1=3	3
17	Hath Yoga Texts- Pradipika (HYP)	BSY 213	3x1=3	3
18	Human Values and Ethics	BSY 214	3x1=3	3
19	Yoga Practicum V & VI	BSY 215&216		
20	Open Elective 3	OE	3x1=3	3
21	Writing Seminar 3		3x1=3	3
<b>Semester- IV</b>				
22	Hath Yoga Texts- GES – Yoga Vashistha	BSY 221	3x1=3	3
23	Common Ailments	BSY 222	3x1=3	3
24	Diet and Nutrition	BSY 223	3x1=3	3
25	Concepts of Yoga in Bhagwad Geeta	BSY 224	3x1=3	3
26	Science of Kriya Yoga	BSY 225	3x1=3	3
27	Yoga Practicum VII & VIII			
28	Open Elective 4	OE	3x1=3	3
29	SPRINT I		3x1=3	3
<b>Semester- V</b>				
30	Research Methodology	BSY 311	3x1+1x1=4	4
31	Meditation techniques	BSY 312	3x1+1x1=4	4
32	Yoga Therapy	BSY 313	3x1+1x1=4	4
33	Fundamental of Naturopathy and Ayurveda	BSY 314	3x1=3	3
34	Yoga Practicum I	BSY 315, 316		

35	Open Elective 5	OE	3x1=3	3
36	SPRINT II		3x1=3	3
<b>Semester- VI</b>				
37	Modern Yoga Philosophy & Yoga Institution in India& World	BSY 321	3x1=3	3
38	Yoga and Contributions of India to the world	BSY 322	3x1=3	3
39	Applied Yoga Practices	BSY 323	3x1=3	3
40	Research Project	BSY 324	3x1=3	3
41	Yoga Practicum X			
42	Open Elective 6	OE	3x1=3	3
43	SPRINT III		3x1=3	3