



**Sri Sri University**

**Faculty of Health and Wellness**

**Department of Yogic Science**

---

**Revised Syllabus**

**and**

**Scheme of Examination**

**B.Sc. Yoga**

**August 2019**

S.N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
			L	T	P	Credit	CT	TA		
<b>BS- I</b>										
<b>Semester – I</b>										
1	BS-CT101	Foundations of Yoga	3	1	-	4	30	10	60	100
2	BS-CT102	Introduction to Hath Yoga and it's texts	3	1	-	4	30	10	60	100
3	BS -CT103	Human Anatomy and Physiology-I	3	1	-	4	30	10	60	100
4	BS-AEECT104	AEEC-1 (Communicative English)	1	1	-	2	15	5	30	50
5	BS-GET105	GE-1	2	-	-	2	15	5	30	50
6	BS-CP106	Yoga Practicum-I	-	-	4	2	15	5	30	50
7	BS-CP107	Yoga Practicum-II	-	-	8	4	30	10	60	100
8	BS-CP108	Human Anatomy and Physiology Practicum-I	-	-	4	2	15	5	30	50
<b>32 Hours</b>						<b>24</b>	<b>TOTAL</b>			<b>600</b>
<b>Semester – II</b>										
1	BS-CT201	Essence of Principal Upanishads	3	1	-	4	30	10	60	100
2	BS-CT202	Patanjala Yoga Darshana	3	1	-	4	30	10	60	100
3	BS-CT203	Human Anatomy & Physiology-II	3	1	-	4	30	10	60	100
4	BS-AEECT204	AEEC-2 (Environmental Studies - I)	2	-	-	2	15	5	30	50
5	BS-GET205	GE-2	2	-	-	2	15	5	30	50
6	BS-CP206	Yoga Practicum-III	-	-	8	4	30	10	60	100
7	BS-CP207	Computer Lab	-	-	4	2	15	5	30	50
8	BS-CP208	Human Anatomy and Physiology Practicum-II	-	-	4	2	15	5	30	50
<b>32 Hours</b>						<b>24</b>	<b>TOTAL</b>			<b>600</b>
<b>BS- II</b>										
<b>Semester – III</b>										
1	BS-CT301	Essence of Bhagavad Gita for Personality Development	3	1	-	4	30	10	60	100
2	BS-CT302	Yoga and Holistic Health	3	1	-	4	30	10	60	100
3	BS-CT303	Methods of Teaching Yoga	3	1	-	4	30	10	60	100
4	BS-AEECT304 (a)	AEEC-3 (Basics of Samskritam)	1	1	-	2	15	5	30	50
5	BS-AEECT304 (b)	AEEC-2 (Environmental Studies -II)	1	1	-	2	15	5	30	50
6	BS-GE305	GE-3	2	-	-	2	15	5	30	50
7	BS-CP306	Yoga Practicum-IV	-	-	8	4	30	10	60	100
8	BS-CP307	Yoga Practicum-V Teaching practice	-	-	4	2	15	5	30	50
9	BS-FW308	Field Work	-	-	4	2	15	5	30	50
<b>34Hrs.</b>						<b>26</b>	<b>TOTAL</b>			<b>650</b>
<b>Semester – IV</b>										
1	BS-CT401	Four Streams of Yoga	3	1	-	4	30	10	60	100
2	BS-CT402	Basis of Yoga Therapy	3	1	-	4	30	10	60	100

3	BS-CT403	Fundamentals of Biochemistry	3	1	-	4	30	10	60	100
4	BS-AEECT404	AEEC-4 (Sanskrit)	2	-	-	2	15	5	30	50
5	BS-GE405	GE-4	2	-	-	2	15	5	30	50
6	BS-CP406	Yoga Practicum VI	-	-	8	4	30	10	60	100
7	BS-CP407	Yoga Practicum VII	-	-	4	2	15	5	30	50
8	BS-CP408	Biochemistry Lab	-	-	4	2	15	5	30	50
<b>32 Hrs.</b>						<b>24</b>	<b>TOTAL</b>			<b>600</b>
<b>BS- III</b>										
<b>Semester – V</b>										
1	BS-CT501	Basis of Indian Culture	3	1	-	4	30	10	60	100
2	BS-CT502	Research Methodology & Statistics	3	1	-	4	30	10	60	100
3	BS-CT503	Yogic Management of Lifestyle related disorders	3	1	-	4	30	10	60	100
4	BS-DSET504	DSE-1	2	-	-	2	15	5	30	50
5	BS-DSET505	DSE-2	2	-	-	2	15	5	30	50
6	BS-CP506	Yoga Practicum VIII – Case Study	-	-	8	4	30	10	60	100
7	BS-CP507	Psychology Practicum	-	-	4	2	15	5	30	50
8	BS-FW508	Study Tour	-	-	4	2	15	5	30	50
<b>32 Hrs.</b>						<b>24</b>	<b>TOTAL</b>			<b>600</b>
<b>Semester – VI</b>										
1	BS-CT601	Yoga and Human Values	3	1	-	4	30	10	60	100
2	BS-CT602	Applied Yoga	3	1	-	4	30	10	60	100
3	BS-CT603	Yoga and Human Consciousness	3	1	-	4	30	10	60	100
4	BS-DSET604	DSE 3	2	-	-	2	15	5	30	50
5	BS-DSET605	DSE-4	2	-	-	2	15	5	30	50
6	BS-CP606	Yoga Practicum IX– Case Study Reports	-	-	8	4	30	10	60	100
7	BS-CP607	Research Project	-	-	4	2	15	5	30	50
8	BS-CP608	Practical Statistics	-	-	4	2	15	5	30	50
<b>32 Hrs.</b>						<b>24</b>				<b>600</b>
<b>TOTAL CREDIT</b>						<b>146</b>				<b>3650</b>

*CT- Core Theory, CP- Core Practical, AECC-Ability Enhancement Compulsory Course, AEEC - Ability Enhancement Elective Course, DSE - Discipline Specific Elective, GE- Generic Elective, L - Lecture, T-Tutorial, P-Practical (practice/field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record,*

### **DSCIPLINE SPECIFIC ELECTIVES/**

#### **ABILITY ENHANCEMENT ELECTIVE COURSES/ SKILL ORIENTED COURSES**

1. Fundamentals of Naturopathy
2. Introduction to Ayurveda
3. Yoga and Mental Health
4. Yogic Diet and Nutrition
5. Human System according to Yoga

#### **GENERIC ELECTIVES**

1. Application of Yoga
2. Introduction to Yoga and Common Ailments
3. Yoga Psychology

4. Introduction to AYUSH
5. Health and Yogic Hygiene