

B.Sc. (Yoga and Consciousness) - CBCS Pattern			
	Subjects	Code	Credits
	Semester I		
	Theory		
1	Sanskritam – 1 (Spoken Sanskrit)	BSYC T 101	2
2	English – 1	BSYC T 102	2
3	Introduction to Sanskrit literature	BSYC T 103	2
4	Foundation of Yoga	BSYC T 104	3
5	Basic anatomy and physiology	BSYC T 105	3
	Practicals		
6	Vedic principles and practices -1	BSYC P 106	2
7	Yoga Practices – 1	BSYC P 107	2
8	Yoga Practicum - 1 (Bhajan + Krida Yoga)	BSYC P 108	2
			18
	Semester II		
	Theory		
1	Sanskritam – 2 (Grammar)	BSYC T 201	4
2	Environmental studies	BSYC T 202	2
3	Essence of Upanishads	BSYC T 203	4
4	Patanjali Yoga Sutras	BSYC T 204	4
	Practicals		
5	Vedic principles and practices - 2	BSYC P 205	2
6	Yoga practices – 2	BSYC P 206	2
			18
	Semester III		
	Theory		
1	Bhagavad Gita (chapters 1 – 9)	BSYC T 301	4
2	Yoga Vasishtha	BSYC T 302	4
3	Introduction to the Vedas and Vedangas	BSYC T 303	3
4	Niti Shatakam	BSYC T 304	3
	Practicals		
5	Vedic principles and practices - 3	BSYC P 305	2
6	Yoga Practices – 3	BSYC P 306	2
			18
	Semester IV		
	Theory		
1	Bhagavad Gita (chapters 10 – 18)	BSYC T 401	3
2	Values in Indian Epics and Purans	BSYC T 402	2
3	Yoga Therapy for Common Ailments	BSYC T 403	3
4	Taittiriya Upanishat	BSYC T 404	2
	Practicals		
5	Yoga Therapy techniques	BSYC P 405	2
6	Vedic principles and practices - 4	BSYC P 406	2
7	Advanced Yoga techniques	BSYC P 407	2
8	Personality Development Camp	BSYC P 408	2
			18

	Semester V		
	Theory		
1	Katha Upanishat	BSYC T 501	2
2	Contribution of ancient and contemporary Yoga Masters	BSYC T 502	2
3	Hitopadesha	BSYC T 503	2
4	Hatha Yoga Pradipika	BSYC T 504	2
	Practicals		
5	Vedic principles and practices - 5	BSYC P 505	2
6	Application of Yoga Therapy (Arogyadhama)	BSYC F 506	6
7	Educational Tour	BSYC F 507	2
			18
	Semester VI		
	Theory		
1	Introduction to Shad Darshanas	BSYC T 601	3
2	Tarka Sangraha	BSYC T 602	2
3	Cultural history of India	BSYC T 603	2
4	Yoga Psychology and Counseling	BSYC T 604	4
	Practicals		
5	Vedic principles and practices - 6	BSYC P 605	2
6	Yogic Practices - 4	BSYC P 606	2
7	Report writing	BSYC F 607	3
			18