



NAAC A+

## Swami Rama Himalayan University

### School of Yoga Sciences

### Teaching & Evaluation Scheme

### B.Sc. Yoga Science and Holistic Health Program, Semester – II (NEP2020 )

### Academic Year-2024-25

Sl.	Course Code	Course Category	Subject Name	Teaching							ESE(70% Weightage)	Total	Duration / Mode	Course Attributes							Sustainable Development Goals
				Hours/Periods/Credits																	
				L	T	P	C	Continuous Internal Assessment Theory/Practical (30 % Weightage)						Employability	Entrepreunership	Skill Development	Gender Equality	Environment & Sustainability	Human Value	Professional Ethics	
								SE I	SE II	DDA											
1	BYSC201	MC	Foundations of Yoga – II	3	0	0	3	25	25	50	100	200	3Hrs./Theory	√	√	√			√	√	3, 4, 8, 9, 11, 16
2	BYSC202	MC	Principles of Hatha Yoga -II	3	0	0	3	25	25	50	100	200	3Hrs./Theory	√		√	√	√	√		2,3, 4, 8, 9, 11, 17
3	BYSC203	MS	Human Anatomy and Physiology-II	3	0	0	3	25	25	50	100	200	3Hrs./Theory		√	√	√	√			2,3, 4, 5, 6, 8, 9, 13
4	BYSC204	AEC	Yogic concept of Human Anatomy & Physiology	3	0	0	3	25	25	50	100	200	3Hrs./Theory	√		√	√	√			3, 4, 5, 8
5	MDC101/ MDC103	MD	Multidisciplinary Elective-I	2	0	2	3	25	25	50	100	200	4Hrs./Theory / Practical	√		√			√		3, 4, 8, 9, 17
6	BYSC205	SEC	Soft Skill Training	2	0	0	2	25	25	50	100	200	2Hrs./Theory	√		√	√		√		4, 8, 9, 17,
7	BYSC206	MC	Yoga Practical - III	0	0	6	3	25	25	50	100	200	6Hrs./Prectical	√	√	√	√	√	√		1, 2, 3, 4, 8, 9, 17
8	BYSC207	MC	Yoga Practical - IV	0	0	4	2	25	25	50	100	200	4Hrs./Prectical	√	√	√	√	√	√		1, 2, 3, 4, 8, 9, 17
9	BYSC208	MS	Human Anatomy and Physiology Practical – II	0	0	2	1	25	25	50	100	200	2Hrs./Prectical		√	√	√	√			2, 3, 4, 5, 6, 8, 9,
			Total	16	0	14	23	225	225	450	900	1800									

#### Course Category

Major Course (MC), Minor Stream (MS), Ability Enhancement Course (AEC), Multidisciplinary Course (MD), Skill Enhancement Course (SEC), Foundation Course (FC) Sessional Exam (SE), Day to Day Assessment (DDA), End Semester Exam (ESE).