



B.Sc. Yoga Science and Holistic Health Program, Semester – III
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)														
SE I	SE II	DDA																				
1	BYS301	CC	Patanjal Yoga Darshana – I	3	0	0	3	50	50	50	100	100	3Hrs./Theory		√		√			√	√	3, 4, 8, 9, 17
2	BYS302	DSEC	Yoga Education & Teaching Methodology	3	0	0	3	50	50	50	100	100	3Hrs./Theory		√	√	√	√	√	√		3, 4, 5, 8, 9, 11, 17
3	BYS303	AECC	Holistic Health	3	0	0	3	50	50	50	100	100	3Hrs./Theory		√			√	√	√		2, 3, 4, 8
4	BYS304	AECC	Functional English	3	0	0	3	50	50	50	100	100	3Hrs./Theory				√					4,8
5	BYS305	CC	Yoga Practical – V	0	0	6	3	50	50	50	100	100	6Hrs./Practical		√	√	√	√	√	√		1, 2, 3, 4, 5, 8, 9, 17
6	BYS306	CC	Yoga Practical – VI	0	0	8	4	50	50	50	100	100	8Hrs./Practical		√	√	√	√	√	√		1, 2, 3, 4, 5, 8,9,17
7	BYS307	AECC	Holisitic Health Practical	0	0	2	1	50	50	50	50	50	2 Hrs./Practical		√	√	√	√	√	√		1,2,3,4,5,8,9,17
Total				12	0	16	20	350	350	350	650	650										
Course Category																						
CC	Core Course	AECC	Ability Enhancement Compulsory Course																			
DSEC	Discipline Specific Elective Course																					