



NAAC A+

Swami Rama Himalayan University
School of Yoga Sciences
Teaching & Evaluation Scheme
M.Sc. Yoga Sciences Program, Semester – II
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									Continuous Internal Assessment Theory/Practical (30 % Weightage)	Employability	Entrepreneurship	Skill Development	Gender Equality Environment & Sustainability	Human Value		Professional Ethics	
				L	T	P	C	SE I	SE II												DDA
1	MYS201	CC	Patanjala Yoga Darshana	3	0	0	3	50	50	50	100	100	3hrs /Theory			√			√		3,4, 8, 9,17
2	MYS202	GEC	Fundamentals of Ayurveda and Naturopathy	3	0	0	3	50	50	50	100	100	3hrs /Theory	√	√	√	√	√			1,3,4,5,6,8,9, 17
3	MYS203	DSEC	Human Anatomy and Physiology-II	3	0	0	3	50	50	50	100	100	3hrs /Theory	√		√	√	√			2,3, 4, 5, 6,8,13
4	MYS204	CC	Essence of Upanishad	3	0	0	3	50	50	50	100	100	3hrs /Theory			√		√	√		3,4,8,9, 11, 16,17
5	MYS205	CC	Yoga Practical - III	0	0	8	4	50	50	50	100	100	8hrs /Prectical	√	√	√	√	√	√		1,2, 3, 4, 5, 8, 9, 17
6	MYS206	CC	Yoga Practical - IV	0	0	8	4	50	50	50	100	100	8hrs /Prectical	√	√	√	√	√	√		1,2, 3, 4, 5, 8, 9, 17
Total				12	0	16	20	300	300	300	600	600									
Course Category		CC: Core Course		GEC: Generic Elective Course						DSEC:Discipline Specific Elective Course											