



Swami Rama Himalayan University

NAAC A+

Swami Rama Himalayan University

School of Yoga Sciences

Teaching & Evaluation Scheme

B.Sc. Yoga Science and Holistic Health Program, Semester – I (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						Continuous Internal Assessment Theory/Practical (30 % Weightage)											
				L	T	P	C														
								SE I	SE II					DDA							
1	BYSC101	MC	Foundations of Yoga – I	3	0	0	3	25	25	50	100	200	3Hrs./Theory	√		√			√	√	3, 4,8, 9,11, 16, 17
2	BYSC102	MC	Principles of Hatha Yoga -I	3	0	0	3	25	25	50	100	200	3Hrs./Theory	√		√	√	√	√		2, 3, 4, 8, 9, 11, 17
3	BYSC103	MS	Human Anatomy and Physiology-I	3	0	0	3	25	25	50	100	200	3Hrs./Theory		√	√	√	√			2,3, 4,5, 6, 8, 9,11, 13
4	BYSC104	AEC	Basics of Sanskrit	3	0	0	3	25	25	50	100	200	3Hrs./Theory			√			√		4,8,9
5	BYSC105	SEC	Public Health and Hygiene	2	0	0	2	25	25	50	100	200	2Hrs./Theory				√	√	√	√	1,2,3, 4, 5,6,11,13
6	BYSC106	MC	Yoga Practical - I	0	0	6	3	25	25	50	100	200	6Hrs./Prectical	√	√	√	√	√	√		1, 3, 4, 8, 9, 17
7	BYSC107	MC	Yoga Practical - II	0	0	4	2	25	25	50	100	200	4Hrs./Prectical	√	√	√	√	√	√		1, 3, 4, 8, 9,17
8	BYSC108	MS	Human Anatomy and Physiology Practical - I	0	0	2	1	25	25	50	100	200	2Hrs./Prectical	√		√	√	√			2,3,4, 5, 8, 9, 13
Total				14	0	12	20	200	200	400	800	1600	26Hrs								

Course Category

Major Course (MC), Minor Stream (MS), Ability Enhancement Course (AEC), Skill Enhancement Course (SEC), Foundation Course (FC) Sessional Exam (SE), Day to Day Assessment (DDA),