



**B.Sc. Yoga Science and Holistic Health Program, Semester – IV**  
**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					Employability	Entrepreneurship	Skill Development	Gender Equality	Environment & Sustainability	Human Value	
1	BYS401	CC	Patanjal Yoga Darshana – II	3	0	0	3	50	50	50	100	100	3Hrs./Theory	√		√			√	√	3, 4, 8, 9, 17
2	BYS402	DSEC	Yoga Psychology	3	0	0	3	50	50	50	100	100	3Hrs./Theory	√		√			√	√	3, 4, 5, 8,9
3	BYS403	DSEC	Yoga Diet & Nutrition	3	0	0	3	50	50	50	100	100	3Hrs./Theory	√	√	√	√	√	√	√	2, 3, 4, 5, 8, 9
4	BYS404	GEC	Fundamentals of Ayurveda	3	0	0	3	50	50	50	100	100	3Hrs./Theory	√	√	√	√	√		√	2,3, 4,5, 8, 9,
5	BYS405	CC	Yoga Practical – VII	0	0	8	4	50	50	50	100	100	8Hrs/Practical	√	√	√	√	√	√		1,3, 4, 5, 8, 9,17
6	BYS406	CC	Yoga Practical – VIII	0	0	6	3	50	50	50	100	100	6Hrs./Practical	√	√	√	√	√	√		1, 3, 4, 5, 8, 9, 17
7	BYS407	GEC	Ayurveda Practical	0	0	2	1	50	50	50	50	50	2 Hrs./Practical	√	√	√	√	√			1, 3, 4, 5, 8, 9
Total				12	0	16	20	350	350	350	650	650									
Course Category																					
CC	Core Course	GEC	Generic Elective Course																		
DSEC	Discipline Specific Elective Course																				