

DEPARTMENT OF YOGIC SCIENCE
Gurukula Kangri (Deemed to be University), Haridwar
B.A.
(Yogic Science as Elective Subject)

SYLLABUS (w. e. f. 2021-22)

S. N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
			L	T	P	Seasonal			ESE	
						Credit	CT	TA		
B.A. I Year										
Semester - I										
1	BYS -C101	Fundamentals of Yoga	4		-	4	20	10	70	100
2	HYS-G101&G102	GE for BA Honours	4			4	20	10	70	100
2	BYS-C151	Practical			4	2	20	10	70	100
						06	TOTAL			200
Semester - II										
1	BYS -C201	Principles of Hath Yoga	4		-	4	20	10	70	100
2	HYS-G201&G202	GE for BA Honours	4			4	20	10	70	100
3	BYS-C251	Practical			4	2	20	10	70	100
						06	TOTAL			200
						12				400
B.A. II Year										
Semester - III										
1	BYS-C301	Human Anatomy & Physiology	4	-	-	4	20	10	70	100
2	BYS-S301&S302	SEC-1	4			4	20	10	70	100
3	HYS-G301&G302	GE for BA Honours	4			4	20	10	70	100
4	BYS-C351	Practical			4	2	20	10	70	100
						10	TOTAL			300
Semester - IV										
1	BYS-C401	Human Consciousness & Mental Health	4	-	-	4	20	10	70	100
2	BYS-S401& S402	SEC-2	4			4	20	10	70	100
	HYS-G401&G402	BA Honours	4			4	20	10	70	100
3	BYS-C451	Practical			4	2	20	10	70	100
						10	TOTAL			300
						20				600
B.A. III Year										
Semester - V										
1	BYS- E501&E502	Any one from the List of Discipline Specific Elective course	4		-	4	20	10	70	100
2	BYS-S501& S 502	SEC-3	4		-	4	20	10	70	100
	BYS-G501& G502	GE-1 (BA)	4			4	20	10	70	100
3	BYS-E551	Practical			4	2	20	10	70	100
						10	TOTAL			300
Semester - VI										
1	BYS-E601 & E602	Any one from the List of Discipline Specific Elective course	4		-	4	20	10	70	100
2	BYS-S601 & S602	SEC-4	4			4	20	10	70	100
	BYS-G601 &G602	GE-2 (BA)	4			4	20	10	70	100
3	BYS-E651	Practical			4	2	20	10	70	100
						10				300
						20				600
TOTAL						52				1600
TOTAL CREDIT						52				1600

L = Lecture T = Tutorial P = Practical CT = Cumulative Test TA = Teacher Assessment