

**Karnataka Samskrit University, Chamarajpete, Bengaluru-18**

**Scheme of Teaching and Examination, NEP 2022 (2024-25)**

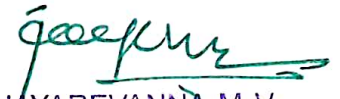
**B.Sc in Yogic Science & Counseling 1<sup>st</sup> Year SEMESTER-I**

S.N	Subject	S Code	Subject Title	Credits	Subject Total
1.	Major Discipline-1	21BSC1MJ1YSC1	Foundation ofYoga-1	4	40+60=100
2.	Major Discipline-2	21BSC1MJ1YSC2P	Yoga Practical-I	5	40+60=100 <b>Practical Exam</b>
3.	Minor Discipline-1	21BSC1MN1YSC3	Fundamentals of Counselling-I	3	40+60=100
4.	Minor Discipline -2	21BSC1MN1YSC4	Human Anatomy And Physiology-I	3	40+60=100
5.	Open Elective-1	21BSC1OE1YSC5	Bhagavad Gita - 1 (Karma Yoga)	3	40+60=100
		21BSC1OE2YSC5	Basic Sanskrit-1	3	40+60=100
		21BSC1OE3YSC5	Pride of India	3	
6.	Language 1-1	21BSC1L1YSC6	Sanskrit	3	40+60=100
7.	Language 2-1	21BSC1L2YSC7	Kannada	3	40+60=100
	Language 2-1	21BSC1L2YSC7	English	3	40+60=100
<b>Generic Elective</b>					
8.	Skill Based-1	21BSC1GE1YSC8	Digital Fluency	2	50
9	Value Added	21BSC1GE2YSC9	Health, Wealth & Yoga	2	SEE
<b>Total</b>				<b>28</b>	<b>750</b>

  
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**B.Sc in Yogic Science & Counseling 1st Year SEMESTER-II**

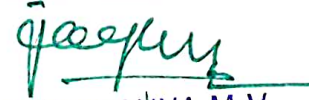
S. N	Subject	Subject Code	Subject Title	Credits	Subject Total
1.	Major Discipline-3	21BSC2MJ1YSC1	Foundation of Yoga - II	4	40+60=100
2.	Major Discipline-4	21BSC2MJ1YSC2P	Yoga Practical-II	5	40+60=100 <b>Practical Exam</b>
3.	Minor Discipline-3	21BSC2MN1YSC3	Fundamentals of Counseling-II	4	40+60=100
4.	Minor Discipline -4	21BSC2MN1YSC4	Human Anatomy & Physiology-II	4	40+60=100
5.	Open Elective-2	21BSC2OE1YSC5	Bhagavad Gita- 2 (Bhakti Yoga)	3	40+60=100
		21BSC2OE2YSC5	Basic Sanskrit-2	3	40+60=100
		21BSC2OE3YSC5	Yoga Psychology	3	
6.	Language 1-2	21BSC2L1YSC6	Sanskrit	3	40+60=100
7	Language 2-2	21BSC2L2YSC7	Kannada	3	40+60=100
	Language 2-2	21BSC2L2YSC7	English	3	40+60=100
<b>Generic Elective</b>					
8.	Value Based-II	21BSC2GE1YSC8	Digital Fluency-2	2	50
9	Skill Based -I	21BSC2GE2YSC8	NSS, NCC, Sports etc.	2	SEC
<b>Total</b>				<b>28</b>	<b>750</b>



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**B.Sc in Yogic Science & Counseling 2nd Year SEMESTER-III**

S · N	Subject	Subject Code	Subject Title	Credits	Subject Total
1.	Major Discipline-5	21BSC3MJ1YSC1	Principle of Upanishads -I	4	40+60=100
2.	Major Discipline-6	21BSC3MJ1YSC2 P	Yoga Practical-III	5	40+60=100 <b>Practical Exam</b>
3.	Minor Discipline-5	21BSC3MN1YSC 3	Principles of Counseling-1	3	40+60=100
4.	Minor Discipline -6	21BSC3MN1YSC 4	Patanjala Yoga Sutra - I (1st Pada)	3	40+60=100
5.	Open Elective-3	21BSC3OE1YSC5	Bhagavad Gita - 3 (Jnana Yoga)	3	40+60=100
		21BSC3OE2YSC5	Basic Sanskrit- 3	3	40+60=100
		21BSC3OE3YSC5	Naturopathy	3	
6.	Language 1-3	21BSC3L1YSC6	Sanskrit	3	40+60=100
7.	Language 2-3	21BSC3L2YSC7	Kannada	3	40+60=100
	Language 2-3	21BSC3L2YSC7	English	3	40+60=100
<b>Generic Elective</b>					
8.	Skill Based-1	21BSC3GE1YSC8	Artificial Intelligence	2	50
9.	Value Added	21BSC3GE1YSC9	NSS, NCC, Sports etc.	2	SEC
<b>Total</b>				<b>28</b>	<b>750</b>

  
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**B.Sc in Yogic Science & Counselling 2nd Year SEMESTER-IV**

S. N	Subject Code	Subject Code	Subject Title	Credits	Subject Total
1.	Major Discipline-7	21BSC4MJ1YSC1	Principle Upanishads -II	4	40+60=100
2.	Major Discipline-8	21BSC4MJ1YSC2P	Yoga Practical-IV	5	40+60=100 <b>Practical Exam</b>
3.	Minor Discipline-7	21BSC4MN1YSC3	Principles of Counselling-II	3	40+60=100
4.	Minor Discipline -8	21BSC4MN1YSC4	Patanjala Yoga Sutra-2 (2ND Pada)	3	40+60=100
5.	Open Elective-4	21BSC4OE1YSC5	Bhagavad Gita - 4 (DhyanaYoga)	3	40+60=100
		21BSC4OE2YSC5	Indian Constitution	3	40+60=100
		21BSC4OE3YSC5	Integrated Alternative Therapy	3	
6.	Language 1-4	21BSC4L1YSC6	Sanskrit	3	40+60=100
7.	Language 2-4	21BSC4L2YSC7	Kannada	3	40+60=100
	Language 2-4	21BSC4L2YSC7	English	3	40+60=100
<b>Generic Elective</b>					
8.	Other	21BSC4GE1YSC8	Artificial Intelligence 2	2	50
9	Value Based-2	21BSC4GE1YSC8	NSS, NCC, Sports etc.	2	SEC
<b>Total</b>				<b>28</b>	<b>750</b>

  
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**B.Sc in Yogic Science & Counselling 3rd Year SEMESTER-V**

S. N	Subject Code	Subject Code	Subject Title	Credits	Subject Total
1.	Major Discipline-9	21BSC5MJ1YSC1	Hatha Yoga- I (1 <sup>st</sup> & 2 <sup>nd</sup> Chapter)	4	40+60=100
2.	Major Discipline-10	21BSC5MJ1YSC2P	Yoga Practical- Teaching & Therapeutic Methods- 1	5	40+60=100 <b>Practical Exam</b>
3.	Minor Discipline-9	21BSC5MN1YSC3	Child Psychology	4	40+60=100
4.	Minor Discipline -10	21BSC5MN1YSC4	Gheranda Samitha-1 (1 <sup>st</sup> & 2 <sup>nd</sup> Upadesh)	4	40+60=100
5.	DISCIPLINE Specific Elective-E1	21BSC5OE1YSC5	Shiva Samhita- I (1 <sup>st</sup> & 2 <sup>nd</sup> Pallata)	3	40+60=100
6	Vocational-1	21BSC5OE2YSC5	Clinical Counseling	3	40+60=100
<b>Generic Elective</b>					
7.	Soft Skills	21BSC5GE1YSC6	Soft Skills	2	100
<b>Total</b>				<b>25</b>	<b>700</b>



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**B.Sc in Yogic Science & Counselling 3rd Year SEMESTER-VI**

S. N	Subject Code	Subject Code	Subject Title	Credits	Subject Total
1.	Major Discipline-11	21BSC6MJ1YSC1	Hatha Yoga- II (3 <sup>rd</sup> and 4 <sup>th</sup> Chapter)	4	40+60=100
2.	Major Discipline-12	21BSC6MJ1YSC2P	Yoga Practical- Teaching & Therapeutic Methods-II	5	40+60=100 <b>Practical Exam</b>
3.	Minor Discipline-11	21BSC6MN1YSC3	Yogic counseling	4	40+60=100
4.	Minor Discipline -12	21BSC6MN1YSC4	Gheranda Samhita-II (3 <sup>rd</sup> , 4 <sup>th</sup> & 5 <sup>th</sup> Upadesh)	4	40+60=100
5.	DISCIPLINE Specific Elective-E2	21BSC6OE1YSC5	Shiva Samhita- II (3 <sup>rd</sup> and 4 <sup>th</sup> Pattala)	3	40+60=100
6	Vocational-2	21BSC6OE2YSC5	Projects/field works	3	40+60=100
<b>Generic Elective</b>					
7	Soft Skills	21BSC6GE1YSC6	Internship	2	SEC
<b>Total</b>				<b>25</b>	<b>600</b>

  
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