



Karnataka Samskrit University

Accredited 'A' Grade by NAAC

Department of Yoga Therapy & Counselling

NATIONAL EDUCATIONAL POLICY (NEP)

B. Sc. Yoga Therapy and Counselling.

2024-25

Faculty of Ancient Indian Sciences

Karnataka Samskrit University (KSU)
Pampa Mahakavi Road, Chamarajpet, Bangalore – 560 018.

I -Sem (Single Major): SEP

Subject : (शास्त्र/वेदान्त) :

| Papers | Course type Theory/ Practical | Credit | Teaching Hours/ Sem | Theory/Practical Marks | Internal Marks | Total Marks | Course Code | Course Name | Course Details (Publications etc..) | SEE/SEC |
|--------|-------------------------------|--------|---------------------|------------------------|----------------|-------------|-------------|--|-------------------------------------|---------|
| 01 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY1P1-1 | Foundation of Yoga-1 | | SEE |
| 02 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY1P2-2 | Fundamentals of Counselling-I | | SEE |
| 03 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY1P3-3 | Human Anatomy And Physiology-I | | SEE |
| 04 | | 4 | 60 | 80 | 20 | 100 | S24BSY1O14 | Yoga Practical-I | | |
| 05 | Theory (Lang-1) | 3 | 60 | 80 | 20 | 100 | S24BSY1L1S5 | संस्कृतभाषा -१ (भारतसंग्रहे आदिपर्व (लक्ष्मणसूरिः), अम्बेड्कर् शतकम्) | Prasaranga KSU, Bengaluru | SEE |
| 06 | Theory (Lang-2) | 3 | 60 | 80 | 20 | 100 | S24BSY1L2K6 | KANNADA | Prasaranga KSU, Bengaluru | SEE |
| 06 | Theory (Lang-2) | 3 | 45 | 80 | 20 | 100 | S24BSY1L2E6 | ENGLISH | Prasaranga KSU, Bengaluru | SEE |
| 07 | Theory | 2 | 30 | 30 | 20 | 50 | S24BSY1C1-7 | Constitutional Values-01 | | |
| | | 27 | | | | | | | | |

* Note: Course = Paper, SEE = Semester end Exam, SEC = Semester end Credits

II -Sem (Single Major): SEP

Subject : (शास्त्र/वेदान्त)

| Papers | Course type Theory/ Practical | Credit | Teaching Hours/Sem | Theory/Practical Marks | Internal Marks | Total Marks | Course Code | Course Name | Course Details (Publications etc..) | SEE/SEC |
|--------|-------------------------------------|--------|-----------------------|---------------------------|-------------------|----------------|------------------|---|--|---------|
| 01 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY2P4- -1 | Foundation of Yoga - II | | SEE |
| 02 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY2P5- -2 | Fundamentals of Counseling-II | | SEE |
| 03 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY2P6- -3 | Human Anatomy & Physiology-II | | SEE |
| 04 | | 4 | 60 | 80 | 20 | 100 | S24BSY2O2 4 | Yoga Practical-II | | |
| 04 | Theory (Lang-1) | 3 | 60 | 80 | 20 | 100 | S24BSY2L1 S5 | संस्कृतभाषा -2 (भारतसंग्रहे सभापर्व, अभिनवप्रहेलिका: - आदितः त्रिंशत् पद्यानि, पार्वतीपरमेश्वरम्) | Prasaranga KSU, Bengaluru | SEE |
| 05 | Theory (Lang-2) | 3 | 60 | 80 | 20 | 100 | S24BSY2L2 K6 | KANNADA | Prasaranga KSU, Bengaluru | SEE |
| 05 | Theory (Lang-2) | 3 | 45 | 80 | 20 | 100 | S24BSY2L2 E6 | ENGLISH | Prasaranga KSU, Bengaluru | SEE |
| 06 | Theory | 2 | 30 | 30 | 20 | 50 | S24BSY2C2- 7 | Constitutional Values-02 | | |
| | | 27 | | | | | | | | |

* Note: Course = Paper, SEE = Semester end Exam, SEC = Semester end Credits

III -Sem (Single Major): SEP

Subject : (शास्त्र/वेदान्त)

| Papers | Course type Theory/ Practical | Credit | Teaching Hours/Sem | Theory/Practical Marks | Internal Marks | Total Marks | Course Code | Course Name | Course Details (Publications etc..) | SEE/SEC |
|--------|-------------------------------------|--------|-----------------------|---------------------------|-------------------|----------------|------------------|--|--|---------|
| 01 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY3P7- -1 | Principal Upanishads -I | | SEE |
| 02 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY3P8- -2 | Principles of Counseling-1 | | SEE |
| 03 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY3P9- -3 | Patanjala Yoga Sutra (1st Pada) | | SEE |
| 04 | Theory (Open Elective) | 4 | 45 | 80 | 20 | 100 | S24BSY3O3 4 | Yoga Practical - Common Ailments 1 | | SEE |
| 05 | Theory (Lang-1) | 3 | 60 | 80 | 20 | 100 | S24BSY3L1 S5 | संस्कृतभाषा -3 (चम्पूरामायणम् - सुन्दरकाण्डम्) | Choukamba Prakashana, Varanasi | SEE |
| 06 | Theory (Lang-2) | 3 | 60 | 80 | 20 | 100 | S24BSY3L2 K6 | KANNADA | Prasaranga KSU, Bengaluru | SEE |
| 06 | Theory (Lang-2) | 3 | 45 | 80 | 20 | 100 | S24BSY3L2 E6 | ENGLISH | Prasaranga KSU, Bengaluru | SEE |
| | | 25 | | | | | | | | |

* Note: Course = Paper, SEE = Semester end Exam, SEC = Semester end Credits

IV -Sem (Single Major): SEP

Subject : (शास्त्र/वेदान्त)

| Papers | Course type Theory/ Practical | Credit | Teaching Hours/Sem | Theory/Practical Marks | Internal Marks | Total Marks | Course Code | Course Name | Course Details (Publications etc..) | SEE/ SEC |
|--------|-------------------------------------|--------|-----------------------|---------------------------|-------------------|----------------|-------------------|---|---|-------------|
| 01 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY4P10- -1 | Principal Upanishads -II | | SEE |
| 02 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY4P11- -2 | Principles of Counselling-II | | SEE |
| 03 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY4P12- -3 | Patanjali Yoga Sutra (2ND Pada) | | SEE |
| 04 | Theory (Open Elective) | 4 | 60 | 80 | 20 | 100 | S24BSY4O44 | Yoga Practical - Common Ailments 2 | | SEE |
| 05 | Theory (Lang-1) | 3 | 60 | 80 | 20 | 100 | S24BSY4L1S5 | संस्कृतभाषा -3 (अभिज्ञानशाकुन्तलम् - चतुर्थ-पञ्चमाङ्कौ) | Choukamba Prakashana, Varanasi | SEE |
| 06 | Theory (Lang-2) | 3 | 60 | 80 | 20 | 100 | S24BSY4L2K 6 | KANNADA | Prasaranga KSU, Bengaluru | SEE |
| 06 | Theory (Lang-2) | 3 | 45 | 80 | 20 | 100 | S24BSY4L2E 6 | ENGLISH | Prasaranga KSU, Bengaluru | SEE |
| 07 | Compulsory subject | 2 | 30 | 30 | 20 | 50 | S24BSY4C3E 6 | Practical Knowledge/ Skill | | |
| | | 27 | | | | | | | | |

* Note: Course = Paper, SEE = Semester end Exam, SEC = Semester end Credits

V -Sem (Single Major): SEP

Subject : (शास्त्र/वेदान्त)

| Papers | Course type Theory/ Practical | Credit | Teaching Hours/ Sem | Theory/Practical Marks | Internal Marks | Total Marks | Course Code | Course Name | Course Details (Publications etc..) | SEE/ SEC |
|--------|-------------------------------------|--------|---------------------------|---------------------------|-------------------|----------------|-------------------|--|--|-------------|
| 01 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY5P13- -1 | Hatha Yoga- I | | SEE |
| 02 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY5P14- -2 | Gheranda Samitha-1 | | SEE |
| 03 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY5P15- -3 | Child Psychology & Child Psychology | | SEE |
| 04 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY5O54 | Yoga Practical-Teaching & Therapeutic Methods-1 | | |
| 05 | Theory | 2 | 30 | 30 | 20 | 50 | S24BSY5C4- - 4 | Internship- | | SEC |
| | | 22 | | | | | | | | |

* Note: Course = Paper, SEE = Semester end Exam, SEC = Semester end Credits

VI -Sem (Single Major): SEP

Subject : (शास्त्र/वेदान्त)

| Papers | Course type Theory/ Practical | Credit | Teaching Hours/Sem | Theory/Practical Marks | Internal Marks | Total Marks | Course Code | Course Name | Course Details (Publications etc..) | SEE/ EC |
|--------|-------------------------------------|--------|-----------------------|---------------------------|-------------------|----------------|-------------------|---|--|------------|
| 01 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY6P16- -1 | Hatha Yoga- II | | SEE |
| 02 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY6P17- -2 | Gheranda Samhita- II | | SEE |
| 03 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY6P18- -3 | Yogic counseling | | SEE |
| 04 | Theory | 5 | 75 | 80 | 20 | 100 | S24BSY6O64 | Research Methodology with Survey project | | |
| 05 | Theory | 2 | 30 | 30 | 20 | 50 | S24BSY6C4- - 4 | Projects/field works | | SEC |
| | | 22 | | | | | | | | |

* Note: Course = Paper, SEE = Semester end Exam, SEC = Semester end Credits

Total Credit for all Semester - 27+27+25+27+22+22+=150.