

# B.Sc In Yoga For Human Excellence

## SEMESTER-1

Core Courses (CC)	Theory	Part I - Language Tamil - I
		Part I - Language English - I
		Yoga Of Body And Mind
	Practical	Sky Yoga Practices-I
		Applied Physiology
Ability Enhancement Compulsory Course (AECC)		Communication Skills
Co-Curricular (NCCC)		Community Service

## SEMESTER-2

Core Courses (CC)	Theory	Part I - Language Tamil - II
		Part I - Language English - II
		Yoga Of Sublimation
	Practical	Psycholohical Testing
		Sky Yoga Practices II
Ability Enhancement Compulsory Course (AECC)		Environmental Studies
Co-Curricular (NCCC)		Village Placement Programme

## SEMESTER-3

Core Courses (CC)	Theory	Part I - Language Tamil - III
		Part I - Language English - III
		Transformation OF Universe
	Practical	Traditional Yogic Practices - I
		Computer Programming
Ability Enhancement Compulsory Course (AECC)		Computer Applications In Sky Yoga - I
Co-Curricular (NCCC)		Visiting Fitness Centres

## SEMESTER-4

Core Courses (CC)	Theory	Part I - Language Tamil - IV
		Part I - Language English - IV
		Genetic Centre & The Principle Of Cause And Effect
	Practical	Traditional Yogic Practices - II
		Teaching Practice
Ability Enhancement Compulsory Course (AECC)		Computer Applications In Sky yoga - II
Co-Curricular (NCCC)		Visiting Educational

## SEMESTER- 5

Core Courses (CC)	Theory	Vethathirian Principles Of Life
		Applied Yoga
	Practical	Traditional Yoga Practices III
		Sky Yoga Practices III
Discipline Specific Elective Course (DSEC)		1. Fundamentals Of Yoga (Or) Introdouction Of Indian System Of Medicine And Therapies 2. Transformation Of Living Beings (Or) Universal Magnetism And Bio-Magnetism 3. Basic Yoga Texts (Or) Prosperity Of Indian
Skill Enhancement Course (SEC)		Elementray Statistics
Co-Curricular (NCCC)		Internship In Therapy Centers

## SEMESTER- 6

Core Courses (CC)	Theory	Yoga Sutras
	Practical	Yoga Project
		Traditional Yoga Practices IV
Discipline Specific Elective Course (DSEC)		1. Hatha Yoga Texts (Or) Wisdom And Life 2. World Peace Plans (Or) God Realization And Morality 3. Methods Of Naturopathy (Or) Fundamentals Of Research
Skill Enhancement Course (SEC)		Basics Bio-Mechanics
Co-Curricular (NCCC)		Internship In Therapy Centers

CC : Theory - 16	Semester 1-4 : 3, Sem 5 & 6 : 2
CC : Pratical - 12	Each Semester - 2
(DESEC) Elective - 6	Sem 5&6 : Each 3
Ability Enhancement Compulsory Course - 4	Semester 1 & 2
SEC : Skill Enhancement Course - 4	Semester 3,4,5,6
(NCCC) Co - Curricular - 6	Each Semester - 1

Semester - 1	7 Subjects
Semester - 2	7 Subjects
Semester - 3	7 Subjects
Semester - 4	7 Subjects
Semester - 5	9 Subjects
Semester - 6	9 Subjects
Total Subjects	46