

S-VYASA Yoga University, Bengaluru
Division of Yoga-Spirituality

B.Sc. – Yoga and Consciousness – CBCS (Choice Based Credit System)						
I	CBCS	Division	L	T	P	Number of Credits
Sanskritam – 1	AECC	YS	2	1	1	4
English – 1	AECC	YH	2	1	1	4
A broad Introduction to Sanskrit literature	CC	YS	4	0	0	4
Introduction and Heritage of Yoga	CC	YS	4	0	0	4
Vedic principles and practices	CC	YS	0	0	4	2
Yoga Practices - 1	GC	YL	0	0	4	2
Sanskritam source of science	YS-E	YS	4	0	0	4
Yoga Vasishtha	YS-E	YS				
						24
II	CBCS	Division	L	T	P	Number of Credits
Sanskritam – 2	AECC	YS	2	1	1	4
English – 2	AECC	YH	2	1	1	4
Introduction to the Vedas	CC	YS	4	0	0	4
Constitution of India	GE	YH	4	0	0	4
Vedic concepts and practices	CC	YS	0	0	4	2
Yoga practices – 2	CC	YL	0	0	4	2
Science and consciousness	YS-E	YS	4	0	0	4
Ancient Indian Ecology	YS-E	YS				
						24
III	CBCS	Division	L	T	P	Number of Credits
Basic anatomy and physiology	GC	YL	4	0	0	4
Messages from Upanishads	CC	YS	4	0	0	4
Patanjali Yoga Sutras	CC	YS	4	0	0	4
Vedic chanting and practices	CC	YS	0	0	4	4
Yoga Practices - 3	GC	YL	0	0	4	2
Indian Logic	YS-E	YS	0	0	4	4
Introduction to Vedangas	YS-E	YS				
						22
IV	CBCS	Division	L	T	P	Number of Credits
Bhagavad Gita (chapters 1 – 9)	CC	YS	4	0	0	4
Taittiriya	CC	YS	4	0	0	4

