

Ramakrishna Mission Sanskrit Samvit Sansthanam

(Sanskrit and Yoga programmes run by RKMVERI branch centre of Ramakrishna Mission),
PO Belur Math, Dist. Howrah 711202, West Bengal,
under the aegis of

Central Sanskrit University, New Delhi **Curriculum of 3 year-BSc Yogic Science**

Syllabus framed by Central Sanskrit University
(20 cr in odd sem, 22 cr in even sem, 42 credits /yr x 3ys = 126 cr)

Semester	Subjects	Credit
1	Traditions of Yoga	4
	Human Anatomy & Physiology I	4
	Basics of Yoga Philosophy	4
	Yogasya Bhasa Sanskritam	4
	Yoga practice I	4
2	Essence of BhagavadGita	4
	Human Anatomy & Physiology II	4
	Hatha Yogic Texts	4
	Health and Wellness Yogic Practices I	4
	Yogic Internship I	6
3	Yoga Darshana I	4
	Human Anatomy & Physiology III	4
	Essence of Yoga in Upanishad	4
	Ayurvedasya Bhasa Sankritam	4
	Yoga practice II	4
4	Samkhya Philosophy	4
	Yoga Darshana II	4
	Applied Naturopathy	4
	Health and Wellness Yogic Practices II	4
	Yogic Internship II	6
5	Yogic concept of Diet and Nutrition	4
	Alternative Therapies	4
	Yogic Principles of Healthy Living	4
	Yoga and Mental Health	4
	Yoga practice III	4
6	Principles of Yoga Therapy	4
	Methods of Teaching Yoga	4
	Yogic Managment for Common Diseases	4
	Health and Wellness Yogic Practices II	4
	Yogic Internship III	6