

Bachelor of Vocation (B.Voc.) - Yoga & Wellness

University Style Syllabus Structure (3 Years / 6 Semesters)

Semester 1

Subject Code	Subject Name	Credits	Marks
BVYW101	Introduction to Yoga	4	100
BVYW102	Human Anatomy & Physiology	4	100
BVYW103	Communication Skills	3	75
BVYW104	Foundation of Wellness	3	75

Semester 2

Subject Code	Subject Name	Credits	Marks
BVYW201	Yoga Philosophy	4	100
BVYW202	Practical Asanas I	4	100
BVYW203	Nutrition & Dietetics	3	75
BVYW204	Environmental Studies	2	50

Semester 3

Subject Code	Subject Name	Credits	Marks
BVYW301	Pranayama & Meditation	4	100
BVYW302	Therapeutic Yoga	4	100
BVYW303	Stress Management	3	75
BVYW304	Entrepreneurship	3	75

Semester 4

Subject Code	Subject Name	Credits	Marks
BVYW401	Advanced Yoga Practice	4	100
BVYW402	Holistic Health	4	100
BVYW403	Counselling Skills	3	75
BVYW404	Internship I	4	100

Semester 5

Subject Code	Subject Name	Credits	Marks
BVYW501	Yoga Teaching Methodology	4	100

BVYW502	Alternative Therapies	4	100
BVYW503	Research Methods	3	75
BVYW504	Fitness Training	3	75

Semester 6

Subject Code	Subject Name	Credits	Marks
BVYW601	Yoga Therapy Practice	4	100
BVYW602	Wellness Center Management	4	100
BVYW603	Project Work	6	150
BVYW604	Internship II	4	100

Marks Distribution

Theory: 70%, Internal Assessment: 30% | Practical & Internship evaluated separately.