

**B.Voc.(YOGIC SCIENCE)**  
**R.G. P.G. College, Meerut**  
**Course Details**

S.No.	Name of the Program	Year and semester	Name of the Paper being Taught	Code
1.	B.Voc.	2023-24 Ist sem	I. Foundation of Yoga	1101
			II. Hathyoga	1102
			III. Anatomy & Physiology-I	1103
			IV. Human Consciousness & Yoga	1104
			V. English Language	012/1105
			Yoga Practical 1	1106
			Yoga Practical 2	1107
2.	B.Voc.(Yogic Science)	2023-24 2 <sup>nd</sup> Sem.	I.Yogic Text(Geeta)-I	2101
			II. Hathyoga-II	2102
			III. Anatomy & Physiology-II	2103
			IV.General Awareness(ABC-010)	2104
			V.Computer Applications	2105
			Yoga Practical 1	2106
			Yoga Practical 2	2107
			Computer Practical 2	2108
			Environmental Science	2109
3.		3 <sup>rd</sup> Semester	I. Yogic Text(Patanjali Yoga)-II	3101
			II. Alternative Therapies-I/Acupressure Magnet Therapy	3102
			III. Swasthvritta	3103
			IV. Yogatherapy-I	3104
			V. Communicative English	3105
			Yoga Practical 1	3106
			Acupressure, Magnet Therapy, Diet Practical 2	3107
4.	B.Voc.(Yogic Science)	2023-24 4 <sup>th</sup> Semester	I. Yoga Therapy-2	4101
			II. Principles of Naturopathy-I	4102
			III. Alternative Therapies-II-Marma Therapy,PranicHealing	4103
			IV. Diet&Nutrition	4104
			V. General Hindi	4105
			Practical 1. Yoga	4106
			Practical 2. Pathological Tests, Naturopathy, Marma Therapy, Pranic Healing	4107
5.	B.Voc. (Yogic Science)	2023-24 5 <sup>th</sup> Semester	I. Principles of Naturopathy-II	5101
			II. Self- Management & Yoga	5102
			III. Yoga & Mental Health	5103
			IV. Yoga & Personality Development	5104
			V. Value Education A-009	5105
			Practical-1 Yoga	5106
			Practical-2 Naturopathy	5107

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6.	B.Voc.	2023-24 6 <sup>th</sup> semester	I. Introduction of Herbs	6101
			II. Yoga& Allied Sciences	6102
			III. Teaching Methodology in Yoga	6103
			IV. Internship/Project	6104
			V. Chikitsiya Pariyojna Karya	6105
			Practical 1. Yoga	6106
			Practical 2. Herbs/Panch Karma	6107