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| Name of Paper & Code | | Allocation of Lectures | | Month wise schedule followed by Department | | Assignment/Test |
| Yogasutra of Patanjali 62136938 | | | | | | |
| 1.Basic principles of Yogasutra | 12 lectures | | July & August 2021 | | 1.August- Chittavrittiyon ka Nirodh kaise karein | |
| 2. Yogasutra of Patanjali: Samadhipad(Sutra:1-7) | 08 lectures | | September 2021 | | 2.September- Yoga ka Mahattva bataiye | |
| 3. Samadhipad(Sutra:8-15) | 05 lectures | | October 2021 | | 3.October- Practicals related to Yoga | |
| 4.Samadhipad(Sutra:16-29) and revision | 04 lectures | | November 2021 | | 4. test &Revision | |