

SARALA BIRLA UNIVERSITY

Bachelor of Yoga & Naturopathy

Programme Structure [Semester- I]

Course Code	Course Title	Course Credit	Course Type	Marks			Duration (Hrs)
				IA	EA	Total	
THEORY							
BY-1101	Aasan pranayam mudra evam bandh- 1	4	Core Compulsory	30	70	100	3
BY-1102	Prakritik ayurvedigyan- 1	4	Core Compulsory	30	70	100	3
BY-1103	Manav sarir rachana evam kriya vigyan- 1	4	Core Elective (any one)	30	70	100	3
BY-1104	Bhartiye darshan evam manav chetna						
BY-1105	Yog darshan	4	Foundation course	30	70	100	3
LAB / PRACTICAL							
BY-1101P	Aasan pranayam mudra evam bandh- 1 Lab	1.5	Core Compulsory	30	20	50	1
BY-1102P	Prakritik ayurvedigyan- 1 Lab	1.5	Core Compulsory	30	20	50	1
BY-1106P	Fundamentals of Computer - Lab	1	SEC	30	20	50	1
TOTAL CREDITS [Semester I]		20		210	340	550	
Core Complusory				11			
Core Elective (any one)				4			
Foundation course				4			
Skill enhancement course (SEC)				1			

SARALA BIRLA UNIVERSITY

Bachelor of Yoga & Naturopathy

Programme Structure [Semester- II]

Course Code	Course Title	Course Credit	Course Type	Marks			Duration (Hrs)
				IA	EA	Total	
THEORY							
BY-1201	Aasan pranayam mudra evam bandh- 2	4	Core compulsory	30	70	100	3
BY-1202	Prakritik ayurvigyan- 2	4	Core compulsory	30	70	100	3
BY-1203	Manav sarir rachana evam kriya vigyan- 2	4	Core elective (Any one)	30	70	100	3
BY-1204	Yogic granthon ka moolbhut tatva						
BY-1205	Patanjal yog darshan	4	Foundation course	30	70	100	3
BY-1206	Communicating English	1	Language	30	70	100	3
LAB / PRACTICAL							
BY-1201P	Aasan pranayam mudra evam bandh- 2 Lab	1.5	Core compulsory	30	20	50	1
BY-1202P	Prakritik ayurvigyan- 2 Lab	1.5	Core compulsory	30	20	50	1
TOTAL CREDITS [Semester II]		20		210	390	600	
Core compulsory				11			
Core elective (Any one)				4			
Foundation course				4			
Language				1			

SARALA BIRLA UNIVERSITY

Bachelor of Yoga & Naturopathy

Programme Structure [Semester- III]

Course Code	Course Title	Course Credit	Course Type	Marks			Duration (Hrs)
				IA	EA	Total	
THEORY							
BY-2301	Aasan pranayam mudra evam bandh- 3	4	Core compulsory	30	70	100	3
BY-2302	Prakritik ayurvigyan- 3	4	Core compulsory	30	70	100	3
BY-2303	Samaanya jari butiyan- Parichay evam upyogita	4	Core compulsory	30	70	100	3
BY-2304	Panch mahabhoot	4	Core compulsory	30	70	100	3
BY-2305	Hathyog	4	Core Elective (Any One)	30	70	100	3
BY-2306	Srimadbhagvadgita						
BY-2307	Sanskrit	1	Language	30	70	100	3
Lab / Practical							
BY-2301P	Aasan pranayam mudra evam bandh- 3 Lab	1.5	Core compulsory	30	20	50	1
BY-2302P	Prakritik ayurvigyan- 3 Lab	1.5	Core compulsory	30	20	50	1
Total credits (Semester 3)		24		240	460	700	
Core compulsory				19			
Core Elective (Any One)				4			
Language				1			

SARALA BIRLA UNIVERSITY

Bachelor of Yoga & Naturopathy

Programme Structure [Semester- IV]

Course Code	Course Title	Course Credit	Course Type	Marks			Duration (Hrs)
				IA	EA	Total	
THEORY							
BY-2401	Aasan pranayam mudra evam bandh- 4	4	Core compulsory	30	70	100	3
BY-2402	Prakritik ayurvedigyan- 4	4	Core compulsory	30	70	100	3
BY-2403	Swaasthya evam aahar	4	Core compulsory	30	70	100	3
BY-2404	Yog evam Ayurved	4	Core compulsory	30	70	100	3
BY-2405	Yog or rog	4	Core elective (Any one)	30	70	100	3
BY-2406	Yog ki vayvaharikta evam shikkshan vidhiyan						
Lab / Practical							
BY-2401P	Aasan pranayam mudra evam bandh- 4 Lab	1.5	Core compulsory	30	20	50	1
BY-2402P	Prakritik ayurvedigyan- 4 Lab	1.5	Core compulsory	30	20	50	1
Total credits [Semester 4]		23		210	390	600	
Core compulsory				19			
Core elective (Any one)				4			

SARALA BIRLA UNIVERSITY							
Bachelor of Yoga & Naturopathy							
Programme Structure [Semester- V]							
Course Code	Course Title	Course Credit	Course Type	Marks			Duration (Hrs)
				IA	EA	Total	
THEORY							
BY-3501	Aasan pranayam mudra evam bandh- 5	4	Core compulsory	30	70	100	3
BY-3502	Jal evam prithivi tatva chikitsa	4	Core compulsory	30	70	100	3
BY-3503	Purak chikitsa paddatiyan- 1	4	Core compulsory	30	70	100	3
BY-3504	Preksha dhayan : Sidhant evam prayog	4	Core elective (Any one)	30	70	100	3
BY-3505	Jivan vigyan : Sidhant evam prayog						
Lab / Practical							
BY-3501P	Aasan pranayam mudra evam bandh- 5 Lab	1.5	Core compulsory	30	20	50	1
BY-3502P	Jal evam prithivi tatva chikiysa Lab	1.5	Core compulsory	30	20	50	1
BY-3503P	Purak chikitsa paddatiyan- 1 Lab	1.5	Core compulsory	30	20	50	1
BY-3504P	Preksha dhayan : Sidhant evam prayog Lab	1.5	Core compulsory	30	20	50	1
Total credits [Semester 5]		22		240	360	600	
Core compulsory				18			
Core elective (Any one)				4			

SARALA BIRLA UNIVERSITY

Bachelor of Yoga & Naturopathy

Programme Structure [Semester- VI]

Course Code	Course Title	Course Credit	Course Type	Marks		
				IA	EA	Total
THEORY						
BY-3601	Aasan pranayam mudra evam bandh- 6	4	Core compulsory	30	70	100
BY-3602	Sharirik rogon ki vaikalpik chikitsa	4	Core compulsory	30	70	100
BY-3603	Purak chikitsa paddatiyan- 2	4	Core compulsory	30	70	100
BY-3604	Samaanya manovigyan	4	Core elective (Any one)	30	70	100
BY-3605	Manorogon ki vaikalpik chikitsa					
Lab / Practical						
BY-3601P	Aasan pranayam mudra evam bandh- 6 Lab	1.5	Core compulsory	30	20	50
BY-3602P	Sharirik rogon ki vaikalpik chikitsa Lab	1.5	Core compulsory	30	20	50
BY-3603P	Purak chikitsa paddatiyan- 2 Lab	1.5	Core compulsory	30	20	50
Project						
BY-3606P	Project & Dissertation	4	Project	75	25	100
Total credits [Semester 6]		24.5		285	365	650
Core compulsory				16.5		
Core elective (Any one)				4		
Project				4		

Duration (Hrs)
3
3
3
3
1
1
1
-

SARALA BIRLA UNIVERSITY

Bachelor of Yoga & Naturopathy

Structure of Bachelor of Yoga & Naturopathy Course for 3 years

S.No.	Type of Subject	Total Credits
1	Core compulsory	94.5
2	Core elective	24
3	Foundation course	8
4	Skill - Enhancement course (SEC)	1
5	Language	2
6	Project	4
TOTAL		133.5
Total Credits during Semester I		20
Total Credits during Semester II		20
Total Credits during Semester III		24
Total Credits during Semester IV		23
Total Credits during Semester V		22
Total Credits during Semester VI		24.5
Total Credits during 3 years		133.5

SARALA BIRLA UNIVERSITY

Bachelor of Yoga & Naturopathy

Marks Structure of Bachelor of Yoga & Naturopathy Course for 3 years

S.No.	Semester	Total Credits	Total Classes per week	Total Internal Assessment Marks	Total External Assessment Marks	Total Marks
1	I	20	24	210	340	550
2	II	20	23	210	390	600
3	III	24	27	240	460	700
4	IV	23	26	210	390	600
5	V	22	28	240	360	600
6	VI	24.5	33	285	365	650
TOTAL		133.5		1395	2305	3700

SARALA BIRLA UNIVERSITY

Bachelor of Yoga & Naturopathy

Distribution of Credits & Total Classes per week

Semester- I

Course Code	Course Title	Course Type	Course Credits			
			Lecture	Tutorial	Practical	Total
THEORY						
BY-1101	Aasan pranayam mudra evam bandh- 1	Core Compulsory	3	1	-	4
BY-1102	Prakritik ayurvedigyan- 1	Core Compulsory	3	1	-	4
BY-1103	Manav sarir rachana evam kriya vigyan- 1	Core Elective (any one)	3	1	-	4
BY-1104	Bhartiye darshan evam manav chetna					
BY-1105	Yog darshan	Foundation course	3	1	-	4
LAB / PRACTICAL						
BY-1101P	Aasan pranayam mudra evam bandh- 1 Lab	Core Compulsory	-	-	1.5	1.5
BY-1102P	Prakritik ayurvedigyan- 1 Lab	Core Compulsory	-	-	1.5	1.5
BY-1106P	Fundamentals of Computer - Lab	SEC	-	-	1	1
Total Credits (Semester - 1)						20
Total Lecture per week			12			
Total Tutorial per week			4			
Total Lab classes per week			8			
TOTAL CLASSES PER WEEK [Semester I]						24

Classes per week
4
4
4
4
3
3
2
24

SARALA BIRLA UNIVERSITY

Bachelor of Yoga & Naturopathy

Distribution of Credits & Total Classes per week

Semester- II

Course Code	Course Title	Course Type	Course Credits				Classes per week
			Lecture	Tutorial	Practical	Total	
THEORY							
BY-1201	Aasan pranayam mudra evam bandh- 2	Core compulsory	3	1	-	4	4
BY-1202	Prakritik ayurvedigyan- 2	Core compulsory	3	1	-	4	4
BY-1203	Manav sarir rachana evam kriya vigyan- 2	Core elective (Any one)	3	1	-	4	4
BY-1204	Yogic granthon ka moolbhut tatva						
BY-1205	Patanjal yog darshan	Foundation course	3	1	-	4	4
BY-1206	Communicating English	Language	1	-	-	1	1
LAB / PRACTICAL							
BY-1201P	Aasan pranayam mudra evam bandh- 2 Lab	Core compulsory	-	-	1.5	1.5	3
BY-1202P	Prakritik ayurvedigyan- 2 Lab	Core compulsory	-	-	1.5	1.5	3
Total credits (Semester - 2)						20	23
Total Lecture per week				13			
Total Tutorial per week				4			
Total Lab classes per week				6			
TOTAL CLASSES PER WEEK [Semester II]						23	

SARALA BIRLA UNIVERSITY

Bachelor of Yoga & Naturopathy

Distribution of Credits & Total Classes per week

Semester- III

Course Code	Course Title	Course Type	Course Credits			
			Lecture	Tutorial	Practical	Total
THEORY						
BY-2301	Aasan pranayam mudra evam bandh- 3	Core compulsory	3	1	-	4
BY-2302	Prakritik ayurvigyan- 3	Core compulsory	3	1	-	4
BY-2303	Samaanya jari butiyan- Parichay evam upyogita	Core compulsory	3	1	-	4
BY-2304	Panch mahabhoot	Core compulsory	3	1	-	4
BY-2305	Hathyog	Core Elective (Any One)	3	1	-	4
BY-2306	Srimadbhagvadgita					
BY-2307	Sanskrit	Language	1	-	-	1
Lab / Practical						
BY-2301P	Aasan pranayam mudra evam bandh- 3	Core compulsory	-	-	1.5	1.5
BY-2302P	Prakritik ayurvigyan- 3	Core compulsory	-	-	1.5	1.5
Total Credits (Semester 3)						24
Total Lecture per week				16		
Total Tutorial per week				5		
Total Lab classes per week				6		
Total classes per week (Semester 3)				27		

Classes per week
4
4
4
4
4
4
1
3
3
27

SARALA BIRLA UNIVERSITY

Bachelor of Yoga & Naturopathy

Distribution of Credits & Total Classes per week

Semester- IV

Course Code	Course Title	Course Type	Course Credits				Classes per week
			Lecture	Tutorial	Practical	Total	
THEORY							
BY-2401	Aasan pranayam mudra evam bandh- 4	Core compulsory	3	1	-	4	4
BY-2402	Prakritik ayurvedigyan- 4	Core compulsory	3	1	-	4	4
BY-2403	Swaasthya evam aahar	Core compulsory	3	1	-	4	4
BY-2404	Yog evam Ayurved	Core compulsory	3	1	-	4	4
BY-2405	Yog or rog	Core elective (Any one)	3	1	-	4	4
BY-2406	Yog ki vayvaharikta evam shikshan vidhiyan						
Lab / Practical							
BY-2401P	Aasan pranayam mudra evam bandh- 4 Lab	Core compulsory	-	-	1.5	1.5	3
BY-2402P	Prakritik ayurvedigyan- 4 Lab	Core compulsory	-	-	1.5	1.5	3
Total Credits (Semester 3)						23	26
Total Lecture per week				15			
Total Tutorial per week				5			
Total Lab classes per week				6			
Total classes per week (Semester 3)				26			

SARALA BIRLA UNIVERSITY

Bachelor of Yoga & Naturopathy

Distribution of Credits & Total Classes per week

Semester- V

Course Code	Course Title	Course Type	Course Credits				Classes per week
			Lecture	Tutorial	Practical	Total	
THEORY							
BY-3501	Aasan pranayam mudra evam bandh- 5	Core compulsory	3	1	-	4	4
BY-3502	Jal evam prithivi tatva chikitsa	Core compulsory	3	1	-	4	4
BY-3503	Purak chikitsa paddatiyan- 1	Core compulsory	3	1	-	4	4
BY-3504	Preksha dhayan : Sidhant evam prayog	Core elective (Any one)	3	1	-	4	4
BY-3505	Jivan vigyan : Sidhant evam prayog						
Lab / Practical							
BY-3501P	Aasan pranayam mudra evam bandh- 5 Lab	Core compulsory	-	-	1.5	1.5	3
BY-3502P	Jal evam prithivi tatva chikitsa Lab	Core compulsory	-	-	1.5	1.5	3
BY-3503P	Purak chikitsa paddatiyan- 1 Lab	Core compulsory	-	-	1.5	1.5	3
BY-3504P	Preksha dhayan : Sidhant evam prayog Lab	Core compulsory	-	-	1.5	1.5	3
Total Credits (Semester 5)						22	28
Total Lecture per week				12			
Total Tutorial per week				4			
Total Lab classes per week				12			
Total classes per week (Semester 3)				28			

SARALA BIRLA UNIVERSITY

Bachelor of Yoga & Naturopathy

Distribution of Credits & Total Classes per week

Semester- VI

Course Code	Course Title	Course Type	Course Credits				Classes per
			Lecture	Tutorial	Practical	Total	
THEORY							
BY-3601	Aasan pranayam mudra evam bandh- 6	Core compulsory	3	1	-	4	4
BY-3602	Sharirik rogon ki vaikalpik chikitsa	Core compulsory	3	1	-	4	4
BY-3603	Purak chikitsa paddatiyan- 2	Core compulsory	3	1	-	4	4
BY-3604	Samaanya manovigyan	Core elective (Any one)	3	1	-	4	4
BY-3605	Manorogon ki vaikalpik chikitsa						
Lab / Practical							
BY-3601P	Aasan pranayam mudra evam bandh- 6 Lab	Core compulsory	-	-	1.5	1.5	3
BY-3602P	Sharirik rogon ki vaikalpik chikitsa Lab	Core compulsory	-	-	1.5	1.5	3
BY-3603P	Purak chikitsa paddatiyan- 2 Lab	Core compulsory	-	-	1.5	1.5	3
Project							
BY-3606P	Project & Dissertation	Project	-	-	4	4	8
Total Credits (Semester 6)						24.5	33
Total Lecture per week				12			
Total Tutorial per week				4			
Total Lab classes per week				17			
Total classes per week (Semester 3)				33			