

# SARALA BIRLA UNIVERSITY

## B.Sc. in Yogic Science

### Structure of B.Sc. in Yogic Science for 3 years

<b>S.No</b>	<b>Type of Subject</b>	<b>Total Credits</b>
1	Core Course	99
2	Skill-Enhancement Course (SEC)	3
3	Generic Elective (GE)	23
4	Core Elective (DSE)	4
5	Project	3
6	Ability Enhancement Compulsory Course (AECC)	3
	<b>Total</b>	<b>135</b>
	Total Credits during Semester I	27
	Total Credits during Semester II	28
	Total Credits during Semester III	27
	Total Credits during Semester IV	22
	Total Credits during Semester V	20
	Total Credits during Semester VI	11
	<b>Total Credits during 3 years</b>	<b>135</b>
	<b>Note-1 credit =1 lecture for theoretical and 1 credit =2 lecture for practical here 1 lecture=1 hour</b>	

# SARALA BIRLA UNIVERSITY

## B.Sc. in Yogic Science

### PROGRAMME STRUCTURE [SEMESTER -I]

Course Code	Course Title	Course Credit	Course Type	Marks			Exam Duration Hours
				IA	EA	Total	
BY-101	Foundation of Yogic Science	6	Core Compulsory	30	70	100	3
BY-102	Human Anatomy and Physiology-I	6	Core Compulsory	30	70	100	3
BY-103	Bharatiye Darshan	4	Core Elective [DSE] (any one)	30	70	100	3
BY-104	Yoga and Human Consciousness						
BY-105	Naturopathy - Principles and Techniques-I	5	Foundation course(GE)	30	70	100	3
BY-106	Saral Sanskrit Vyakaran (AECC)	2	Language	30	70	100	3
				150	350	500	
<b>Lab/Practical</b>							
BY-107P	Naturopathy - Principles and Techniques-I	1	Core Compulsory	30	20	50	
BY-108P	Yoga Practicum-I	3	Core Compulsory	30	20	50	
				60	40	100	
<b>Total Credits [Semester - I]</b>							
		<b>27</b>		<b>210</b>	<b>390</b>	<b>600</b>	
<b>Core Course Credit</b>				<b>16</b>			
<b>Ability Enhancement Compulsory Course (AECC)</b>				<b>2</b>			
<b>Generic Elective [GE]</b>				<b>4</b>			
<b>Skill-Enhancement Course (SEC)</b>							
<b>Total</b>				<b>27</b>			

\*IA- Internal Assessment \*EA-External Assessment

# SARALA BIRLA UNIVERSITY

## B.Sc. in Yogic Science

### Distribution of credits and total classes per week

#### Semester -I

Course Code	Course Title	Course Type	Course Credits				Classes Per Week
			Lecture	Tutorial	Practical	Total	
<b>Theory</b>							
BY-101	Foundation of Yogic Science	Core Compulsory	4	2	-	6	6
BY-102	Human Anatomy and Physiology-I	Core Compulsory	4	2	-	6	6
BY-103	Bharatiye Darshan	Core Elective [DSE] (any one)					
BY-104	Yoga and Human Consciousness		3	1	-	4	4
BY-105	Naturopathy - Principles and Techniques-I	Foundation course(GE)	4	1	-	5	5
BY-106	Saral Sanskrit Vyakaran (AECC)	Language	2	-	-	2	2

#### Lab/Practical

BY-107P	Naturopathy - Principles and Techniques-I	Foundation course(GE)		-	1	1	2
BY-108P	Yoga Practicum-I	Core Compulsory	-	-	3	3	6
<b>Total Credits [Semester -I]</b>			<b>27</b>				
Total Lectures per week			17				
Total Tutorial per week			6				
Total Lab/Practical classes per week			8				
<b>Total Classes per week [Semester -I]</b>			<b>31</b>				

# SARALA BIRLA UNIVERSITY

## B.Sc. in Yogic Science

### PROGRAMME STRUCTURE [SEMESTER -II]

Course Code	Course Title	Course Credit	Course Type	Marks			Exam Duration Hours
				IA	EA	Total	
BY-109	Introduction to Hath Yoga	6	Core compulsory	30	70	100	3
BY-110	Human Anatomy and Physiology-I	6	Core compulsory	30	70	100	3
BY-111	<b>Introduction to AYUSH</b>	6	Core elective ( Any one )	30	70	100	3
BY-112	Biomechanics and Kinesiology			30	70	100	3
BY-113	Naturopathy - Principles and Techniques-II	5	Foundation course	30	70	100	3
				150	350	500	
Lab/Practical							
BY-114P	Naturopathy - Principles and Techniques-LabII	1	Foundation course	30	20	50	
BY-115P	Computer Application	1	SEC	30	20	50	
BY-116P	Yoga Practicum-II	3	Core compulsory	30	20	50	
				90	60	150	
<b>Total Credits [Semester - I]</b>		<b>28</b>		<b>240</b>	<b>410</b>	<b>650</b>	

<b>Core Course</b>	<b>20</b>
<b>Ability Enhancement Compulsory Course (AECC)</b>	<b>1</b>
<b>Generic Elective [GE]</b>	<b>6</b>
<b>Skill-Enhancement Course (SEC)</b>	<b>1</b>
<b>Total</b>	<b>28</b>

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## B.Sc. in Yogic Science

### Distribution of credits and total classes per week

#### Semester -II

Course Code	Course Title	Course Type	Course Credits				Classes Per Week
			Lecture	Tutorial	Practical	Total	
<b>Theory</b>							
BY-109	Introduction to Hatha Yoga	Core compulsory	4	2	-	6	6
BY-110	Human Anatomy and Physiology-I	Core compulsory	4	2	-	6	6
BY-111	<b>Introduction to AYUSH</b>	Core elective ( Any one )	4	2	-	6	4
BY-112	Biomechanics and Kinesiology						
BY-113	Naturopathy - Principles and Techniques -II	Foundation course	4	1		5	5

#### Lab/Practical

BY-114P	Naturopathy - Principles and Techniques -LabII	Foundation course			-	1	1	2
BY-115P	Computer Application	Language(AEC C)	-	-		1	1	2
BY-116P	Yoga Practicum-II	Core compulsory	-	-		3	3	6

<b>Total Credits [Semester -I]</b>	<b>28</b>
Total Lectures per week	15
Total Tutorial per week	6
Total Lab/Practical classes per week	10
<b>Total Classes per week [Semester -I]</b>	<b>31</b>

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## B.Sc. in Yogic Science

### PROGRAMME STRUCTURE [SEMESTER -III]

Course Code	Course Title	Course Credit	Course Type	Marks			Exam Duration Hours
				IA	EA	Total	
BY-201	Patanjal Yoga Sutra	6	Core compulsory	30	70	100	3
BY-202	Diet and Nutrition	6	Core compulsory	30	70	100	3
BY-203	Yoga Therapy	5	Core compulsory	30	70	100	3
BY-204	Yoga and Mental Health	4	Foundation Course (GE)	30	70	100	3
BY-205	Yoga and Human Values	2	(SEC)	30	70	100	3
				150	350	500	
<b>Lab/Practical</b>							
BY-206P	Yoga Therapy-Lab	1	Core compulsory	30	20	50	
BY-207P	Yoga Practicum-III	3	Core compulsory	30	20	50	
				60	40	100	
<b>Total Credits [Semester - I]</b>		<b>27</b>		<b>210</b>	<b>390</b>	<b>600</b>	

<b>Core Course</b>	<b>21</b>
<b>Ability Enhancement Compulsory Course (AECC)</b>	<b>0</b>
<b>Generic Elective [GE]</b>	<b>4</b>
<b>Skill-Enhancement Course (SEC)</b>	<b>2</b>
<b>Total</b>	<b>27</b>

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## B.Sc. in Yogic Science

### Distribution of credits and total classes per week

#### Semester III

Course Code	Course Title	Course Type	Course Credits				Classes Per Week
			Lecture	Tutorial	Practical	Total	
<b>Theory</b>							
BY-201	Patanjal Yoga Sutra	Core compulsory	4	2	-	6	6
BY-202	Diet and Nutrition	Core compulsory	4	2	-	6	6
BY-203	Yoga Therapy	Core compulsory	4	2	-	6	6
BY-204	Yoga and Mental Health	Foundation Course (GE)	3	1	-	4	4
BY-205	Yoga and Human Values	(SEC)	2	-	-	2	2
			17	7		24	24

#### Lab/Practical

BY-206P	Yoga Therapy-Lab	Core compulsory			1		
BY-207P	Yoga Practicum-III	Core compulsory	-	-	3	3	6

						30	
<b>Total Credits [Semester -I]</b>				<b>27</b>			
Total Lectures per week				17			
Total Tutorial per week				7			
Total Lab/Practical classes per week				6			
<b>Total Classes per week [Semester -I]</b>				<b>30</b>			

# SARALA BIRLA UNIVERSITY

## B.Sc. in Yogic Science

### PROGRAMME STRUCTURE [SEMESTER -IV]

Course Code	Course Title	Course Credit	Course Type	Marks			Exam Duration Hours
				IA	EA	Total	
BY-208	General Psychology	5	Core compulsory	30	70	100	3
BY-209	Yoga and Holistic Health	4	Core compulsory	30	70	100	3
BY-210	Applied Yoga	4	Core compulsory	30	70	100	3
BY-211	Eminent Yogis and Institutes in India	4	Foundation Course (GE)	30	70	100	3
<b>Lab/Practical</b>							
BY-212P	General Psychology-Lab	1	Core compulsory	30	20	50	
BY-213P	Yoga Practicum-IV	3	Core compulsory	30	20	50	
<b>Project</b>							
BY-P214	Field work	1	Project	0	0	0	
<b>Total Credits [Semester - I]</b>		<b>22</b>		<b>180</b>	<b>320</b>	<b>500</b>	
<b>Core Course</b>			<b>17</b>				
<b>Ability Enhancement Compulsory Course (AECC)</b>			<b>-</b>				
<b>Generic Elective [GE]</b>			<b>4</b>				
<b>Skill-Enhancement Course (SEC)</b>			<b>-</b>				
<b>project</b>			<b>1</b>				
<b>Total</b>			<b>22</b>				

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# SARALA BIRLA UNIVERSITY

## B.Sc. in Yogic Science

### Distribution of credits and total classes per week

#### Semester -IV

Course Code	Course Title	Course Type	Course Credits				Classes Per Week
			Lecture	Tutorial	Practical	Total	
<b>Theory</b>							
BY-208	General Psychology	Core compulsory	4	1		5	5
BY-209	Yoga and Holistic Health	Core compulsory	3	1	-	4	4
BY-210	Applied Yoga	Core compulsory	3	1	-	4	4
BY-211	Eminent Yogis and Institutes in India	Foundation Course (GE)	3	1	-	4	4
<b>Lab/Practical</b>							
BY-212P	General Psychology-Lab	Core compulsory	-	-	1	1	2
BY-213P	Yoga Practicum-IV	Core compulsory	-	-	3	3	6
<b>Project</b>							
BY-P214	Field work	Core compulsory	-	-	1	1	2
						22	27
<b>Total Credits [Semester -I]</b>				<b>22</b>			
Total Lectures per week				13			
Total Tutorial per week				4			
Total Lab/Practical classes per week				10			
<b>Total Classes per week [Semester -I]</b>				<b>27</b>			

# SARALA BIRLA UNIVERSITY

## B.Sc. in Yogic Science

### PROGRAMME STRUCTURE [SEMESTER -V]

Course Code	Course Title	Course Credit	Course Type	Marks			Exam Duration Hours
				IA	EA	Total	
BY-301	Research Methodology and statistics	6	Core compulsory	30	70	100	3
BY-302	Methods of Teaching Yoga	6	Core compulsory	30	70	100	3
BY-303	<b>Yogic Recitation</b>			30	70	100	3
BY-304	Personality Development Through Yoga	4	Core elective (Any one)	30	70	100	3
<b>Lab/Practical</b>							

BY-305P	Yoga Practicum-V	3	Core Compulsory	30	20	50	
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Project							
BY-P306	Study Tour	1	Project	30	20	50	
<b>Core Course</b>			<b>15</b>				
<b>Total Credits [Semester - I]</b>		<b>20</b>		<b>150</b>	<b>250</b>	<b>400</b>	
<b>Ability Enhancement Compulsory Course (AECC)</b>			-				
<b>Generic Elective [GE]</b>			4				
<b>Skill-Enhancement Course (SEC)</b>			-				
<b>Project</b>			1				
<b>Total</b>			<b>20</b>				

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# SARALA BIRLA UNIVERSITY

## B.Sc. in Yogic Science

### Distribution of credits and total classes per week

#### Semester -V

Course Code	Course Title	Course Type	Course Credits				Classes Per Week
			Lecture	Tutorial	Practical	Total	
<b>Theory</b>							
BY-301	Research Methodology and statistics	Core compulsory	5	1	-	6	6
BY-302	Methods of Teaching Yoga	Core compulsory	5	1	-	6	6
BY-303	<b>Yogic Recitation</b>	Core elective ( Any one )					
BY-304	Personality Development Through Yoga		2	2	-	4	4
<b>Lab/Practical</b>							

BY-305P	Yoga Practicum-V	Core Compulsory	-	-	3	3	6
<b>Project</b>							
BY-P306	Study Tour	Project	-	-	1	1	2
Total Lectures per week				12			
Total Tutorial per week				4			
Total Lab/Practical classes per week				8			
<b>Total Classes per week [Semester -I]</b>				<b>24</b>			

# SARALA BIRLA UNIVERSITY

## B.Sc. in Yogic Science

### PROGRAMME STRUCTURE [SEMESTER -VI]

Course Code	Course Title	Course Credit	Course Type	Marks			Exam Duration Hours
				I A	E A	Total	
BY-307	Prasthantrayi	6	Core compulsory	30	70	100	3
<b>Lab/Practical</b>							

BY-308P	Yoga Practicum-IV	3	Core Compulsory	30	20	50	
<b>Project</b>							
BY-P309	Internship & Report Writing	1	Core compulsory	75	25	100	
BY-P310	Project & Dissertation	1	Project	75	25	100	

<b>Core Course</b>	<b>10</b>
<b>Ability Enhancement Compulsory Course (AECC)</b>	<b>-</b>
<b>Generic Elective [GE]</b>	<b>-</b>
<b>Skill-Enhancement Course (SEC)</b>	<b>-</b>
<b>Project</b>	<b>1</b>
<b>Total</b>	<b>11</b>

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# SARALA BIRLA UNIVERSITY

## B.Sc. in Yogic Science

### Distribution of credits and total classes per week

#### Semester -VI

Course Code	Course Title	Course Type	Course Credits				Classes Per Week
			Lecture	Tutorial	Practical	Total	
<b>Theory</b>							
BY-307	Prasthantra yi	Core compulsory	5	1	-	6	6

#### Lab/Practical

BY-308P	Yoga Practicum- IV	Core Compulsory	-	-	3	3	6
						<b>11</b>	<b>18</b>

#### Project

BY-P309	Internship & Report Writing	Core compulsory	-	-	1	1	2
BY-P310	Project & Dissertation	Project	-	-	1	1	2
<b>Total Credits [Semester -I]</b>				<b>11</b>			
Total Lectures per week				5			
Total Tutorial per week				1			
Total Lab/Practical classes per week				10			
<b>Total Classes per week [Semester -I]</b>				<b>18</b>			

# SARALA BIRLA UNIVERSITY

## Examination scheme

### Structure of B.Sc. in Yogic Science Programme for 3 years

S.No	Semester	Total Credits	Total Classes per week	Total Internal Assessment marks	Total External Assessment marks	Total
1	I	27	31	210	390	600
2	II	28	31	240	410	650
3	III	27	30	210	390	600
4	IV	22	27	180	320	500
5	V	20	24	150	250	400
6	VI	11	18	210	140	350
<b>Total</b>		<b>135</b>	<b>161</b>	<b>1200</b>	<b>1900</b>	<b>3100</b>