

# Program Structure And Syllabus

**Bachelor of Yoga & Naturopathy**  
(Scheme- 2020-2023)



**S**ARALA  
**B**IRLA  
**U**NIVERSITY



**Dept. of Yoga & Naturopathy**

Birla Knowledge City, Village- Ara, P.O. - Mahilong  
P.S. - Tatisilve, Dist. - Ranchi - 835103, Jharkhand  
[www.sbu.ac.in](http://www.sbu.ac.in)

# **Sarala Birla University, Ranchi**

## **Our Vision**

To build an egalitarian global society based on national integrity, equality, social justice, secularism, freedom & fraternity, international understanding and scientific approach to the problems of the society, as enshrined in the constitution of India through various modes of teaching-learning process and supported by curricular and co-curricular activities.

## **Our Mission**

To Develop Well-Motivated Global Leaders Who Will Be Intellectually Competent, Morally Upright, Socially Committed, Spiritually Inspired And 'स्वान्तः सुखाय' To Propagate The Philosophy Of 'वसुधैव कुटुम्बकम्'.

# Department of Yoga and Naturopathy

निषेवते प्रशस्तानी निन्दितानी न सेवते ।  
अनास्तिकः श्रद्धान एतत् पण्डितलक्षणम् ॥

(सद्गुण, शुभ कर्म, भगवान् के प्रति श्रद्धा और विश्वास, यज्ञ, दान, जनकल्याण आदि, ये सब ज्ञानीजन के शुभ- लक्षण होते हैं। विदुर नीति )

## Our Vision:

- To develop, promote and propagate the scientific and philosophical aspects of Yoga and to build an egalitarian global society by developing superior skills in the field of yoga.
- To strive and reach out even to the weaker and unprivileged section of the society so that they can face the challenges of life with an open hearted ease.
- To provide a safe, functional, and comfortable environment conducive to learning, working and conducting research through Professionalism, Excellence and Teamwork in the field of Naturopathy & Yogic Sciences.
- To become a Centre for Excellence in Yogic Science and Naturopathy for a healthy, peaceful and a prosperous society.

तपस्विभ्योऽधिकोयोगी  
ज्ञानिभ्योऽपिमतोऽधिकः।  
कर्मिभ्यश्चाधिकोयोगी  
तस्माद्योगीभवार्जुन॥

*tapasvibhyo 'dhiko yogi jñānibhyo 'pi mato 'dhikaḥ  
karmibhyaśh chādhiko yogi tasmād yogī bhavārjuna*

## ||Bhagwat Geeta 6/46||

A yogi is superior to the tapasvī (ascetic), superior to the jñānī (a person of learning), and even superior to the karmī (ritualistic performer). Therefore, O Arjun, strive to be a yogi.

### Our Mission:

- To integrate traditional concepts of yoga with science and spirituality.
- To create devoted, righteous and learned yoga students infused with scientific spiritual lifestyle.
- To aspire for high ethical standards in teaching and research in the field of Yogic Science.
- To develop and standardize the methods and curriculum for Yoga education, Research study, Therapy and Training.
- To undertake and promote the various aspects of Yogic Science for enhancing excellence in the field of Corporate management, Industries, Health managements by producing professionals with competence and human values.
- To expand the scientific information, research findings and contemporary application of Yoga through literature, conferences, seminars and workshops.
- To promote health awareness and to improve the quality of life of each and every person by practicing yoga on regular basis.
- To impart training and skills for patient-centered care, knowledge of existing and evolving biomedical, clinical, epidemiological and social-behavioral sciences.

- To develop the ability to improve patient care ethically based on self-evaluation and life-long learning through scientific evidence. Inculcate interpersonal and communication skills to engage in an inter-professional team in a manner that optimizes safe, effective patient and population-centered care through Yoga & Naturopathic Medicine.
- To identify, cure, and prevent underlying causes of acute and chronic illnesses with effective Yoga and Naturopathy treatment.
- To provide our clients holistic Naturopathy treatment which focuses on the mind, body and spirit.
- To tutor and guide our clients to take ownership of their health by removing their dependence on external sources.
- To treat our patients so well that their body is healed, the mind is happy and the soul uplifted.

# **SARALA BIRLA UNIVERSITY RANCHI**



Established under the Sarala Birla University Act 2017 Govt. of Jharkhand as per  
Section 2(f) of UGC Act. 1956

## **CURRICULUM FOR UNDERGRADUATE DEGREE COURSE**

**Bachelor of Yoga & Naturopathy**

**(Based on UGC-CBCS)**

**Effective from 2020-21**

# 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	90
2	Core elective	25.5
3	Foundation course	8
4	Skill - Enhancement course ( SEC )	1
5	Language	10
6	Project	4
<b>TOTAL</b>		<b>138.5</b>
Total Credits during Semester I		22
Total Credits during Semester II		21
Total Credits during Semester III		25
Total Credits during Semester IV		25
Total Credits during Semester V		21
Total Credits during Semester VI		24.5
<b>Total Credits during 3 years</b>		<b>138.5</b>

# 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	22	36	240	410	650
2	II	21	34	210	390	600
3	III	25	38	240	460	700
4	IV	25	38	240	460	700
5	V	21	34	240	360	600
6	VI	24.5	46	285	365	650
<b>TOTAL</b>		<b>138.5</b>	<b>226</b>	<b>1455</b>	<b>2445</b>	<b>3900</b>

# 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	
<b>THEORY</b>							
BY-1101	Aasan pranayam mudra evam bandh-1	4	Core Compulsory	30	70	100	3
BY-1102	Prakritik ayurvigyan-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
BY-1106	Saral Sanskrit Vyakaran-1	2	Language	30	70	100	3
<b>LAB / PRACTICAL</b>							
BY-1101P	Aasan pranayam mudra evam bandh-1 Lab	1.5	Core Compulsory	30	20	50	1
BY-1102P	Prakritik ayurvigyan-1 Lab	1.5	Core Compulsory	30	20	50	1
BY-1107P	Fundamentals of Computer - Lab	1	SEC	30	20	50	1
<b>NON CREDIT MANDATORY COURSE</b>							
BY-1108	General yoga practice	-	-	-	-	-	-
<b>TOTAL CREDITS [ Semester I ]</b>		<b>22</b>		<b>240</b>	<b>410</b>	<b>650</b>	
<b>Core Complusory</b>			<b>11</b>				
<b>Core Elective</b>			<b>4</b>				
<b>Foundation course</b>			<b>4</b>				
<b>Skill enhancement course ( SEC )</b>			<b>1</b>				
<b>Language</b>			<b>2</b>				

# SARALA BIRLA UNIVERSITY

## Bachelor of Yoga & Naturopathy

### Distribution of Credits & 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-1101	Aasan pranayam mudra evam bandh-1	Core Compulsory	3	1	-	4	4
BY-1102	Prakritik ayurvedigyan-1	Core Compulsory	3	1	-	4	4
BY-1103	Manav sarir rachana evam kriya vigyan-1	Core Elective (any one)	3	1	-	4	4
BY-1104	Bhartiye darshan evam manav chetna						
BY-1105	Yog darshan	Foundation course	3	1	-	4	4
BY-1106	Saral Sanskrit Vyakaran-I	Language	2	-	-	2	2
<b>LAB / PRACTICAL</b>							
BY-1101P	Aasan pranayam mudra evam bandh-1 Lab	Core Compulsory	-	-	1.5	1.5	3
BY-1102P	Prakritik ayurvedigyan-1 Lab	Core Compulsory	-	-	1.5	1.5	3
BY-1107P	Fundamentals of Computer - Lab	SEC	-	-	1	1	2
<b>NON CREDIT MANDATORY COURSE</b>							
BY-1108	General yoga practice	-	-	-	-	-	10
<b>Total Credits (Semester -I)</b>						<b>22</b>	<b>36</b>
Total Lecture per week				14			
Total Tutorial per week				4			
Total Lab classes per week				18			
<b>TOTAL CLASSES PER WEEK [Semester-I]</b>						<b>36</b>	

# 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	
<b>THEORY</b>							
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	Saral Sanskrit Vyakaran-II	2	Language	30	70	100	3
<b>LAB / PRACTICAL</b>							
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
<b>NON CREDIT MANDATORY COURSE</b>							
BY-1207	General yoga practice	-	-	-	-	-	-
<b>TOTAL CREDITS [ Semester-II ]</b>		<b>21</b>		<b>210</b>	<b>390</b>	<b>600</b>	
<b>Core compulsory</b>			<b>11</b>				
<b>Core elective</b>			<b>4</b>				
<b>Foundation course</b>			<b>4</b>				
<b>Language</b>			<b>2</b>				

# 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	
<b>THEORY</b>							
BY-1201	Aasan pranayam mudra evam bandh-2	Core compulsory	3	1	-	4	4
BY-1202	Prakritik ayurvigyan-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	Saral Sanskrit Vyakaran- II	Language	2	-	-	2	2
<b>LAB / PRACTICAL</b>							
BY-1201P	Aasan pranayam mudra evam bandh- 2 Lab	Core compulsory	-	-	1.5	1.5	3
BY-1202P	Prakritik ayurvigyan- 2 Lab	Core compulsory	-	-	1.5	1.5	3
<b>NON CREDIT MANDATORY COURSE</b>							
BY-1207	General yoga practice	-	-	-	-	-	10
<b>Total credits ( Semester-II)</b>						<b>21</b>	<b>34</b>
Total Lecture per week				14			
Total Tutorial per week				4			
Total Lab classes per week				16			
<b>TOTAL CLASSES PER WEEK [Semester-II]</b>						<b>34</b>	

# 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	
<b>THEORY</b>							
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	Saral Sanskrit Vyakaran-III	2	Language	30	70	100	3
<b>Lab / Practical</b>							
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
<b>NON CREDIT MANDATORY COURSE</b>							
BY-2308	General yoga practice	-	-	-	-	-	-
<b>Total credits ( Semester-III)</b>		<b>25</b>		<b>240</b>	<b>460</b>	<b>700</b>	
<b>Core compulsory</b>			<b>19</b>				
<b>Core Elective</b>			<b>4</b>				
<b>Language</b>			<b>2</b>				

# SARALA BIRLA UNIVERSITY

## Bachelor of Yoga & Naturopathy

### Distribution of Credits & 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-2301	Aasan pranayam mudra evam bandh-3	Core compulsory	3	1	-	4	4
BY-2302	Prakritik ayurvigyan-3	Core compulsory	3	1	-	4	4
BY-2303	Samaanya jari butiyan- Parichay evam upyogita	Core compulsory	3	1	-	4	4
BY-2304	Panch mahabhoot	Core compulsory	3	1	-	4	4
BY-2305	Hathyog	Core Elective (Any One)	3	1	-	4	4
BY-2306	Srimadbhagvadgita						
BY-2307	Saral Sanskrit Vyakaran-III	Language	2	-	-	2	2
<b>Lab / Practical</b>							
BY-2301P	Aasan pranayam mudra evam bandh-3 Lab	Core compulsory	-	-	1.5	1.5	3
BY-2302P	Prakritik ayurvigyan-3 Lab	Core compulsory	-	-	1.5	1.5	3
<b>NON CREDIT MANDATORY COURSE</b>							
BY-2308	General yoga practice	-	-	-	-	-	10
<b>Total Credits (Semester-III)</b>						<b>25</b>	<b>38</b>
Total Lecture per week				17			
Total Tutorial per week				5			
Total Lab classes per week				16			
<b>Total classes per week [Semester-III]</b>				<b>38</b>			

# 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	
<b>THEORY</b>							
BY-2401	Vaiktiva vikas or yog	4	Core compulsory	30	70	100	3
BY-2402	Pranayaam ki vaigyanikta	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						
BY-2407	Communicating English-I	2	Language	30	70	100	3
<b>Lab / Practical</b>							
BY-2401P	Vaiktiva vikas or yog - Lab	1.5	Core compulsory	30	20	50	1
BY-2402P	Pranayaam ki vaigyanikta - Lab	1.5	Core compulsory	30	20	50	1
<b>NON CREDIT MANDATORY COURSE</b>							
BY-2408	General yoga practice	-	-	-	-	-	-
<b>Total credits [Semester-IV]</b>		<b>25</b>		<b>240</b>	<b>460</b>	<b>700</b>	
<b>Core compulsory</b>				<b>19</b>			
<b>Core elective</b>				<b>4</b>			
<b>Language</b>				<b>2</b>			

# 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	
<b>THEORY</b>							
BY-2401	Vaiktiva vikas or yog	Core compulsory	3	1	-	4	4
BY-2402	Pranayaam ki vaigyanikta	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 shikkshan vidhiyan						
BY-2407	Communicating English-I	Language	2	-	-	2	2
<b>Lab / Practical</b>							
BY-2401P	Aasan pranayam mudra evam bandh-4 Lab	Core compulsory	-	-	1.5	1.5	3
BY-2402P	Pranayaam ki vaigyanikta - Lab	Core compulsory	-	-	1.5	1.5	3
<b>NON CREDIT MANDATORY COURSE</b>							
BY-2408	General yoga practice	-	-	-	-	-	10
<b>Total Credits (Semester-IV)</b>						<b>25</b>	<b>38</b>
Total Lecture per week				17			
Total Tutorial per week				5			
Total Lab classes per week				16			
<b>Total classes per week [Semester-IV]</b>						<b>38</b>	

# 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	
<b>THEORY</b>							
BY-3501	Adhyatm or vighyan	4	Core compulsory	30	70	100	3
BY-3502	Ahimsa evam shanti	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 vighyan : Sidhant evam prayog						
BY-3506	Communicating English-II	2	Language	30	70	100	3
<b>Lab / Practical</b>							
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 elective	30	20	50	1
<b>NON CREDIT MANDATORY COURSE</b>							
BY-3507	General yoga practice	-	-	-	-	-	-
<b>Total credits [Semester-V]</b>		<b>21</b>		<b>240</b>	<b>360</b>	<b>600</b>	
<b>Core compulsory</b>				<b>13.5</b>			
<b>Core elective ( Any one )</b>				<b>5.5</b>			
<b>Language</b>				<b>2</b>			

# 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	
<b>THEORY</b>							
BY-3501	Adhyatm or vigyan	Core compulsory	3	1	-	4	4
BY-3502	Ahimsa evam shanti	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						
BY-3506	Communicating English-II	Language	2	-	-	2	2
<b>Lab / Practical</b>							
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
<b>NON CREDIT MANDATORY COURSE</b>							
BY-3507	General yoga practice	-	-	-	-	-	10
<b>Total Credits (Semester-V)</b>						<b>21</b>	<b>34</b>
Total Lecture per week				14			
Total Tutorial per week				4			
Total Lab classes per week				16			
<b>Total classes per week [Semester-V]</b>				<b>34</b>			

# SARALA BIRLA UNIVERSITY

## Bachelor of Yoga & Naturopathy

### Programme Structure [Semester- VI ]

Course Code	Course Title	Course Credit	Course Type	Marks			Duration (Hrs)
				IA	EA	Total	
<b>THEORY</b>							
BY-3601	Kundalini yog	4	Core compulsory	30	70	100	3
BY-3602	Sharirik rogon ki vaikalpik chikitsa	4	Core compulsory	30	70	100	3
BY-3603	Purak chikitsa paddatiyan-2	4	Core compulsory	30	70	100	3
BY-3604	Samaanya manovigyan	4	Core elective ( Any one )	30	70	100	3
BY-3605	Manorogon ki vaikalpik chikitsa						
<b>Lab / Practical</b>							
BY-3601P	Kundalini yog - Lab	1.5	Core compulsory	30	20	50	1
BY-3602P	Sharirik rogon ki vaikalpik chikitsa - Lab	1.5	Core compulsory	30	20	50	1
BY-3603P	Purak chikitsa paddatiyan-2 Lab	1.5	Core compulsory	30	20	50	1
<b>NON CREDIT MANDATORY COURSE</b>							
BY-3606	General yoga practice	-	-	-	-	-	-
BY-3607	Personality Development programme	-	-	-	-	-	-
<b>Project</b>							
BY-3608P	Project & Dissertation	4	Project	75	25	100	-
<b>Total credits [Semester-VI]</b>		<b>24.5</b>		<b>285</b>	<b>365</b>	<b>650</b>	
<b>Core compulsory</b>				<b>16.5</b>			
<b>Core elective</b>				<b>4</b>			
<b>Project</b>				<b>4</b>			

# 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 week
			Lecture	Tutorial	Practical	Total	
<b>THEORY</b>							
BY-3601	Kundalini yog	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						
<b>Lab / Practical</b>							
BY-3601P	Kundalini yog - 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
<b>NON CREDIT MANDATORY COURSE</b>							
BY-3606	General yoga practice	-	-	-	-	-	10
BY-3607	Personality Development programme	-	-	-	-	-	3
<b>Project</b>							
BY-3608P	Project & Dissertation	Project	-	-	4	4	8
<b>Total Credits ( Semester-VI)</b>						<b>24.5</b>	<b>46</b>
Total Lecture per week				23			
Total Tutorial per week				4			
Total Lab classes per week				19			
<b>Total classes per week [Semester-VI]</b>						<b>46</b>	