

Program Structure And Syllabus

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



SARALA
BIRLA
UNIVERSITY



Dept. of Yoga & Naturopathy

Birla Knowledge City, Village- Ara, P.O. - Mahilong
P.S. - Tatisilve, Dist. - Ranchi - 835103, Jharkhand

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 'dhikah
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
TOTAL		138.5
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
Total Credits during 3 years		138.5

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	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
TOTAL		138.5	226	1455	2445	3900

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 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
LAB / PRACTICAL							
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
NON CREDIT MANDATORY COURSE							
BY-1108	General yoga practice	-	-	-	-	-	-
TOTAL CREDITS [Semester I]		22		240	410	650	
Core Complusory		11					
Core Elective		4					
Foundation course		4					
Skill enhancement course (SEC)		1					
Language		2					

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	
THEORY							
BY-1101	Aasan pranayam mudra evam bandh-1	Core Compulsory	3	1	-	4	4
BY-1102	Prakritik ayurvigyan-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
LAB / PRACTICAL							
BY-1101P	Aasan pranayam mudra evam bandh-1 Lab	Core Compulsory	-	-	1.5	1.5	3
BY-1102P	Prakritik ayurvigyan-1 Lab	Core Compulsory	-	-	1.5	1.5	3
BY-1107P	Fundamentals of Computer - Lab	SEC	-	-	1	1	2
NON CREDIT MANDATORY COURSE							
BY-1108	General yoga practice	-	-	-	-	-	10
Total Credits (Semester -I)						22	36
Total Lecture per week				14			
Total Tutorial per week				4			
Total Lab classes per week				18			
TOTAL CLASSES PER WEEK [Semester-I]				36			

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	Saral Sanskrit Vyakaran-II	2	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
NON CREDIT MANDATORY COURSE							
BY-1207	General yoga practice	-	-	-	-	-	-
TOTAL CREDITS [Semester-II]		21		210	390	600	
Core compulsory		11					
Core elective		4					
Foundation course		4					
Language		2					

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 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
LAB / PRACTICAL							
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
NON CREDIT MANDATORY COURSE							
BY-1207	General yoga practice	-	-	-	-	-	10
Total credits (Semester-II)						21	34
Total Lecture per week				14			
Total Tutorial per week				4			
Total Lab classes per week				16			
TOTAL CLASSES PER WEEK [Semester-II]				34			

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	Saral Sanskrit Vyakaran-III	2	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
NON CREDIT MANDATORY COURSE							
BY-2308	General yoga practice	-	-	-	-	-	-
Total credits (Semester-III)		25		240	460	700	
Core compulsory		19					
Core Elective		4					
Language		2					

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	
THEORY							
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
Lab / Practical							
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
NON CREDIT MANDATORY COURSE							
BY-2308	General yoga practice	-	-	-	-	-	10
Total Credits (Semester-III)						25	38
Total Lecture per week				17			
Total Tutorial per week				5			
Total Lab classes per week				16			
Total classes per week [Semester-III]				38			

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	Vaiktitva 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
Lab / Practical							
BY-2401P	Vaiktitva 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
NON CREDIT MANDATORY COURSE							
BY-2408	General yoga practice	-	-	-	-	-	-
Total credits [Semester-IV]		25		240	460	700	
Core compulsory		19					
Core elective		4					
Language		2					

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	Vaiktitva 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
Lab / Practical							
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
NON CREDIT MANDATORY COURSE							
BY-2408	General yoga practice	-	-	-	-	-	10
Total Credits (Semester-IV)						25	38
Total Lecture per week				17			
Total Tutorial per week				5			
Total Lab classes per week				16			
Total classes per week [Semester-IV]				38			

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	Adhyatm or vigyan	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 vigyan : Sidhant evam prayog						
BY-3506	Communicating English-II	2	Language	30	70	100	3
Lab / Practical							
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
NON CREDIT MANDATORY COURSE							
BY-3507	General yoga practice	-	-	-	-	-	-
Total credits [Semester-V]		21		240	360	600	
Core compulsory		13.5					
Core elective (Any one)		5.5					
Language		2					

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	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
Lab / Practical							
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
NON CREDIT MANDATORY COURSE							
BY-3507	General yoga practice	-	-	-	-	-	10
Total Credits (Semester-V)						21	34
Total Lecture per week				14			
Total Tutorial per week				4			
Total Lab classes per week				16			
Total classes per week [Semester-V]				34			

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	
THEORY							
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						
Lab / Practical							
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
NON CREDIT MANDATORY COURSE							
BY-3606	General yoga practice	-	-	-	-	-	-
BY-3607	Personality Development programme	-	-	-	-	-	-
Project							
BY-3608P	Project & Dissertation	4	Project	75	25	100	-
Total credits [Semester-VI]		24.5		285	365	650	
Core compulsory		16.5					
Core elective		4					
Project		4					

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