

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 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
LAB / PRACTICAL							
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
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 ayurvedigyan-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 ayurvedigyan-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	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
Lab / Practical							
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
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	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
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	

G 5 F 5 @ 5 · 6 = F @ 5 · I B = J 9 F G = H M

6 U W \ Y ` c f ` c Z ` M c [U ` / ` B U h i f c d U h \

D f c [f U a a Y ` G h f i W h i f Y ` O G Y a Y g h Y f ! ` J = Q

7 c i f g Y `	7 c X Y	7 c i f g Y ` H] h `	Y	7 c i f g Y `	7 f Y X] h	7 c i f g Y `	H m d Y = 5	A U f _ g	9 5	H c h U f < f g L	8 i f U h] c
---------------	---------	-----------------------	---	---------------	-------------	---------------	-------------	-----------	-----	-------------------	---------------

H < 9 C F M

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						

@ U V ` # ` D f U W h] W U `

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 C B ` 7 F 9 8 = H ` A 5 B 8 5 H C F M ` 7 C I F G 9

BY-3606	General yoga practice	-	-	-	-	-	-
BY-3607	Personality Development programme	-	-	-	-	-	-

D f c ^ Y W h

BY-3608P	Project & Dissertation	4	Project	75	25	100	-
----------	------------------------	---	---------	----	----	-----	---

H c h U ` ` W f Y X] h g ` O G Y a Y g h Y f ! J = Q & ,) ' *) *) S

7 c f Y ` W c a d i ` g c f m ` % * ")

7 c f Y ` Y ` Y W h] j Y (

D f c ^ Y W h (

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	