

SARALA BIRLA UNIVERSITY

Diploma in Yoga & Fitness Trainer

Programme Structure [Semester- I]

Course Code	Course Title	Course Credit	Course Type	Marks			Duration (Hrs)
				IA	EA	Total	
THEORY							
DY-1101	Aasan pranayam mudra evam bandh	4	Core Compulsory	30	70	100	3
DY-1102	Prakritik ayurvedigyan	4	Core Compulsory	30	70	100	3
DY-1103	Manav sarir rachana evam kriya vigyan	4	Core Elective (any one)	30	70	100	3
DY-1104	Bhartiye darshan evam manav chetana						
DY-1105	Yog darshan	4	Foundation course	30	70	100	3
LAB / PRACTICAL							
DY-1101P	Aasan pranayam mudra evam bandh- Lab	1.5	Core Compulsory	30	20	50	1
DY-1102P	Prakritik ayurvedigyan- Lab	1.5	Core Compulsory	30	20	50	1
TOTAL CREDITS [Semester I]		19		180	320	500	
Core Compulsory		11					
Core Elective (any one)		4					
Foundation course		4					

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Programme Structure [Semester- II]

Course Code	Course Title	Course Credit	Course Type	Marks			Duration (Hrs)
				IA	EA	Total	
THEORY							
DY-1201	Preksha dhayan: Sidhant evam prayog	4	Core Compulsory	30	70	100	3
DY-1202	Yog or Manovigyan	4	Core Compulsory	30	70	100	3
DY-1203	Yog evam vaikalpik chikitsa	4	Core Compulsory	30	70	100	3
DY-1204	Patanjal yog darshan	4	Core Elective (Any One)	30	70	100	3
DY-1205	Srimadbhagvadgita						
LAB / PRACTICAL							
DY-1201P	Preksha dhayan: Sidhant evam prayog- Lab	1.5	Core Compulsory	30	20	50	1
DY-1203P	Yog evam vaikalpik chikitsa- Lab	1.5	Core Compulsory	30	20	50	1
Project							
DY-1206P	Project & Dissertation	4	Project	75	25	100	-
TOTAL CREDITS [Semester II]		23		255	345	600	
Core compulsory				15			
Core elective (Any one)				4			
Project				4			

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Structure of Diploma in Yoga & Fitness Trainer Course for 1 year

S.No.	Type of Subject	Total Credits
1	Core compulsory	26
2	Core elective	8
3	Foundation course	4
4	Project	4
TOTAL		42
Total Credits during Semester I		19
Total Credits during Semester II		23
Total Credits during 1 year		42

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Marks Structure of Diploma in Yoga & Fitness Trainer Course for 1 year

S.No.	Semester	Total Credits	Total Classes per week	Total Internal Assessment Marks	Total External Assessment Marks	Total Marks
1	1	19	22	180	320	500
2	2	23	30	255	345	600
TOTAL		42		435	665	1100

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Diploma in Yoga & Fitness Trainer

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							
DY-1101	Aasan pranayam mudra evam bandh	Core Compulsory	3	1	-	4	4
DY-1102	Prakritik ayurvigyan	Core Compulsory	3	1	-	4	4
DY-1103	Manav sarir rachana evam kriya vigyan	Core Elective (any one)	3	1	-	4	4
DY-1104	Bhartiye darshan evam manav chetana						
DY-1105	Yog darshan	Foundation course	3	1	-	4	4
LAB / PRACTICAL							
DY-1101P	Aasan pranayam mudra evam bandh- Lab	Core Compulsory	-	-	1.5	1.5	3
DY-1102P	Prakritik ayurvigyan- Lab	Core Compulsory	-	-	1.5	1.5	3
Total Credits (Semester - 1)						19	22
Total Lecture per week				12			
Total Tutorial per week				4			
Total Lab classes per week				6			
TOTAL CLASSES PER WEEK [Semester I]				22			

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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							
DY-1201	Preksha dhayan: Sidhant evam prayog	Core compulsory	3	1	-	4	4
DY-1202	Yog or Manovigyan	Core compulsory	3	1	-	4	4
DY-1203	Yog evam vaikalpik chikitsa	Core compulsory	3	1	-	4	4
DY-1204	Patanjal yog darshan	Core Elective (Any One)	3	1	-	4	4
DY-1205	Srimadbhagvadgita						
LAB / PRACTICAL							
DY-1201P	Preksha dhayan: Sidhant evam prayog- Lab	Core compulsory	-	-	1.5	1.5	3
DY-1203P	Yog evam vaikalpik chikitsa- Lab	Core compulsory	-	-	1.5	1.5	3
Project							
DY-1206P	Project & Dissertation	Project	-	-	4	4	8
Total credits (Semester - 2)						23	30
Total Lecture per week				12			
Total Tutorial per week				4			
Total Lab classes per week				14			
TOTAL CLASSES PER WEEK [Semester II]						30	