

# SARALA BIRLA UNIVERSITY

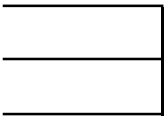
## Diploma in Yoga & Fitness Trainer

### Programme Structure [ Semester- I ]

Course Code	Course Title	Course Credit	Course Type	Marks		
				IA	EA	Total
<b>THEORY</b>						
DY-1101	Aasan pranayam mudra evam bandh	4	Core Compulsory	30	70	100
DY-1102	Prakritik ayurvedigyan	4	Core Compulsory	30	70	100
DY-1103	Manav sarir rachna evam kriya vigyan	4	Core Elective (any one)	30	70	100
DY-1104	Bhartiye darshan evam manav chetana					
DY-1105	Yog darshan	4	Foundation course	30	70	100
DY-1106	Communicating english	2	Language	30	70	100
<b>LAB / PRACTICAL</b>						
DY-1101P	Aasan pranayam mudra evam bandh- Lab	1.5	Core Compulsory	30	20	50
DY-1102P	Prakritik ayurvedigyan- Lab	1.5	Core Compulsory	30	20	50
DY-1107P	Fundamentals of Computer- Lab	1	SEC	30	20	50
<b>NON CREDIT MANDATORY COURSE</b>						
DY-1108	General yoga practice	-	-	-	-	-
<b>TOTAL CREDITS [Semester I]</b>		<b>22</b>		<b>240</b>	<b>410</b>	<b>650</b>
Core Compulsory			11			
Core Elective (any one)			4			
Foundation course			4			
Skill enhancement course ( SEC )			1			

Language	2
Non Credit Mandatory Course	

<b>Duration (Hrs)</b>
3
3
3
3
3
1
1
1
-



# SARALA BIRLA UNIVERSITY

## Diploma in Yoga & Fitness Trainer

### Programme Structure [Semester- II]

Course Code	Course Title	Course Credit	Course Type	Marks			Duration (Hrs)
				IA	EA	Total	
<b>THEORY</b>							
DY-1201	Prekshadhayan: 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						
DY-1206	Saral Sanskrit Vyakaran	2	Language	30	70	100	3
<b>LAB / PRACTICAL</b>							
DY-1201P	Prekshadhayan: 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
<b>NON CREDIT MANDATORY COURSE</b>							
DY-1207	General yoga practice	-	-	-	-	-	-
DY-1208	Personality Development programme	-	-	-	-	-	-
<b>Project</b>							
DY-1209P	Project & Dissertation	4	Project	75	25	100	-
<b>TOTAL CREDITS [Semester II]</b>		<b>25</b>		<b>285</b>	<b>415</b>	<b>700</b>	
Core compulsory		15					
Core elective ( Any one )		4					

Language	2
Project	4
Non Credit Mandatory Course	

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## Diploma in Yoga & Fitness Trainer

### 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	Skill - Enhancement course ( SEC )	1
5	Language	4
5	Project	4
6	Non Credit	
<b>TOTAL</b>		<b>47</b>
Total Credits during Semester I		22
Total Credits during Semester II		25
<b>Total Credits during 1 year</b>		<b>47</b>

# **SARALA BIRLA UNIVERSITY**

## **Diploma in Yoga & Fitness Trainer**

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

<b>S.No.</b>	<b>Semester</b>	<b>Total Credits</b>	<b>Total Classes per week</b>	<b>Total Internal Assessment Marks</b>	<b>Total External Assessment Marks</b>	<b>Total Marks</b>
1	1	22	36	240	410	650
2	2	25	45	285	415	700
<b>TOTAL</b>		<b>47</b>		<b>525</b>	<b>825</b>	<b>1350</b>



# SARALA BIRLA UNIVERSITY

## Diploma in Yoga & Fitness Trainer

### Distribution of Credits & Total Classes per week

#### Semester- I

Course Code	Course Title	Course Type	Course Credits			
			Lecture	Tutorial	Practical	Total
<b>THEORY</b>						
DY-1101	Aasan pranayam mudra evam bandh	Core Compulsory	3	1	-	4
DY-1102	Prakritik ayurvedigyan	Core Compulsory	3	1	-	4
DY-1103	Manav sarir rachna evam kriya vigyan	Core Elective (any one)	3	1	-	4
DY-1104	Bhartiye darshan evam manav chetana					
DY-1105	Yog darshan	Foundation course	3	1	-	4
DY-1106	Communicating english	Language	2	-	-	2
<b>LAB / PRACTICAL</b>						
DY-1101P	Aasan pranayam mudra evam bandh- Lab	Core Compulsory	-	-	1.5	1.5
DY-1102P	Prakritik ayurvedigyan- Lab	Core Compulsory	-	-	1.5	1.5
DY-1107P	Fundamentals of Computer-Lab	SEC	-	-	1	1
Non Credit Mandatory Course						
DY-1108	General yoga practice	Non Credit	-	-	-	-
<b>Total Credits (Semester - 1)</b>						<b>22</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>

<b>Classes per week</b>
4
4
4
4
2
3
3
2
10
<b>36</b>

# SARALA BIRLA UNIVERSITY

## Diploma in Yoga & Fitness Trainer

### Distribution of Credits & Total Classes per week

#### Semester- II

Course Code	Course Title	Course Type	Course Credits			
			Lecture	Tutorial	Practical	Total
<b>THEORY</b>						
DY-1201	Prekshadhayan: Sidhant evam prayog	Core compulsory	3	1	-	4
DY-1202	Yog or manovigyan	Core compulsory	3	1	-	4
DY-1203	Yog evam vaikalpik chikitsa	Core compulsory	3	1	-	4
DY-1204	Patanjal yog darshan	Core Elective (Any One)	3	1	-	4
DY-1205	Srimadbhagvadgita					
DY-1206	Saral Sanskrit Vyakaran	Language	2	-	-	2
<b>LAB / PRACTICAL</b>						
DY-1201P	Prekshadhayan: Sidhant evam prayog- Lab	Core compulsory	-	-	1.5	1.5
DY-1203P	Yog evam vaikalpik chikitsa- Lab	Core compulsory	-	-	1.5	1.5
<b>Non Credit Mandatory Course</b>						
DY-1207	General yoga practice	Non Credit	-	-	-	-
DY-1208	Personality development programme	Non Credit	-	-	-	-
<b>Project</b>						
DY-1209P	Project & Dissertation	Project	-	-	4	4
<b>Total credits ( Semester - 2)</b>						<b>25</b>
Total Lecture per week				17		
Total Tutorial per week				4		
Total Lab classes per week				24		
<b>TOTAL CLASSES PER WEEK [Semester II]</b>						<b>45</b>

<b>Classes per week</b>
4
4
4
4
2
3
3
10
3
8
<b>45</b>