

Program Structure And Syllabus

Diploma in Yoga & Fitness Trainer
(Scheme- 2020-2021)



SARALA
BIRLA
UNIVERSITY



Dept. of Yoga & Naturopathy

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

Diploma in Yoga & Fitness Trainer (Based on UGC-CBCS)

Effective from 2020-21

SARALA BIRLA UNIVERSITY

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	Project	4
5	Language	4
6	Skill Enhancement Course	1
TOTAL		47
Total Credits during Semester I		22
Total Credits during Semester II		25
Total Credits during 1 year		47

SARALA BIRLA UNIVERSITY

Diploma in Yoga & Fitness Trainer

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	I	22	36	240	410	650
2	II	25	45	285	415	700
TOTAL		47		525	825	1350

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 Ayurvigyan	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
DY-1106	Communicating English	2	Language	30	70	100	3
LAB / PRACTICAL							
DY-1101P	Aasan pranayam mudra evam bandh- Lab	1.5	Core Compulsory	30	20	50	
DY-1102P	Prakritik ayurvigyan- Lab	1.5	Core Compulsory	30	20	50	
DY-1106P	Fundamentals of Computer Lab	1	SEC	30	20	50	
NON CREDIT MANDATORY COURSE							
DY-1108	General Yoga practice	-	Non Credit	-	-	-	
TOTAL CREDITS [Semester I]		22		240	410	650	
Core Compulsory		11					
Core Elective		4					
Skill Enhancement Course (SEC)		1					
Language		2					
Foundation course		4					

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				Classes per week
			Lecture	Tutorial	Practical	Total	
THEORY							
DY-1101	Aasan pranayam mudra evam bandh	Core Compulsory	3	1	-	4	4
DY-1102	Prakritik ayurvedigyan	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
DY-1106	Communicating English	SEC	2	-	-	2	2
LAB / PRACTICAL							
DY-1101P	Aasan pranayam mudra evam bandh- Lab	Core Compulsory	-	-	1.5	1.5	3
DY-1102P	Prakritik ayurvedigyan- Lab	Core Compulsory	-	-	1.5	1.5	3
DY-1106P	Fundamentals of Computer Lab	SEC	-	-	1	1	2
NON CREDIT MANDATORY COURSE							
DY-1108	General Yoga practice	Non Credit	-	-	-	-	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

Diploma in Yoga & Fitness Trainer

Programme Structure [Semester- II]

Course Code	Course Title	Course Credit	Course Type	Marks			Duration (Hrs)
				IA	EA	Total	
THEORY							
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
LAB / PRACTICAL							
DY-1201P	Preksha dhayan: Sidhant evam prayog- Lab	1.5	Core Compulsory	30	20	50	
DY-1203P	Yog evam vaikalpik chikitsa- Lab	1.5	Core Compulsory	30	20	50	
NON CREDIT MANDATORY COURSE							
DY-1207	General yoga practice	-	Non Credit	-	-	-	
DY-1208	Personality Development Programme	-	Non Credit	-	-	-	
PROJECT							
DY-1209P	Project & Dissertation	4	Project	75	25	100	-
TOTAL CREDITS [Semester II]		25		285	415	700	

Core compulsory	15
Core elective	4
Language	2
Project	4

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				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						
DY-1206	Saral Sanskrit Vyakaran	Language	2	30	70	100	3
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
NON CREDIT MANDATORY COURSE							
DY-1207	General yoga practice	Non Credit	-	-	-	-	10
DY-1208	Personality Development Programme	Non Credit	-	-	-	-	3
PROJECT							
DY-1209P	Project & Dissertation	Project	-	-	4	4	
Total credits (Semester II)						25	45

Total Lecture per week	17
Total Tutorial per week	4
Total Lab classes per week	24
TOTAL CLASSES PER WEEK [Semester II]	45