

SARALA BIRLA UNIVERSITY

M.A. / M.Sc in Yoga & Naturopathy

Programme Structure [Semester- I]

Course Code	Course Title	Course Credit	Course Type	Marks			Duration (Hrs)
				IA	EA	Total	
THEORY							
MY-1101	Aasan pranayam mudra evam bandh- 1	4	Core Compulsory	30	70	100	3
MY-1102	Prakritik ayurvedigyan- 1	4	Core Compulsory	30	70	100	3
MY-1103	Manav sarir rachana evam kriya vigyan- 1	4	Core Elective (any one)	30	70	100	3
MY-1104	Bhartiye darshan evam manav chetna						
MY-1105	Yog darshan	4	Foundation course	30	70	100	3
LAB / PRACTICAL							
MY-1101P	Aasan pranayam mudra evam bandh- 1 Lab	1.5	Core Compulsory	30	20	50	1
MY-1102P	Prakritik ayurvedigyan- 1 Lab	1.5	Core Compulsory	30	20	50	1
MY-1106P	Fundamentals of Computer - Lab	1	SEC	30	20	50	1
TOTAL CREDITS [Semester I]		20		210	340	550	
Core Complusory		11					
Core Elective (any one)		4					
Foundation course		4					
Skill enhancement course (SEC)		1					

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Programme Structure [Semester- II]

Course Code	Course Title	Course Credit	Course Type	Marks			Duration (Hrs)
				IA	EA	Total	
THEORY							
MY-1201	Aasan pranayam mudra evam bandh- 2	4	Core compulsory	30	70	100	3
MY-1202	Prakritik ayurvigyan- 2	4	Core compulsory	30	70	100	3
MY-1203	Manav sarir rachana evam kriya vigyan- 2	4	Core elective (Any one)	30	70	100	3
MY-1204	Yogic granthon ka moolbhut tatva						
MY-1205	Patanjal yog darshan	4	Foundation course	30	70	100	3
MY-1206	Communicating English	1	Language	30	70	100	3
LAB / PRACTICAL							
MY-1201P	Aasan pranayam mudra evam bandh- 2 Lab	1.5	Core compulsory	30	20	50	1
MY-1202P	Prakritik ayurvigyan- 2 Lab	1.5	Core compulsory	30	20	50	1
Non Credit Course							
GYP	General Yoga Practice	0	Non Credit Course	-	-	-	-
TOTAL CREDITS [Semester II]		20		210	390	600	
Core compulsory		11					
Core elective (Any one)		4					

Foundation course	4
Language	1

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Programme Structure [Semester- III]

Course Code	Course Title	Course Credit	Course Type	Marks			Duration (Hrs)
				IA	EA	Total	
THEORY							
MY-2301	Preksha dhayan: Sidhant evam prayog	4	Core compulsory	30	70	100	3
MY-2302	Hathyog	4	Core compulsory	30	70	100	3
MY-2303	Swasthya or aahar	4	Core compulsory	30	70	100	3
MY-2304	Yog or manovigyan	4	Core Elective (Any One)	30	70	100	3
MY-2305	preksha dhayan evam sav prabandhan						
MY-2306	Sanskrit	1	Language	30	70	100	3
Lab / Practical							
MY-2301P	Preksha dhayan: Sidhant evam prayog- Lab	1.5	Core compulsory	30	20	50	1
Total credits (Semester 3)		18.5		180	370	550	
Core compulsory		13.5					
Core Elective (Any One)		4					
Language		1					

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Programme Structure [Semester- IV]

Course Code	Course Title	Course Credit	Course Type	Marks			Duration (Hrs)
				IA	EA	Total	
THEORY							
MY-2401	Srimadbhagvadgita	4	Core compulsory	30	70	100	3
MY-2402	Yog evam vaikalpik chikitsa	4	Core compulsory	30	70	100	3
MY-2403	Yog me anusandhan evam sankhiyaki	4	Core elective (Any one)	30	70	100	3
MY-2404	Yog ki vayvaharikta evam shikkshan vidhiyan						
Lab / Practical							
MY-2402P	Yog evam vaikalpik chikitsa-Lab	1.5	Core compulsory	30	20	50	1
Project							
MY-2405P	Project & Dissertation	4	Project	75	25	100	-
Total credits		17.5		195	255	450	
Core compulsory		9.5					
Core elective (Any one)		4					
Project		4					

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M.A. / M.Sc in Yoga & Naturopathy

Structure of M.A. / M.Sc in Yoga & Naturopathy Course for 2 years

S.No.	Type of Subject	Total Credits
1	Core compulsory	45
2	Core elective	16
3	Foundation course	8
4	Skill - Enhancement course (SEC)	1
5	Language	2
6	Project	4
TOTAL		76
Total Credits during Semester I		20
Total Credits during Semester II		20
Total Credits during Semester III		18.5
Total Credits during Semester IV		17.5
Total Credits during 2 years		76

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M.A. / M.Sc in Yoga & Naturopathy

Marks Structure of M.A. / M.Sc in Yoga & Naturopathy Course for 2 years

S.No.	Semester	Total Credits	Total Classes per week	Total Internal Assessment Marks	Total External Assessment Marks	Total Marks
1	1	20	24	210	340	550
2	2	20	23	210	390	600
3	3	18.5	20	180	370	550
4	4	17.5	23	195	255	450
TOTAL		76		795	1355	2150

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M.A. / M.Sc. In 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							
MY-1101	Aasan pranayam mudra evam bandh- 1	Core Compulsory	3	1	-	4	4
MY-1102	Prakritik ayurvedigyan- 1	Core Compulsory	3	1	-	4	4
MY-1103	Manav sarir rachana evam kriya vigyan- 1	Core Elective (any one)	3	1	-	4	4
MY-1104	Bhartiye darshan evam manav chetna						
MY-1105	Yog darshan	Foundation course	3	1	-	4	4
LAB / PRACTICAL							
MY-1101P	Aasan pranayam mudra evam bandh- 1 Lab	Core Compulsory	-	-	1.5	1.5	3
MY-1102P	Prakritik ayurvedigyan- 1 Lab	Core Compulsory	-	-	1.5	1.5	3
MY-1106P	Fundamentals of Computer-Lab	SEC	-	-	1	1	2
Total Credits (Semester - 1)						20	24
Total Lecture per week				12			
Total Tutorial per week				4			
Total Lab classes per week				8			
TOTAL CLASSES PER WEEK [Semester I]						24	

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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							
MY-1201	Aasan pranayam mudra evam bandh- 2	Core compulsory	3	1	-	4	4
MY-1202	Prakritik ayurvigyan- 2	Core compulsory	3	1	-	4	4
MY-1203	Manav sarir rachana evam kriya vigyan- 2	Core elective (Any one)	3	1	-	4	4
MY-1204	Yogic granthon ka moolbhut tatva						
MY-1205	Patanjal yog darshan	Foundation course	3	1	-	4	4
MY-1206	Communicating English	Language	1	-	-	1	1
LAB / PRACTICAL							
MY-1201P	Aasan pranayam mudra evam bandh- 2 Lab	Core compulsory	-	-	1.5	1.5	3
MY-1202P	Prakritik ayurvigyan- 2 Lab	Core compulsory	-	-	1.5	1.5	3
Non Credit Course							
GYP	General Yoga Practice	0	Non Credit Course	-	-	-	-
Total credits (Semester - 2)						20	23
Total Lecture per week				13			
Total Tutorial per week				4			
Total Lab classes per week				6			
TOTAL CLASSES PER WEEK [Semester II]						23	

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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							
MY-2301	Preksha dhayan: Sidhant evam prayog	Core compulsory	3	1	-	4	4
MY-2302	Hathyog	Core compulsory	3	1	-	4	4
MY-2303	Swasthya or aahar	Core compulsory	3	1	-	4	4
MY-2304	Yog or manovigyan	Core Elective (Any One)	3	1	-	4	4
MY-2305	preksha dhayan evam sav prabandhan						
MY-2306	Sanskrit	Language	1	-	-	1	1
Lab / Practical							
MY-2301P	Preksha dhayan: Sidhant evam prayog- Lab	Core compulsory	-	-	1.5	1.5	3
Total Credits (Semester 3)						18.5	20
Total Lecture per week				13			
Total Tutorial per week				4			
Total Lab classes per week				3			
Total classes per week (Semester 3)				20			

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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							
MY-2401	Srimadbhagvadgita	Core compulsory	3	1	-	4	4
MY-2402	Yog evam vaikalpik chikitsa	Core compulsory	3	1	-	4	4
MY-2403	Yog me anusandhan evam sankhiyaki	Core elective (Any one)	3	1		4	4
MY-2404	Yog ki vayvaharikta evam shikkshan vidhiyan						
Lab / Practical							
MY2402P	Yog evam vaikalpik chikitsa- Lab	Core compulsory	-	-	1.5	1.5	3
Project							
MY-2405P	Project & Dissertation	Project	-	-	4	4	8
Total credits (Semester 4)						17.5	23
Total Lecture per week				9			
Total Tutorial per week				3			
Total Lab classes per week				11			
TOTAL CLASSES PER WEEK [Semester IV]						23	