

SARALA BIRLA UNIVERSITY

Master of 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
MY-1106	Saral Sanskrit Vyakaran	2	Language	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-1107P	Fundamentals of Computer - Lab	1	SEC	30	20	50	1
NON CREDIT MANDATORY COURSE							
MY-1108	General yoga practice	-	-	-	-	-	-
TOTAL CREDITS [Semester I]		22		240	410	650	
Core Complusory		11					
Core Elective (any one)		4					
Foundation course		4					
Skill enhancement course (SEC)		1					
Language		2					
Non Credit Mandatory Course							

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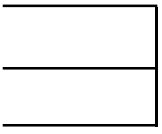
Master of Yoga & Naturopathy

Programme Structure [Semester- II]

Course Code	Course Title	Course Credit	Course Type	Marks		
				IA	EA	Total
THEORY						
MY-1201	Aasan pranayam mudra evam bandh- 2	4	Core compulsory	30	70	100
MY-1202	Prakritik ayurvedigyan- 2	4	Core compulsory	30	70	100
MY-1203	Manav sarir rachana evam kriya vigyan- 2	4	Core elective (Any one)	30	70	100
MY-1204	Yogic granthon ka moolbhut tatva					
MY-1205	Patanjal yog darshan	4	Foundation course	30	70	100
MY-1206	Communicating English- I	2	Language	30	70	100
LAB / PRACTICAL						
MY-1201P	Aasan pranayam mudra evam bandh- 2 Lab	1.5	Core compulsory	30	20	50
MY-1202P	Prakritik ayurvedigyan- 2 Lab	1.5	Core compulsory	30	20	50
NON CREDIT MANDATORY COURSE						
MY-1207	General yoga practice	-	-	-	-	-
TOTAL CREDITS [Semester II]		21		210	390	600
Core compulsory				11		
Core elective (Any one)				4		
Foundation course				4		

Language	2
Non Credit Mandatory Course	

Duration (Hrs)
3
3
3
3
3
3
1
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-1206	Communicating English- II	2	Language	30	70	100	3
Lab / Practical							
MY-2301P	Preksha dhayan: Sidhant evam prayog- Lab	1.5	Core compulsory	30	20	50	1
NON CREDIT MANDATORY COURSE							
MY-1207	General yoga practice	-	-	-	-	-	-
Total credits (Semester 3)		19.5		180	370	550	
Core compulsory		13.5					
Core Elective (Any One)		4					
Language		2					
Non Credit Mandatory Course							

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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
NON CREDIT MANDATORY COURSE							
MY-2405	General yoga practice	-	-	-	-	-	-
MY-2406	Personality Development programme	-	-	-	-	-	-
Project							
MY-2407P	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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Master of Yoga & Naturopathy

Structure of Master of 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	6
6	Project	4
7	Non Credit	
TOTAL		80
Total Credits during Semester I		22
Total Credits during Semester II		21
Total Credits during Semester III		19.5
Total Credits during Semester IV		17.5
Total Credits during 2 years		80

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Master of Yoga & Naturopathy

Marks Structure of Master of 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	22	36	240	410	650
2	2	21	34	210	390	600
3	3	18.5	20	180	370	550
4	4	17.5	23	195	255	450
TOTAL		80		825	1425	2250

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Master 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							
MY-1101	Aasan pranayam mudra evam bandh- 1	Core Compulsory	3	1	-	4	4
MY-1102	Prakritik ayurvigyan- 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
MY-1106	Saral Sanskrit Vyakaran	Language	2	-	-	2	2
LAB / PRACTICAL							
MY-1101P	Aasan pranayam mudra evam bandh- 1 Lab	Core Compulsory	-	-	1.5	1.5	3
MY-1102P	Prakritik ayurvigyan- 1 Lab	Core Compulsory	-	-	1.5	1.5	3
MY-1107P	Fundamentals of Computer-Lab	SEC	-	-	1	1	2
NON CREDIT MANDATORY COURSE							
MY-1108	General yoga practice	-	-	-	-	-	10
Total Credits (Semester - 1)						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	

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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- I	Language	2	-	-	2	2
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 MANDATORY COURSE							
MY-1207	General yoga practice	-	-	-	-	-	10
Total credits (Semester - 2)						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	

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Distribution of Credits & Total Classes per week

Semester- III

Course Code	Course Title	Course Type	Course Credits			
			Lecture	Tutorial	Practical	Total
THEORY						
MY-2301	Preksha dhayan: Sidhant evam prayog	Core compulsory	3	1	-	4
MY-2302	Hathyog	Core compulsory	3	1	-	4
MY-2303	Swasthya or aahar	Core compulsory	3	1	-	4
MY-2304	Yog or manovigyan	Core Elective (Any One)	3	1	-	4
MY-2305	preksha dhayan evam sav prabandhan					
MY-1206	Communicating English- II	Language	2	-	-	2
Lab / Practical						
MY-2301P	Preksha dhayan: Sidhant evam prayog- Lab	Core compulsory	-	-	1.5	1.5
NON CREDIT MANDATORY COURSE						
MY-1207	General yoga practice	-	-	-	-	-
Total Credits (Semester 3)						19.5
Total Lecture per week				14		
Total Tutorial per week				4		
Total Lab classes per week				13		
Total classes per week (Semester 3)						31

Classes per week
4
4
4
4
2
3
10
31

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Distribution of Credits & Total Classes per week

Semester- IV

Course Code	Course Title	Course Type	Course Credits			
			Lecture	Tutorial	Practical	Total
THEORY						
MY-2401	Srimadbhagvadgita	Core compulsory	3	1	-	4
MY-2402	Yog evam vaikalpik chikitsa	Core compulsory	3	1	-	4
MY-2403	Yog me anusandhan evam sankhiyaki	Core elective (Any one)	3	1		4
MY-2404	Yog ki vayvaharikta evam shikkshan vidhiyan					
Lab / Practical						
MY-2402P	Yog evam vaikalpik chikitsa-Lab	Core compulsory	-	-	1.5	1.5
NON CREDIT MANDATORY COURSE						
MY-2405	General yoga practice	-	-	-	-	-
MY-2406	Personality Development programme	-	-	-	-	-
Project						
MY-2407P	Project & Dissertation	Project	-	-	4	4
Total credits (Semester 4)						17.5
Total Lecture per week				12		
Total Tutorial per week				3		
Total Lab classes per week				21		
TOTAL CLASSES PER WEEK [Semester IV]				36		

Classes per week
4
4
4
3
10
3
8
36