

Program Structure And Syllabus

Master of Yoga & Naturopathy
(Scheme- 2020-2022)



SARALA
BIRLA
UNIVERSITY



Dept. of Yoga & Naturopathy

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

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 POSTGRADUATE DEGREE COURSE

Master of Yoga & Naturopathy

(Based on UGC- CBCS)

Effective from 2020-21

SARALA BIRLA UNIVERSITY

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	Language	6
5	Skill Enhancement Course (SEC)	1
6	Project	4
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

SARALA BIRLA UNIVERSITY

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	I	22	36	240	410	650
2	II	21	34	210	390	600
3	III	18.5	20	180	320	500
4	IV	17.5	23	195	255	450
TOTAL		79		825	1375	2200

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 sharir 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	
MY-1102P	Prakritik ayurvedigyan-1 Lab	1.5	Core Compulsory	30	20	50	
MY-1107P	Fundamentals of Computer- Lab	1	SEC	30	20	50	
NON CREDIT MANDATORY COURSE							
MY-1108	General yoga practice-I	-	-	-	-	-	
TOTAL CREDITS [Semester I]		22		240	410	650	

Core Complusory	11
Core Elective	4
Language	2
Skill Enhancement Course (SEC)	1
Foundation course	4

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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 sharir 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 I)						22	36

Total Lecture per week	12
Total Tutorial per week	4
Total Lab classes per week	18
TOTAL CLASSES PER WEEK [Semester I]	36

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Master of Yoga & Naturopathy

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 Ayurvedigyan-2	4	Core compulsory	30	70	100	3
MY-1203	Manav sharir 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-I	2	Language	30	70	100	3
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-II	-	-	-	-	-	
TOTAL CREDITS [Semester II]		21		210	390	600	

Core compulsory	11
Core elective	4
Language	2
Foundation course	4

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Master of Yoga & Naturopathy

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 Ayurvedigyan-2	Core compulsory	3	1	-	4	4
MY-1203	Manav sharir 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 ayurvedigyan-2 Lab	Core compulsory	-	-	1.5	1.5	3
NON CREDIT MANDATORY COURSE							
MY-1207	General yoga practice-II	-	-	-	-	-	10
Total credits (Semester II)						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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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	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	
NON CREDIT MANDATORY COURSE							
MY-2307	General yoga practice-III	-	-	-	-	-	
Total credits (Semester III)		19.5		180	370	550	
Core compulsory		13.5					
Core Elective (Any One)		4					
Language		2					

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Master of Yoga & Naturopathy

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	Communicating English- II	Language	2	-	-	2	2
LAB / PRACTICAL							
MY-2301P	Preksha dhayan: Sidhant evam prayog- Lab	Core compulsory	-	-	1.5	1.5	3
NON CREDIT MANDATORY COURSE							
MY-2307	General yoga practice-II	-	-	-	-	-	10
Total Credits (Semester III)						19.5	31
Total Lecture per week				14			
Total Tutorial per week				4			
Total Lab classes per week				13			
Total classes per week (Semester III)				31			

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Master of Yoga & Naturopathy							
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	
NON CREDIT MANDATORY COURSE							
GYP	General Yoga Practice	-	Non Credit	-	-	-	-
MY-2406	Personality Development Programme	-	Non Credit	-	-	-	-
PROJECT							
MY-2407P	Project & Dissertation	4	Project	75	25	100	-
Total credits		17.5		195	255	450	
Core compulsory		9.5					
Core elective		4					
Project		4					

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Master of Yoga & Naturopathy							
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							
MY-2402P	Yog evam vaikalpik chikitsa-Lab	Core compulsory	-	-	1.5	1.5	3
NON CREDIT MANDATORY COURSE							
GYP	General Yoga Practice	-	-	-	-	-	-
MY-2406	Personality Development Programme	-	-	-	-	-	3
PROJECT							
MY-2407P	Project & Dissertation	Project	-	-	4	4	8
Total credits (Semester IV)						17.5	36
Total Lecture per week				12			
Total Tutorial per week				3			
Total Lab classes per week				21			
TOTAL CLASSES PER WEEK [Semester IV]				36			