

SARALA BIRLA UNIVERSITY

M.Sc in Yogic Science

Structure of Master of Yoga Programme for 2 years

S.No	Type of Subject	Total Credits
1	Core Course	60
2	Skill-Enhancement Course (SEC)	3
3	Core Elective (CE)	8
4	Practical/Lab	24
	Total	95
	Total Credits during Semester I	23
	Total Credits during Semester II	23
	Total Credits during Semester III	25
	Total Credits during Semester IV	24
	Total Credits during 2 years	95

Note-1 credit =1 lecture for theoretical and 1 credit =2 lecture for practical here 1 lecture=1 hour

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Examination Scheme Structure of Master of Yoga Programme for 2 years

S.No	Semester	Total Credits	Total Classes per week	Total Internal Assessment marks	Total External Assessment marks	Total
1	I	23	28	210	390	600
2	II	23	29	210	390	600
3	III	25	32	255	345	600
4	IV	24	31	255	345	600
Total		95	120	930	1470	2400

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PROGRAMME STRUCTURE [SEMESTER -I]

Course Code	Course Title	Course Credit	Course Type	Marks			Exam Duration Hours
				IA	EA	Total	
MY-1101	Fundamentals of Yoga	4	Core Compulsory	30	70	100	3
MY-1102	Naturopathy-I	4	Core Compulsory	30	70	100	3
MY-1103	Human Anatomy and Physiology-I	4	Core Compulsory	30	70	100	3
MY-1104	Introduction to Hatha Yoga	4	Core Elective	30	70	100	3
MY-1105	Contemporary Yogic Model						
MY-1106	Saral Sanskrit Vyakaran	2	SEC	30	70	100	3
Lab/Practical							
MY-1107P	Naturopathy-I Lab	2	Core Compulsory	30	20	50	
MY-1108P	Yoga Practicum-I	3	Core Compulsory	30	20	50	
Total Credits [Semester - I]		23		210	390	600	
Core Course				12			
Core Elective [CE]				4			
Skill-Enhancement Course (SEC)				2			
Practical/Lab				5			
Total				23			
*IA-Internal Assessment *EA- External Assessment							

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Distribution of Credits & Total Classes per week							
Semester- I							
Course Code	Course Title	Course Type	Course Credits				Classes per week
			Lecture	Tutorial	Practical	Total	
MY-1101	Fundamentals of Yoga	Core Compulsory	3	1	-	4	4
MY-1102	Naturopathy-I	Core Compulsory	3	1	-	4	4
MY-1103	Human Anatomy and Physiology-I	Core Compulsory	3	1	-	4	4
MY-1104	Introduction to Hatha Yoga	Core Elective	3	1	-	4	4
MY-1105	Contemporary Yogic Model						
MY-1106	Saral Sanskrit Vyakaran	SEC	2	-	-	2	2
Lab/Practical							
MY-1107P	Naturopathy-ILab	Core Compulsory	-	-	2	2	4
MY-1108P	Yoga Practicum-I	Core Compulsory	-	-	3	3	6
						23	28
Total Credits [Semester -I]						23	
Total Lecture per week						14	
Total Tutorial per week						4	
Total Practical/Lab classes per week						10	
Total classes per week (Semester I)						28	

PROGRAMME STRUCTURE [SEMESTER -II]							
Course Code	Course Title	Course Credit	Course Type	Marks			Exam Duration Hours
				IA	EA	Total	
MY-1201	Patanjal Yoga Darshan	5	Core Compulsory	30	70	100	3
MY-1202	Human Anatomy and Physiology-II	4	Core Compulsory	30	70	100	3
MY-1203	Naturopathy-II	4	Core Compulsory	30	70	100	3
MY-1204	Introduction to Upanishad	4	Core Elective	30	70	100	3
MY-1205	Yoga and Holistic Health						
Lab/Practical							
MY-1206P	Naturopathy-II Lab	2	Core Compulsory	30	20	50	
MY-1207P	Yoga Practicum-II	3	Core Compulsory	30	20	50	
MY-1208P	Basic Computer	1	SEC				
Total Credits [Semester - II]		23		210	390	600	
Core Course				13			
Core Elective [CE]				4			
Skill-Enhancement Course (SEC)				1			
Practical				5			
Total				23			
*IA-Internal Assessment *EA- External Assessment							

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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	
MY-1201	Patanjal Yoga Darshan	Core Compulsory	4	1	-	5	5
MY-1202	Human Anatomy and Physiology-II	Core Compulsory	3	1	-	4	4
MY-1203	Naturopathy-II	Core Compulsory	3	1	-	4	4
MY-1204	Introduction to Upanishad	Core Elective	3	1	-	4	4
MY-1205	Yoga and Holistic Health						
Lab/Practical							
MY-1206P	Naturopathy-II Lab	Core Compulsory	-	-	2	2	4
MY-1207P	Yoga Practicum-II	Core Compulsory	-	-	3	3	6
MY-1208P	Basic Computer	SEC	-	-	1	1	2
						23	29
Total Credits [Semester -II]			23				
Total Lecture per week			13				
Total Tutorial per week			4				
Total Practical/Lab classes per week			12				
Total classes per week (Semester II)			29				

SARALA BIRLA UNIVERSITY

Masters of Sciences in Yoga

PROGRAMME STRUCTURE [SEMESTER -III]

Course Code	Course Title	Course Credit	Course Type	Marks			Exam Duration Hours
				IA	EA	Total	
MY-2301	Research Methodology and Statistics	4	Core Compulsory	30	70	100	3
MY-2302	Yoga Therapy	5	Core Compulsory	30	70	100	3
MY-2303	Yoga Psychology	4	Core Compulsory	30	70	100	3
MY-2304	Diet and Nutrition	5	Core Compulsory	30	70	100	3
Lab/Practical							
MY-2305P	Yoga Practicum-III	2	Core Compulsory	30	20	50	
MY-2306P	Yoga Psychology Practicum	3	Core Compulsory	30	20	50	
Project							
MY-P2307	Dissertation-I	2		75	25	100	
NON CREDIT MANDATORY COURSE							
MY-2308	Personality Development Programme			-			
Total Credits [Semester - III]		25		255	345	600	
Core Course				18			
Practical/Lab				7			
Total				25			
*IA-Internal Assessment *EA- External Assessment							

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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	
MY-2301	Research Methodology and Statistics	Core Compulsory	3	1	-	4	4
MY-2302	Yoga Therapy	Core Compulsory	4	1	-	5	5
MY-2303	Yoga Psychology	Core Compulsory	3	1	-	4	4
MY-2304	Diet and Nutrition	Core Compulsory	4	1	-	5	5
Lab/Practical							
MY-2305P	Yoga Practicum-III	Core Compulsory	-	-	3	3	6
MY-2306P	Yoga Psychology Practicum	Core Compulsory	-	-	2	2	4
Project							
MY-P2307	Dissertation-I	Project	-	-	2	2	4
NON CREDIT MANDATORY COURSE							
MY-2308	Personality Development Programme	-	Non Credit	-	-	-	-
						25	32
Total Credits [Semester -III]			25				
Total Lecture per week			14				
Total Tutorial per week			4				
Total Practical/Lab classes per week			14				
Total classes per week (Semester III)			32				

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PROGRAMME STRUCTURE [SEMESTER -IV]

Course Code	Course Title	Course Credit	Course Type	Marks			Exam Duration Hours
				IA	EA	Total	
MY-2401	Complementary and Alternative Medicine	5	Core Compulsory	30	70	100	3
MY-2402	Teaching methods of Yoga	4	Core Compulsory	30	70	100	3
MY-2403	Evidence Based Yoga Therapy	4	Core Compulsory	30	70	100	3
MY-2404	Introduction to AYUSH	4	Core Compulsory	30	70	100	3
Lab/Practical							
MY-2405P	Complementary and Alternative Medicine-Lab	2	Core Compulsory	30	20	50	
MY-2406P	Yoga Practicum-IV	3	Core Compulsory	30	20	50	
Project							
MY-P2407	Dissertation-II	2		75	25	100	
Total Credits [Semester - IV]		24		255	345	600	
Core Course			17				
Practical/Lab			7				
Total			24				
*IA-Internal Assessment *EA- External Assessment							

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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	
MY-2401	Complementary and Alternative Medicine	Core Compulsory	4	1	-	5	5
MY-2402	Teaching methods of Yoga	Core Compulsory	3	1	-	4	4
MY-2403	Evidence Based Yoga Therapy	Core Compulsory	3	1	-	4	4
MY-2404	Introduction to AYUSH	Core Compulsory	3	1	-	4	4
Lab/Practical							
MY-2405P	Complementary and Alternative Medicine - Lab	Core Compulsory	-	-	2	2	4
MY-2406P	Yoga Practicum-IV	Core Compulsory	-	-	3	3	6
Project							
MY-P2407	Dissertation-II	Project	-	-	2	2	4
						24	31
Total Credits [Semester -IV]			24				
Total Lecture per week			13				
Total Tutorial per week			4				
Total Practical/Lab classes per week			14				
Total classes per week (Semester IV)			31				