

Semester-wise Curriculum Structure

Semester – I

Course Code	Course Title	Credit distribution (L,T,P are hours/week)					Marks Distribution		
		L	T	P	CL	CR	IAC	ESE	TOTAL
MYT5101	Foundations of Yoga	2	1	-	-	3	50	50	100
MYT5102	Sanskrit for Yoga Studies	1	1	-	-	2	100	-	100
MYT5103	Patanjali Yoga Sutra	2	1	-	-	3	50	50	100
MYT5104	Anatomy & Physiology	3	1	-	-	4	50	50	100
MYT5105	Practicum I: Foundational Yogic Practices	-	-	4	-	2	50	50	100
MYT5106	Practicum II: Common Yoga Protocol	-	-	4	-	2	50	50	100
MYT5107	SEC I: Yoga Instruction & Communication Skills	-	1	2	-	2	100	-	100
MYT****	Program Elective I	1	1	-	-	2	100	-	100
TOTAL		9	6	10	-	20	550	250	800

Note:

- ESE for MYT5101, MYT5103, MYT5104 will be conducted for 100 marks and normalized to 50.
- L – Lecture, T – Tutorial, P – Practical, CL – Clinical, CR – Credits, IAC – Internal Assessment component, ESE – End Semester Examination

Semester - II

Course Code	Course Title	Credit distribution (L,T,P are hours/week)					Marks Distribution		
		L	T	P	CL	CR	IAC	ESE	TOTAL
MYT5201	Introduction to Bhagavad Gita and Yoga Vasishtha	2	1	-	-	3	50	50	100
MYT5202	Hatha Yoga Texts	2	1	-	-	3	50	50	100
MYT5203	Principles of Yoga Therapy	3	-	-	-	3	50	50	100
MYT5204	Research Methodology and Biostatistics	2	1	-	-	3	100	-	100
MYT5205	Practicum III: Intermediate Yogic Kriyas and Vyayama Practices	-	-	4	-	2	50	50	100
MYT5206	Practicum IV: Intermediate Yogasana and Pranayama	-	-	4	-	2	50	50	100
MYT5207	Clinical Practice I	-	-	-	4	2	50	50	100
MYT5208	SEC II: Clinical Documentation & Case Management	-	1	2	-	2	100	-	100
TOTAL		9	4	10	4	20	500	300	800

Note:

- ESE for MYT5201, MYT5202, MYT5203 will be conducted for 100 marks and normalized to 50.
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Course Code	Course Title	Credit distribution (L,T,P are hours/week)					Marks Distribution		
		L	T	P	CL	CR	IAC	ESE	TOTAL
MYT5108	Indian Knowledge Systems and Wellness Traditions	1	1	-	-	2	100	-	100
MYT5109	Yoga Philosophy and Contemporary Applications	1	1	-		2	100	-	100
MYT5110	Yoga and Holistic Health: Concepts and Models	1	1	-	-	2	100	-	100

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Program Elective II

Course Code	Course Title	Credit distribution (L,T,P are hours/week)					Marks Distribution		
		L	T	P	CL	CR	IAC	ESE	TOTAL
MYT6108	Yoga Therapy for Age-Specific Populations	1	1	-	-	2	100	-	100
MYT6109	Yoga Therapy for Women's Health	1	1	-		2	100	-	100
MYT6110	Yoga and Mental Health: Applied Practices	1	1	-	-	2	100	-	100

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