

**M.SC. IN MIND BODY AND LIFESTYLE SCIENCE DEGREE PROGRAM
(ONLINE MODE)**

C.No.	Course Code	Category	Course Titles	Credits	Total Hours	Lecture	Online Practical	Continuous Internal assessment (a)	End Semester Examination (b) (Pass min)	Grand Total a+b=100 (pass min)
Semester - I										
1.	MBL25OCT01	CT	Fundamentals of Mind Body Integration	4	120	90	30	30	70 (35)	100 (50)
2.	MBL25OCT02	CT	Integrative Approach to wellbeing	3	90	60	30	30	70 (35)	100 (50)
3.	MBL25OCT03	CT	Research Methodology and Biostatistics	2	60	60	-	30	70 (35)	100 (50)
4.	MBL25OCT04	CT	Principles of Nutrition	4	120	90	30	30	70 (35)	100 (50)
5.	MBL25OCT05	CT	Coaching: Structure and Process	4	120	90	30	30	70 (35)	100 (50)
6.	MBL25OSL01	SL	Yoga as lifestyle intervention (Practical)	3	90	-	90	100 (50)	-	100 (50)
				20	600					
Semester -II										
7.	MBL25OCT06	CT	Stress and Relaxation Response	4	120	90	30	30	70 (35)	100 (50)
8.	MBL25OCT07	CT	Lifestyle Dynamics and Human Behavior	4	120	90	30	30	70 (35)	100 (50)
9.	MBL25OCT08	CT	Physical Activity and Lifestyle Transformation	4	120	90	30	30	70 (35)	100 (50)
10.	MBL25OCT09	CT	Coaching: Communication and Behavior change	4	120	90	30	30	70 (35)	100 (50)
11.	MBL25OCT10	CT	Nutrition: Dietary intervention	4	120	90	30	30	70 (35)	100 (50)
				20	600					

**M.SC. IN MIND BODY AND LIFESTYLE SCIENCE DEGREE PROGRAM
(ONLINE MODE)**

C.No.	Course Code	Category	Course Titles	Credits	Total Hours	Lecture	Online Practical	Continuous Internal assessment (a)	End Semester Examination (b) (Pass min)	Grand Total a+b=100 (pass min)
Semester - III										
12.	MBL25OCT11	CT	Art in wellness	4	120	90	30	30	70 (35)	100 (50)
13.	MBL25OCT12	CT	Coaching for Special Population	4	120	90	30	30	70 (35)	100 (50)
14.	MBL25OCT13	CT	Nutrition in the kitchen	3	90	60	30	30	70 (35)	100 (50)
15.	MBL25OCT14	CT	Functional Fitness and Restoration Strategies	3	90	60	30	30	70 (35)	100 (50)
17.	O0625OGE01	GE	To be chosen by the student	3	90	60	30	30	70 (35)	100 (50)
16.	MBL25OCT15	AE	PART Program©	3	90	60	30	100 (50)	-	100 (50)
				20	600					
Semester -IV										
18.	MBL25OCT16	CT	Digital Coaching Entrepreneurship	4	120	90	30	30	70 (35)	100 (50)
19.	MBL25OCT17	CT	Nutrition in wellness	3	90	60	30	30	70 (35)	100 (50)
20.	MBL25OSL02	SL	Supervised Coaching Practicum	6	180	-	180	100 (50)	-	100 (50)
21.	MBL25ORP01	RP	Capstone Research or Industry Project	7	210	-	210	100 (50)	-	100 (50)
				20	600					