

**Maulana Abul Kalam Azad University of Technology, West Bengal**  
(Formerly West Bengal University of Technology)  
**Syllabus for Master of Science in Yoga (M.Sc.Yoga)**  
(Effective from Academic Session 2019-2020)

**Curriculum Structure**

Year	Semester	Paper Code	Paper	L	T	P	Credit	Marks
1 <sup>st</sup>	1 <sup>st</sup>	MSY-101	INTRODUCTION TO SANSKRIT	4			4	100
1 <sup>st</sup>	1 <sup>st</sup>	MSY-102	HUMAN ANATOMY & PHYSIOLOGY	4			4	100
1 <sup>st</sup>	1 <sup>st</sup>	MSY-103	VEDAS UPANISADS AND DARSANAS	4			4	100
1 <sup>st</sup>	1 <sup>st</sup>	MSY-104	YOGA PHILOSOPHY AND HEALTH	4			4	100
1 <sup>st</sup>	1 <sup>st</sup>	MSY-105	PSYCHOLOGY & COUNSELING	4			4	100
1 <sup>st</sup>	1 <sup>st</sup>	MSY-191	ADVANCED YOGA PRACTICE –I			8	4	100
			<b>Total</b>				<b>24</b>	<b>600</b>

Year	Semester	Paper Code	Paper	L	T	P	Credits	Marks
1 <sup>st</sup>	2 <sup>nd</sup>	MSY-201	BHAGAVAD GITA	4			4	100
1 <sup>st</sup>	2 <sup>nd</sup>	MSY-202	COMMON AILMENTS - I	4			4	100
1 <sup>st</sup>	2 <sup>nd</sup>	MSY-203	PATANJALI YOGA SUTRAS	4			4	100
1 <sup>st</sup>	2 <sup>nd</sup>	MSY-204	HATHA YOGA	4			4	100
1 <sup>st</sup>	2 <sup>nd</sup>	MSY-205	RESEARCH METHODOLOGY	4			4	100
1 <sup>st</sup>	2 <sup>nd</sup>	MSY-291	ADVANCED YOGA PRACTICE – II			8	4	100
			<b>Total</b>				<b>24</b>	<b>600</b>

Year	Semester	Paper Code	Paper	L	T	P	Credit	Marks
2 <sup>nd</sup>	3 <sup>rd</sup>	MSY-301	COMMON AILMENTS - II	4			4	100
2 <sup>nd</sup>	3 <sup>rd</sup>	MSY-302	PHILOSOPHY SCIENCE & CONSCIOUSNESS	4			4	100
2 <sup>nd</sup>	3 <sup>rd</sup>	MSY-303	NARADA BHAKTI SUTRAS	4			4	100
2 <sup>nd</sup>	3 <sup>rd</sup>	MSY-304	YOGA THERAPY & OTHER SYSTEMS OF HEALING	4			4	100
2 <sup>nd</sup>	3 <sup>rd</sup>	MSY-391	ADVANCED YOGA PRACTICE – III			8	4	100
2 <sup>nd</sup>	3 <sup>rd</sup>	MSY-392	YOGA THERAPY – I			8	4	100
			<b>Total</b>				<b>24</b>	<b>600</b>

Year	Semester	Paper Code	Paper	L	T	P	Credit	Marks
2 <sup>nd</sup>	4 <sup>th</sup>	MSY-491	PRANAYAMA & MEDITATION			8	4	100
2 <sup>nd</sup>	4 <sup>th</sup>	MSY-492	YOGA THERAPY – II			8	4	100
2 <sup>nd</sup>	4 <sup>th</sup>	MSY-493	TEACHING PRACTICE			8	4	100
2 <sup>nd</sup>	4 <sup>th</sup>	MSY-481	YOGA THERAPY TRAINING				4	100
2 <sup>nd</sup>	4 <sup>th</sup>	MSY-482	DISSERTATION & PRESENTATION				4	100
2 <sup>nd</sup>	4 <sup>th</sup>	MSY-483	KARMA YOGA (FIELD WORK)				4	100
			<b>Total</b>				<b>24</b>	<b>600</b>