

**MAULANA ABUL KALAM AZAD UNIVERSITY OF TECHNOLOGY, WB**  
**Syllabus of B. Sc. In Yoga**  
**(Effective for 2020-2021 Admission Session) Choice Based Credit System**  
**140 Credit (3-Year UG) MAKAUT Framework**  
**w.e.f 2020-21**

**B.Sc (Yoga) Course Structure 3<sup>rd</sup> Semester**

Subject Type	Course Name	Course Code	Credit Distribution			Credit Points	Mode of Delivery			Proposed Moocs
			Theory	Practical	Tutorial		Offline	Online	Blended	
CC5	Traditional Systems of Healing	BSY 301	5	0	1	6	✓			As per MAKAUT Notification
CC6	Cultural history of ancient India & the importance of Vedas, Upaniṣhad & laterVedic literature	BSY 302	5	0	1	6	✓			
CC7	Yoga for Common Ailments	BSY(T) 303	4	0	0	6	✓			
		BSY 393	0	2	0					
GE3	Students will have to select from the GE Basket					6			✓	
SEC1	Basics of Sanskrit Grammar	BSY 354	1	0	1	2	✓			
<b>Semester Credits</b>						<b>26</b>				

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**BSY 301 TRADITIONAL SYSTEMS OF HEALING**

**Credits- 5L+1T**

**COURSE OBJECTIVE:**

The course is designed to provide an in-depth knowledge & understanding about the various systems of healing. To inculcate the essence of Ayurveda & Naturopathy. Students will be able to develop an understanding about pre-requisites & principles of Ayurveda & Naturopathy. Students will also be able to discern the concept of Ayurveda & Naturopathy & others Traditional systems of healing.

SL	Course Outcome	Mapped modules
1	Understand the basic concepts of Ayurveda.	M1
2	Apply basic Ayurvedic treatments.	M2, M3
3	Demonstrate the basic concepts of Panchakarma.	M3
4	Relate the basic concepts of Naturopathy.	M4
5	Explain the basic concepts of Naturopathic treatments.	M4, M5, M6
6	Outline the application of Naturopathic treatments.	M5, M6

Module Number	Headline	Total Hours	%age of Questions	Blooms Level	Remarks (If any)
Module1	Introduction to Ayurveda	10	15	1,2	
Module2	Basic concepts of Ayurveda	10	20	1,2,3	
Module3	Panchakarmas	10	20	1,2,3	
Module4	Introduction & Basic concept of Naturopathy	10	20	1,2	
Module5	Basic naturopathic treatments	10	15	1,2	
Module6	Basic naturopathic treatments	10	10	1,2	
		<b>60</b>	<b>100</b>		
	<b>Tutorials</b>	<b>16</b>			
	<b>Total</b>	<b>76</b>			

**MODULE 1: Introduction to Ayurveda**

- ✓ The four aspects of life (Soul, Mind, Senses and Body)
- ✓ Pancamahabhutas (the five-element theory)
- ✓ Ahara, Vihara and Aushadhi (three pillars of ayurveda)

**MODULE 2: Basic concepts of Ayurveda**

- ✓ Concept, role and importance of – Dosha, Dhatu, Mala, Updhatu, Srotas, Indriya, Agni, Prana, Pranayatna, Prakriti, Deha Prakriti, Manasa Prakriti.

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- ✓ Concept of Dinacharya (daily routine), concept of Ritucharya (seasonal routine), svasthavrta and sadvrta in Ayurveda.
- ✓

**MODULE 3: Panchakarmas**

- ✓ Concept of Purvakarma (preparing for panchakarma).
- ✓ Concept of Panchakarma in managing a disease (five main procedures).
- ✓ The disease process in Panchakarma theory.

**MODULE 4: Introduction & Basic concept of Naturopathy.**

- ✓ Introduction
- ✓ History
- ✓ Basic Principle of Nature Cure (PNC)
- ✓ Concept of Pancha-Mahavutas
- ✓ Relation between Pancha-Mohavutas & Naturopathy

**MODULE 5: Basic Naturopathic treatments**

- ✓ Mud Therapy (Properties of mud, Collection of mud, Therapeutic application – Mud bath, mud pack)
- ✓ Hydro Therapy (Preparation of water, Maintenance of temperature, Precautions)

**MODULE 6: Basic Naturopathic treatments**

- ✓ Chromo Therapy
- ✓ Magneto Therapy
- ✓ Massage Therapy

**SUGGESTED READINGS:**

1. Dash, V.B.: Ayurvedic Treatment for Common Diseases Delhi Diary, 1974.
2. Bharti, Anant: Vedic Vangmaya main Prakritik Chikitsa, 1st ed. New Delhi; Central Council for Research in Yoga and Naturopathy, 2004
3. Kaushik, Mai Ram: Ayurveda Kya Hai? Bikaner: Anand Prakashan, 2003
4. Laxmipati, K: Basic principles of Ayurveda.
5. Ghosh A. K.: Poshan Ke Pracheen tatha Adhunik, Avadharana, Hindi.
6. Joshi S.V: Ayurveda & Panchakarma The science of Healing and rejuvenation Motilal Babarasidas Publishers Private Limited, Delhi.
7. Mukhopadhyay. Dr. Kularanjan,: Avinaba Prakritip Chikitsa, Prakritik Chikitshalaya, 251 Bidhan Palli, Garia (Bengali)

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**BSY 302- CULTURAL HISTORY OF ANCIENT INDIA & THE IMPORTANCE OF VEDAS, UPANIṢADS AND LATER VEDIC LITERATURE**

**Credits- 5L+1T**

**COURSE OBJECTIVE:**

This course will help students to understand the history of Ancient Indian society, culture and religion. It will also help them to obtain the knowledge about human settlement in Ancient India through Ancient Indian scriptures and texts.

SL	Course Outcome	Mapped modules
1	Understand the philosophy of culture with respect to human settlement in India.	M1
2	Outline the Ancient Indian society, religious movements and cultural configuration in India.	M2
3	Relate the development and progress of India through the ages.	M3
4	Explain about the Vedas	M4
5	Examine the major principles of Upanishads and understand each Upanishad and their application in the society.	M5
6	Appraise about Smṛti, Epics (Rāmāyaṇa & Mahābhārata) and Purāṇas and their influence in the society and culture.	M6

Module Number	Headline	Total Hours	%age of Questions	Blooms Level	Remarks (If any)
<b>Module1</b>	Introduction	10	10	1,2	
<b>Module2</b>	The History of Indian Culture	10	15	1,2	
<b>Module3</b>	Facets of Indian Culture	10	10	1,2	
<b>Module4</b>	Introduction to Vedas	10	25	1,2	
<b>Module5</b>	Introduction to Upaniṣads	10	20	1,2,3,4	
<b>Module6</b>	Introduction to Smṛti, Epics (Rāmāyaṇa & Mahābhārata) and Purāṇas	10	20	1,2,3,4,5	
		<b>60</b>	<b>100</b>		
	<b>Tutorials</b>	<b>16</b>			
	<b>Total</b>	<b>76</b>			

**MODULE 1: Introduction**

- ✓ Culture-its misconception, culture defined, essential requirements of culture, vitality of culture, reasons for the decay of culture, facets of Indian culture; philosophical outlook, tradition of tolerance, sense of synthesis, social outlook, scientific outlook, love towards nature, role of Sanskrit, artistic heritage and universal outlook.

**MODULE 2: The History of Indian Culture**

- ✓ The Indus period, the Vedic society, Connections between IV C and V, later Hindu society, conflict, reform and revival, Mahayana Buddhism and Brahmanical restoration, the golden age of Hinduism, the testimony of Manu, religious life, social freedom, economic conditions.

**MODULE 3: Facets of Indian Culture**

- ✓ Samskriti or culture, religion and philosophy, Indian society, Indian educational system, Indian political institutions, Indian economics, Indian judicial system, contribution of the Indian to science, Indian fine arts and music.

**MODULE 4: Introduction to Vedas**

**1. Vedas**

- ✓ The definition of Veda and what are Vedas?
- ✓ Construction of the Vedas

**2. Classification of Vedas and Vedic Texts**

- ✓ The four Vedas (Ṛk, Sāma, Yajur and Atharva Veda)
- ✓ Samhitās, Brāhmaṇas, Āraṇyakas and Upaniṣads

**3. Post-Vedic Literature**

- ✓ Vedāṅgas (Śikṣā, Chanda, Vyākaraṇa, Nirukta, Kalpa and Jyotiṣa)
- ✓ Upavedas (Dhanurveda, Sthāpatyaveda, Gāndharvaveda and Āyurveda)

**4. Vedic Period**

- ✓ Vedic society and culture

**MODULE 5: Introduction to Upaniṣads**

**General Introduction and Classification of Upaniṣads**

- ✓ The definition of Upaniṣad and its relevance
- ✓ General introduction to Principal Upaniṣads (Aitareya, Chāndogya, Kena, Kaṭha, Taittirīya, Īśa, Brhadāraṇyaka, Maṇḍūkya, Muṇḍaka and Praśna)

**MODULE 6: Introduction to Smṛti, Epics (Rāmāyaṇa & Mahābhārata) and Purāṇas**

**1. General Introduction to Smṛti**

- ✓ Definition and classification of Smṛti texts
- ✓ Relevance of the Smṛti texts

**2. General Introduction of the Two Great Epics**

- ✓ The Rāmāyaṇa and its influence in the Society

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✓ The Mahābhārata and its influence in the Society

**3. General Introduction to the Purāṇas**

✓ The Purāṇas and its classification

✓ Indian Mythology and its influence in the society and culture

**SUGGESTED READINGS:**

1. Dr H R Nagendra, Yoga Its Basis and Applications, Swami Vivekananda Yoga, Yoga Prakashana, Bangalore, 2002
2. Dr H R Nagendra, Jnana Yoga, Swami Vivekananda Yoga Prakashana, Bangalore, 2002
3. Swami Ranganathananda, Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985
4. Sailendra Nath Sen, Ancient Indian History and Civilization, NCBA, New Delhi, 2017
5. Ranabir Chakravarti, Exploring Early India, Primus Books, New Delhi, 2016
6. The Cultural Heritage of India (Vol. 1-7), RRamakrishna Mission Institute of Culture, Kolkata, 2002

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**BSY 303-YOGA FOR COMMON AILMENTS**

**Credits- 4L +2P**

**COURSE OBJECTIVE:**

The course is designed to provide an in-depth knowledge, understanding & application of yoga for common ailments. To inculcate the essence of yoga for common ailments. Students will be able to develop an understand, ding about pre-requisites & principles of Yoga & Naturopathy. Students will also be able to discern the concept of Yoga & Naturopathy for the selected disease.

SL	Course Outcome	Mapped modules
1	Explain the etiology of the selected disease states.	M1, M2, M3, M4, M5
2	Interpret the pathogenesis of the selected disease states.	M1, M2, M3, M4, M5
3	Identify the signs & symptoms of the diseases.	M1, M2, M3, M4, M5
4	Identify the complications of the diseases.	M1, M2, M3, M4, M5
5	Apply the principles and practices of Yoga therapy for the selected diseases.	M6
6	Apply the principles and practices of Naturopathic Treatment for the selected diseases.	M6

**THEORY-BSY(T) 303**

Module Number	Headline	Total Hours	%age of Questions	Blooms Level	Remarks (If any)
Module1	Cardio-Vascular Disorders	10	15	1,2	
Module2	Respiratory Disorders:	10	15	1,2	
Module3	Digestive & Muscular Disorders:	10	20	1.2	
Module4	Metabolic disorders	10	10	1,2	
Module5	Psychological disorders	10	15	1,2,3	
Module6	Yogic Practices & Basic Naturopathic treatments	26	25	1,2,3	
		<b>76</b>	<b>100</b>		

**PRACTICAL-BSY 393**

CO	BLOOMS LEVEL	MODULE	%age of Questions
CO1	1,2	M1, M2, M3, M4, M5	15
CO2	1,2	M1, M2, M3, M4, M5	15
CO3	1.2	M1, M2, M3, M4, M5	20
CO4	1,2	M1, M2, M3, M4, M5	10
CO5	1,2,3	M6	15
CO6	1,2,3	M6	25
			100

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**MODULE 1: Cardio-Vascular Disorders:**

- ✓ Ischemic heart disease
- ✓ Hypertension
- ✓ Peripheral vascular disease.

**MODULE 2: Respiratory Disorders:**

- ✓ Bronchial asthma.
- ✓ Chronic Obstructive Pulmonary Disorder (COPD).
- ✓ Allergic rhinitis
- ✓ Pulmonary tuberculosis
- ✓ Sleep apnea
- ✓ Snoring

**MODULE 3: Digestive & Muscular Disorders:**

- ✓ Digestive Disorders: Acid peptic disease, Irritable bowel syndrome.
- ✓ Muscular Disorders: Back pain, Knee Pain, Cervical Spondylosis

**MODULE 4: Metabolic disorders:**

- ✓ Obesity
- ✓ Diabetes Mellitus (High Blood Sugar).

**MODULE 5: Psychological disorders:**

- ✓ Anxiety
- ✓ Depression
- ✓ Migraine
- ✓ Tension headache

**MODULE 6: Yogic Practices & Basic Naturopathic treatments:**

- ✓ Sukshma Vyayama- pawanmuktasana series-1, pawanmuktasana series-2.
- ✓ Sithilikarana vyama-
- ✓ Shakti vikasaka practices-
- ✓ Breathing Exercise & Basic Pranayama (Without Kumvaka)- Nadisuddhi Pranayama, Bhramari Pranayama, Vastrika Pranayama, Shitali Pranayama, Sitkari Pranayama.
- ✓ Basic Naturopathic Treatment- Mud Therapy, Hydro Therapy, Massage Therapy

**SUGGESTED READINGS:**

1. Dr R Nagarthna, Dr H R Nagendra and Dr Shamanthakamni: Yoga for common ailments and IAYT for different diseases, Swami Vivekananda Yoga Prakashana, Bangalore, 2002.
2. Ailments series, Swami Vivekananda Yoga Prakashana, Bangalore, 2002
3. Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha (Bihar School of Yoga, Munger, 1989)
4. Gharote, M.L.: Pranayama – The Science of Breath (The Lonavala Yoga Institute, Lonavala, 2003)
5. B.K. S. Iyengar: Light on Pranayama.
6. Shivananda Saraswati, Srimat Swami: YOGBALE ROG-AROGYA, Umachal Prakashani



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**BSY 354 BASICS OF SANSKRIT GRAMMAR**

**Credits- 1L+1T**

**COURSE OBJECTIVE:** This course will provide understanding about the textual and grammatical aspects of Sanskrit language to enable the students to better imbibe the essence of the yogic concept.

SL	Course Outcome	Mapped modules
1	Relate the Devanagari script, Pronunciation and Parts of Speech of Sanskrit Grammar	M1
2	Understand the basics of Sanskrit Grammar	M2

Module Number	Content	Total Hours	%age of Questions	Blooms Level (if applicable)	Remarks (If any)
Module1	Devanagari Script, Pronunciation and Parts of Speech	12	35%	1,2	
Module2	Introduction to Sanskrit Grammar (Basic)	14	65%	1,2	
		<b>26</b>	<b>100</b>		

**MODULE 1: Devanagari Script, Pronunciation and Parts of Speech**

- ✓ Alphabets, vowels and consonants, conjunction and compound letters, Syllable and pronunciation, uparts of speech

**MODULE 2: Introduction to Sanskrit Grammar (Basic)**

- ✓ Simple conjugation and declension, Introduction to Sandhi (Dīrgha, Guṇa and Vṛddhi) some of Avyaya and prefix.

✓

**Suggested Readings:**

1. Dr. Sarasvati Mohan, Sanskrit Level-1 Sharadh Enterprises, Bangalore, 2007.
2. F. Max Müller, A Sanskrit Grammar (for beginners), Parimal Publication, 2015
3. R.G. Bhandarkar, Sanskrit Grammar, Bharatiya Kala Prakashan, New Delhi, 2017
4. Samagra Vyakaran Kaumudi, Iswarchandra Vidyasagar, Chalantika Prakashak, Kolkata, 1424 (Vangabda)
5. A Higher Sanskrit Grammar and Composition (Pāṇinīyam), Dr. Lahiri & Sastri, The Dhaka Students Library, Kolkata, 2009