

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

5th SEMESTER

Subject Type	Course Name	Course Code	Credit Distribution			Credit Points	Mode of Delivery			Proposed Moocs
			Theory	Practical	Tutorial		Offline	Online	Blended	
CC 11	Bhagavad Gita	BSY 501	5	0	1	6	✓			As per MAKAUT Notification
CC 12	Science And Consciousness	BSY 502	5	0	1	6	✓			
DSE 1 (Any one)	Narada Bhakti Sutra	BSY 503(A)	5	0	1	6	✓			
	Yogic Techniques	BSY 503(B)	4	0	0					
		BSY 593(B)	0	2	0					
DSE 2 (Any one)	Minor Project (Narada Bhakti Sutra)	BSY 581 (A)	1	5	0	6	✓			
	Minor Project II (Yogic Techniques)	BSY 581(B)	1	5	0					
Semester Credits						24				

Note:

Minor Project- (Students have to engage in a specialised project with a pre-specified Internal Guide (faculty member) throughout the semester). Industry collaboration is highly encouraged in case of Internship.

(At least two-three times progress needs to be checked and evaluation needs to be done through PCA.) It will be followed by a report submission and viva as part of University examination.

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

CC 11: BHAGAVAD GITA
CODE: BSY 501

COURSE OBJECTIVE:

The course is designed to provide an in-depth knowledge & understanding about the Bhagavad Gita. To inculcate the essence of Bhakti, Karma, Jnana, Raja & Sanyasa Yoga. Students will be able to develop an insight about the knowledge techniques of Bhagavad Gita.

SL	Course Outcome	Mapped modules
1.	Assess the significance of Bhagavad Gita and its essence.	M1
2.	Evaluate the significance of Karma, Dhyana & Sanyasa.	M2
3.	Understand the basic nature of Bhakti, Ishvara & Samkhya-Yoga in the context of Bhagavad Gita.	M3
4.	Examine the types of yogas in the context of Bhagavad Gita.	M4
5.	Apply Bhagavad Gita in Human Life.	M5
6	Improve Lifestyle	M6

Module Number	Content	Total Hours	%age of Questions	Blooms Level	Remarks
Module1	Introduction to Bhagavad Gita- I	10	10%	1,2,3	
Module2	Introduction to Bhagavad Gita- II	10	20%	1,2,3	
Module3	Introduction to Bhagavad Gita- III	10	20%	1,2,3	
Module4	Types of Yogas in the Context of Bhagavad Gita.	10	25%	1,2,3,4	
Module5	Application of Bhagavad Gita in Human Life I	10	10%	1,2,3,4	
Module6	Application of Bhagavad Gita in Human Life II	10	15%	1,2,3,4	
		60	100		
	Tutorial	16			
	Total	76			

MODULE 1: Introduction to Bhagavad Gita- I

- General Introduction to Bhagavad Gita
- Definitions of Yoga in Bhagavad Gita, their relevance and Scope.
- The Glory of Bhagavad Gita.
- Essentials of Bhagavad Gita from Chapters II, III, IV, V, VI, XII, XVII with reference to Yoga and Ahara

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

- Sthitaprajna and its characteristics, types of Bhaktas and role of a Bhakta in the context of Bhagavad Gita.
- Jnana Yoga in the context of Bhagavad Gita.

MODULE 2: Introduction to Bhagavad Gita- II

- Basic Nature of Atma, Sthitaprajya, Sankhya Yoga,
- Karma Yoga, Karma Sannyasa, Sakama and Niskama karma.
- Basic Nature of Dhyana, preparation of Dhyana and Dhyana Yoga and Sannyasayoga.

MODULE 3: Introduction to Bhagavad Gita- III

- Basic Nature of Bhakti, Means and Goal of BhaktiYoga
- Basic Nature of Ishvara in Bhagavad Gita.
- Sankhya Yoga in the context of Bhagavad Gita.

MODULE 4: Types of Yogas in the Context of Bhagavad Gita.

- Jnana, Bhakti and Raja Yoga in the context of Bhagavad Gita.
- Karma yoga in Bhagavad Gita.
- Sannyasa yoga in Bhagavad Gita.
- Sankhya yoga in Bhagavad Gita.

MODULE 5: Application of Bhagavad Gita in Human Life I

- Bhagavad Gita and Psychoanalysis.
- Trigunas in the context of Bhagavad Gita.

MODULE 6: Application of Bhagavad Gita in Human Life II

- Diet and lifestyle for a yogi in Bhagavad Gita.
- Lord Krishna's advice for Arjuna's despondency (its application in life).

Suggested Reading:

1. Swami Tapasyananda: The Holy Gita-the Science of Life, Pub: RK Mission, Chennai.
2. Acharya Shankar: Gita Bhasya, Gita Press, Gorakhpur(U.P).
3. Tilak, B.G.: Gita RahsyaYaKarma Yoga Shastra
4. Siddhantalankar, Satyavratya: Gita Bhasya, GovindaramHasananda, New Delhi.
5. Radhakrishnan, S.: The Bhagavadgita (Routledge & Kegan Paul, London, 1960)
6. Gitanka (Kalyana): Gita Press, Gorakhpur(U.P).

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

CC 12: SCIENCE AND CONSCIOUSNESS
CODE: BSY 502

COURSE OBJECTIVE:

The course is designed to provide knowledge & understanding about the concept of eastern and western Consciousness. Students will be able to make use of the various theories and health models which is related to the Yoga science.

SL	Course Outcome	Mapped modules
1.	Examine the nature of universe in Vedantic context.	M1
2.	Examine the nature of universe in Samkhya context.	M2
3.	Outline the contribution of science in deciphering the nature of the universe.	M3
4.	Summarize the various aspects of mechanics & relativity & its interrelations.	M4
5.	Evaluate the psychological perspective of consciousness	M5
6.	Assess the health models	M6

Module Number	Content	Total Hours	%age of Questions	Blooms Level	Remarks
Module1	Vedanta: Consciousness	10	15%	2,3,4	
Module2	Samkhya: Consciousness	10	15%	2,3,4	
Module3	Era of Modern Science	10	20%	1,2,3	
Module4	Relativity	10	10%	4,5,6	
Module5	Psychology: Consciousness	10	20%	4,5,6	
Module6	Health Models	10	20%	1,2,3,4	
		60	100		
	Tutorial	16			
	Total	76			

MODULE 1: Vedanta: Consciousness

- Source of universe, evolution of cosmogony, Brahman, maya, universe, Ishvara and Jiva.

MODULE 2: Samkhya: Consciousness

- Creation of the Universe according to Samkhya Philosophy, Basic Understanding of

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

25th elements, Trigunas&Satkaryavada

MODULE 3: Era of Modern Science

- History of modern science from Newton to Einstein

MODULE 4: Relativity

- Einstein's discoveries, the story of ether, the constancy of the speed of light, Galileo's principle of relativity, Einstein's special theory of relativity, Particles, binding forces and field.

MODULE 5: Psychology: Consciousness

- Freudian Perspective of Consciousness
- State of Mind

MODULE 6: Health Models

- Social Cognitive Theory
- Health Belief Model
- Theory of Planned Behavior
- Theory of Planned Action
- Theory of Reasoned Action

Suggested Reading:

1. Swami Chinmayananda, Mandukya Upanishat, Chinmaya Mission Trust.
2. Health Psychology: A Textbook, Jane Ogden, Rediff Books
3. Calvin Hall, Gardner Lindzey & John Campbell, Theories of Personality (4th Ed.), Wiley India Pvt. Limited

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

COURSE: NARADA BHAKTI SUTRAS

CODE: BSY 503 (A)

COURSE OBJECTIVE:

The course is designed to provide insights on Divine love and Bhakti. Students will be able to relate the nature of Bhakti. Students will also be able to describe the historical aspects of the Narada Bhakti Sutra and imbibe the science of emotional culture through Narada Bhakti Sutra.

SL	Course Outcome	Mapped modules
1	Examine the nature of Bhakti.	M1
2	Define the historical aspects of narada bhakti sutras.	M2
3	Make use of Narada	M3
4	Build the science of emotional Culture through Bhakti Sutra.	M4
5	Assess the nature of devotional love	M5
6	Evaluate the text and its essence	M6

Module Number	Content	Total Hours	%age of Questions	Blooms Level	Remarks
Module1	Concept of Bhakti	10	20%	1,2,3,4	
Module2	Historical aspects	10	20%	1,2	
Module3	Life sketch of Narada, the author	10	10%	2,3,4	
Module4	The science of emotional culture as portrayed in Narada Bhakti Sutra	10	20%	2,3,4	
Module5	Concept of Divine Love	10	10%	2,3,4	
Module6	Compendium of Narada Bhakti Sutra	10	20%	3,4,5,6	
		60	100		
	Tutorial	16			
	Total	76			

MODULE 1:Concept of Bhakti

- ✓ Describe the concept of Bhakti according to Narada Bhakti Sutra.
- ✓ Compare the concept of Bhakti described in Narada Bhakti Sutra and other devotional texts.

MODULE 2:Historical aspects

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

- ✓ Time period of Narada according to ancient texts.
- ✓ Importance of NBS in Hindu culture.
- ✓ Understanding the contribution of NBS in Vaishnavism.

MODULE 3: Life sketch of Narada, the author

- ✓ Explain Narada as a mythological character.
- ✓ Explain Narada as a historical Character
- ✓ Narada;s contribution towards devotion.

MODULE 4: The science of emotional culture as portrayed in Narada Bhakti Sutra

- ✓ Overall view of Chapter 1,2,3,4 & 5

MODULE 5: Concept of Divine Love

- ✓ Nature of Divine Love according to NBS.
- ✓ how to reach Divine love according to NBS.
- ✓ Understand the divine love through Yogic perspective.

MODULE 6: Compendium of Narada Bhakti Sutra

- ✓ provides a definition of bhakti.
- ✓ stresses the importance of renunciation and self-surrender
- ✓ provides exemplars of divine love,
- ✓ endorses bhakti as the highest goal of human life,
- ✓ provides suggestions on how to practice divine love.

Suggested Reading:

1. Narada Bhakti Sutras – Swami ShivanandaSaraswati.
2. Narada Bhakti Sutras – Swami Chinmayanand

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

COURSE: YOGIC TECHNIQUES
CODE: BSY 503 (B) & BSY 593(B)

COURSE OBJECTIVE: The course is designed to provide an in-depth knowledge & understanding about the various systems of yogic techniques. To inculcate the essence of pawanmuktasana series & yogic kriyas. Students will be able to develop an understanding about pre-requisites & principles of yogic techniques. Students will also be able to discern the concept of yogic techniques & other Traditional systems of yoga.

SL	Course Outcome	Mapped modules
1.	Examine Pawanmuktasana series I & its demonstration techniques.	M1
2.	Discuss Pawanmuktasana series II & its demonstration techniques.	M2
3.	Make use of Pawanmuktasana series III & its demonstration techniques.	M3
4.	Apply breathing in yogic practice.	M4
5.	Defend Shakti-Vikashika.	M5
6.	Distinguish kriyas & its demonstration techniques.	M6

Theory-(48 Hours)

CO	Blooms Level	Module	%age of Questions
CO 1	1,2,3.	M1	20
CO 2	1,2,3,4	M2	15
CO 3	1,2,3,4	M3	10
CO 4	1,2,3,4	M4	15
CO 5	1,2,3,4,5	M5	15
CO 6	3,4	M6.	25
			100

Practical-(28 Hours)

CO	Blooms Level	Module	%age of Questions
CO 1	3,4	M1	20
CO 2	3,4	M2	15
CO 3	3,4	M3	10
CO 4	3,4	M4	15
CO 5	3,4	M5	15
CO 6	3,4,5	M6.	25
			100

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

Credits: 4T+2P

MODULE 1:Pavana-Muktasana Series I (8T +6P)

- ✓ Toe Bending (PadangulinNaman),
- ✓ Ankle Bending (Gulf Naman),
- ✓ Ankle Rotation (Gulf Chakra),
- ✓ Ankle Crank (Gulf Ghurnan),
- ✓ Kneecap Contraction (JanuphalakAkarshan),
- ✓ Knee Bending (JanuNaman),
- ✓ Knee Crank (Janu Chakra),
- ✓ Half Butterfly Pose (ArdhTitali Asana),
- ✓ Hip Rotation (Shroni Chakra),
- ✓ Full Butterfly Pose (PurnaTitali Asana),
- ✓ Hand Clenching (MushtikaBandhana),
- ✓ Wrist Bending (ManibandhaNaman),
- ✓ Wrist Joint Rotation (Manibandha Chakra),
- ✓ Elbow Bending (KohaniNaman),
- ✓ Shoulder Socket Rotation (Skandh Chakra),
- ✓ Neck Movement (GrivaSanchalana)

MODULE 2:Pavana-Muktasana Series II (8T +6P)

- ✓ Upward Extended Feet Pose (UrdhvaPrasaritaPadasana)
- ✓ Chakra Padasana
- ✓ Cycling Pose (PadaSanchalanasana)
- ✓ Wind Release Pose Exhale Inhale Flow (Apanasana Exhale Inhale Flow)
- ✓ Rocking and Rolling (JhulanaLurhakanasana)

MODULE 3:Pavana-Muktasana Series III (8T +6P)

- ✓ RajjuKarshanasana
- ✓ Gatyatmak Meru Vakrasana
- ✓ ChakkiChalanasana
- ✓ NaukaSanchalanasana

MODULE 4:Chalana-Kriyas (8T +3P)

- ✓ Loosening Exercise

MODULE 5:Shakti-Vikashika (8T +2P)

- ✓ Angulishaktivikasaka
- ✓ Bhujabandhashaktivikasaka
- ✓ Janghashaktivikasaka
- ✓ Pindalishaktivikasaka
- ✓ Bhujangasana and parvathasana
- ✓ Kaponishaktivikasaka

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

MODULE 6:Shat-Kriyas (8T +5P)

- ✓ Kapalvathi
- ✓ JalaNeti
- ✓ Sutra Neti
- ✓ BamanDhauti
- ✓ DandaDhauti
- ✓ VastraDhauti
- ✓ Nauli
- ✓ Trataka
- ✓

Suggested Reading:

1. Swami SatyanandaSaraswati: Asana, Pranayama, Mudra, Bandha, Yoga Publications Trust, Munger, Bihar, India.
2. Swami MuktibodhanandaSaraswati: Hatha Yoga Pradeepika, Yoga Publications Trust, Munger, Bihar, India.
3. Light on Yoga: B K S Iyengar.