

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

PROGRAMME STRUCTURE

Year	Semester	Paper Code	Paper	L	T	P	Credit	Marks
1 st	1 st	BSY-101	HUMAN ANATOMY & PHYSIOLOGY	4			4	100
1 st	1 st	BSY-102	HUMAN SYSTEM ACCORDING TO YOGA	4			4	100
1 st	1 st	BSY-103	INTRODUCTION TO SANSKRIT - I	2			2	100
1 st	1 st	BSY-104	INTRODUCTION TO CLASSICAL YOGASANAS	4			4	100
1 st	1 st	BSY-191	YOGA & EDUCATION FOR PERSONALITY DEVELOPMENT			8	4	100
1 st	1 st	BSY-192	VEDIC CHANTING AND DEVOTIONAL MUSIC			4	2	100
			Total				20	600

Year	Semester	Paper Code	Paper	L	T	P	Credits	Marks
1 st	2 nd	BSY-201	PATANJALI'S YOGA SUTRAS	4			4	100
1 st	2 nd	BSY-202	HATHA YOGA	4			4	100
1 st	2 nd	BSY-203	INTRODUCTION TO SANSKRIT – II	4			4	100
1 st	2 nd	BSY-291	ADVANCED YOGASANAS AND ADVANCED KRIYAS			4	2	100
1 st	2 nd	BSY-292	TRAINING IN PERSONALITY DEVELOPMENT – I			4	2	100
1 st	2 nd	BSY-293	TRAINING IN YOGA INSTRUCTOR'S COURSE – I			8	4	100
			Total				20	600

Year	Semester	Paper Code	Paper	L	T	P	Credit	Marks
2 nd	3 rd	BSY-301	TRADITIONAL SYSTEMS OF HEALING-AYUSH	4			4	100
2 nd	3 rd	BSY-302	COMMON AILMENTS	4			4	100
2 nd	3 rd	BSY-303	MESSAGE OF VEDAS AND UPANISADS	4			4	100
2 nd	3 rd	BSY-304	CULTURAL HISTORY OF INDIA	4			4	100
2 nd	3 rd	BSY-391	ADVANCED PRANAYAMA AND ADVANCED MEDITATION			4	2	100
2 nd	3 rd	BSY-392	YOGA FOR COMMON AILMENTS			4	2	100
			Total				20	600

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Year	Semester	Paper Code	Paper	L	T	P	Credit	Marks
2 nd	4 th	BSY-401	INTRODUCTION TO DARSANAS	4			4	100
2 nd	4 th	BSY-402	CLASSICAL MEDITATION TECHNIQUES	4			4	100
2 nd	4 th	BSY-403	EPICS AND PURANAS	4			4	100
2 nd	4 th	BSY-491	TRAINING IN PERSONALITY DEVELOPMENT – II			4	2	100
2 nd	4 th	BSY-492	TRAINING IN YOGA INSTRUCTOR'S COURSE - II			8	4	100
2 nd	4 th	BSY-493	TEACHING TECHNIQUES			4	2	100
			Total				20	600

Year	Semester	Paper Code	Paper	L	T	P	Credit	Marks
3 rd	5 th	BSY-501	BHAGAVAT GITA	4			4	100
3 rd	5 th	BSY-502	NARADA BHAKTI SUTRAS	4			4	100
3 rd	5 th	BSY-503	SCIENCE AND CONSCIOUSNESS	4			4	100
3 rd	5 th	BSY-504	CONSTITUTION OF INDIA	2			2	100
3 rd	5 th	BSY-591	ADVANCED YOGA TECHNIQUES - I			8	4	100
3 rd	5 th	BSY-592	TEACHING PRACTICE			4	2	100
			Total				20	600

Year	Semester	Paper Code	Paper	L	T	P	Credit	Marks
3 rd	6 th	BSY-691	ADVANCED YOGA TECHNIQUES - II			8	4	100
3 rd	6 th	BSY-681	PROJECT WORK				6	200
3 rd	6 th	BSY-682	SEMINAR				4	100
3 rd	6 th	BSY-683	KARMA YOGA (FIELD WORK)				6	200
			Total				20	600