

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

CBCS – MAKAUT UG degree 140 Credit FRAMEWORK (Revised)

Subject Type	Semester I	Semester II	Semester III	Semester IV	Semester V	Semester VI
CC	C1, C2	C3, C4	C5,C6,C7	C8,C9,C10	C11,C12	C13,C14
DSE					DSE1, DSE2	DSE3, DSE4
GE	GE1	GE2	GE3	GE4		
AECC	AECC 1	AECC 2				
SEC			SEC 1	SEC 2		
	4 (20)	5 (20)	4 (26)	5(26)	4 (24)	4 (24)

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Curriculum Structure

1ST SEMESTER

Subject Type	Course Name	Course Code	Credit Distribution			Credit Points	Mode of Delivery			Proposed Moocs
			Theory	Practical	Tutorial		Offline	Online	Blended	
CC 1	HUMAN SYSTEM ACCORDING TO EASTERN & WESTERN CONCEPT	BSY 101	5	0	1	6	✓			As per MAKAUT Notification
CC 2	YOG-ABHYASA	BSY(T) 102	4	0	0	6	✓			
		BSY 192	0	2	0					
GE 1	Students will have to select from the GE Basket					6			✓	
AECC 1	ENGLISH COMMUNICATION	BSY 164	2	0	0	2	✓			
Semester Credits						20				

2ND SEMESTER

Subject Type	Course Name	Course Code	Credit Distribution			Credit Points	Mode of Delivery			Proposed Moocs
			Theory	Practical	Tutorial		Offline	Online	Blended	
CC 3	Texts on Yoga	BSY 201	5	0	1	6	✓			As per MAKAUT Notification
CC 4	Yog-Abhyasa II	BSY(T) 202	4	0	0	6	✓			
		BSY 292	0	2	0					
GE 2	Students will have to select from the GE Basket					6			✓	
AECC 2	Environmental Science	BSY 265	2	0	0	2	✓			
Semester Credits						20				

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3RD 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 & later Vedic 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	✓			
Semester Credits						26				

4TH SEMESTER

Subject Type	Course Name	Course Code	Credit Distribution			Credit Points	Mode of Delivery			Proposed Moocs
			Theory	Practical	Tutorial		Offline#	Online	Blended	
CC8	Study of epic-puranas, Dharmaśāstra and Arthaśāstra	BSY 401	5	0	1	6	✓			As per MAKAUT Notification
CC9	History of Indian-Philosophy	BSY 402	5	0	1	6	✓			
CC10	Classical Meditation Techniques	BSY(T) 403	4	0	0	6	✓			
		BSY 493	0	2	0					
GE4	Students will have to select from the GE Basket					6			✓	
SEC 2	Personality Development	BSY 455	0	2	0	2	✓			
Semester Credits						26				

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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					

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6TH SEMESTER

Subject Type	Course Name	Course Code	Credit Distribution			Credit Points	Mode of Delivery			Proposed Moocs
			Theory	Practical	Tutorial		Offline	Online	Blended	
CC 13	Entrepreneurship Mindset Development (Karma Yoga - Field Work)	BSY 601	4	0	0	6	✓			As per MAKAUT Notification
		BSY 691	0	2	0					
CC 14	Teaching Practice	BSY 602	4	0	0	6	✓			
		BSY 692	0	2	0					
DSE 3 (Any One)	Laya Yoga	BSY 603(A)	4	0	0	6	✓			
		BSY 693 (A)	0	2	0					
	Bhagavad Gita-II	BSY 603(B)	4	0	0	6				
		BSY 693 (B)	0	2	0					
DSE 4	Major Project	BSY 682 (A)	1	5	0	6				
	Internship	BSY 682(B)	1	5	0					
Semester Credits						24				

Note:

Minor/Major Project/Internship- (Students have to engage in a full length/capstone 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.