

**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)

**SYLLABUS IN DETAIL: SEMESTER II**

**Theory:**

**BSY 201 Patanjali's Yoga Sutras**  
**BSY 202 Hatha Yoga**  
**BSY 203 Introduction to Sanskrit – II**

**Practical:**

**BSY 291 Advanced Yogasanas and Advanced Kriyas**  
**BSY 292 Training in Personality Development - I**  
**BSY 293 Training in Yoga instructor's course - I**

***PATANJALI'S YOGA SUTRAS***  
***Sub Code: BSY 201***

***Course Outcome (CO): Following the completion of the course, students shall be able to:***

*CO-1: understand various modification of mind and the means of inhibiting them.*

*CO-2: have an understanding about the essence of Samadhi and Sadhana Pada.*

*CO-3: understand the essence of Vibhuti and Kaivalya pada.*

**Chapter 1: Samadhi Pada.**

- Concept of Samadhi according to Patanjali.
- Types and nature of Samadhi in Yoga Sutra: Samprajnata, Asamprajnata, Sabeja and Nirbeeja Samadhi
- Difference between Samapattis and Samadhi.
- Concept of Ishvara in Samadhi Pada.
- Different ways of cultivating the mind.

**Chapter 2: Sadhana Pada.**

- Kriya-yoga, Theory of Kleshas.
- Nature of Drsta and Drsyas and means to eliminate the kleshas.
- Patanjali's view of pain & sufferings, fourfold strategy for overcoming sufferings.
- Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi.

**Chapter 3: Vibhuti Pada.**

- Introduction to dharana, dhyana, samadhi and samyama.
- Samyama on – parinama trayas, knowledge of bhuta, rta and paricitta jnana.
- Samyama on – maitri, surya, Candra, nabhichakra, pratibha, hrdaya, udana, samana and their benefits.
- Attainments of Divya srotra, Akasha Gamana, Bhutajaya, Anima Adi siddhis, Indriyajaya and Kayajaya.

**Chapter 4: Kaivalya Pada.**

**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)**

- Introduction to Siddhi, Jatyantara Parinama, Nirmana chitta, Karma, Vasana, Smriti and samskara.
- Support of Vasana, Guna and its' existence. Vastu.: Jnata, Ajnata of Vastu, Quality of ever known Purusha.
- Non-self illumination of Buddhi and its' function. Dharmamegha Samadhi and infinite knowledge.
- Guna, Karma, Pratiprasava and Kaivalya.

**REFERENCE BOOKS:**

1. Swami Vivekananda: Rajayoga (Advaita Ashram, Calcutta, 2000).
2. Woods, J.H.: The Yoga System of Patanjali (M.L.B.D., Delhi, 1988)
3. Iyengar B.K.S.: Light on Yoga Sutras (New York, Schocken Books, 1994).
4. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I,II,III & IV (Munshiram Manoharlal Pvt. Ltd. New Delhi)
5. Swami Omanandatirtha : Patanjala Yoga Pradeepa (Geeta Press, Gorakhpur, 1994)
6. Swami Anant Bharati: Patanjali Yoga Shasta- a study (Hindi) (Swami Keshwananda Yoga Sangthan, Delhi)

**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)

**HATHA YOGA**

**Sub Code: BSY 202**

**Course Outcome (CO): Following the completion of the course, students shall be able to:**

*CO-1: have an understanding about pre-requisites, principles about Hatha yoga.*

*CO-2: understand the relationship between Patanjali and Raja yoga.*

*CO-3: have an understanding about the concept of yoga in other yogic texts.*

**Chapter 1: Hatha Yoga: Its Philosophy and Practices.**

- Hatha Yoga , its meaning, definition, aims and objectives, in Hatha Yoga.
- The origin of Hatha Yoga, Important Hatha Yogic Texts.
- Dos and Don'ts to be followed by the Hatha Yoga Practitioner, concept of Mata, concept of Mitahara, Pathya (conducive) and Apathya (non-conducive).
- Brief introduction to Great Hatha Yogis of Natha School and their contributions to Yoga with relationship between Hatha Yoga and Raja Yoga.

**Chapter 2: Hatha Yogic Practices: Asanas and Bandhas – Mudras.**

- Yogasana: its definition, Salient features.
- Asanas in Hatha Yoga Pradipika and Gherandha Samhita: their techniques, benefits, precautions and importance in modern days.
- Bandhas and role of Bandhatrayas in Yoga Sadhana.
- Fundamental Mudras in HYP and G.S. - their techniques and benefits.

**Chapter 3: Hatha Yogic Practices: Shatkriyas And Pranayamas.**

- Shat-kriyas in Hatha Yoga Pradeepika, their techniques and precautions, role of Shodhan-kriyas in Yoga Sadhana and their importance in Modern day-to-day life.
- Pranayama – Yogic deep breathing, Concept of Puraka, Kumbhaka and Rechaka.
- The concept of Prana, Kinds of Prana and Upa-pranas. Pranayama and it's importance in Hatha Yoga Sadhana.
- Pranayama practices in Hatha yoga pradeepika (HYP) and Gherandha Samhita (G.S.), their techniques, benefits and precautions.

**Chapter 4: Hatha Yogic Practices: Pratyahara, Nadanusandhana.**

- Concept of Pratyahara Gherandha Samhita- their techniques and benefits.
- Types of Dharanas and their benefits in Gheranda Samhita.
- Types of Dhyanas and their benefits in Gheranda Samhita.
- Concept of Nada and Nadanusandhana in Hatha Yoga Pradeepika.

**REFERENCE BOOKS:**

1. Swami Digambaraji and: Hatha Pradeepika of Svatmarama, Pt: Raghunatha Shastri (Kaivalyadhama, S.M.Y.M.Samiti, Lonavala, 1998)
2. Swami Muktibodhananda : Hatha Yoga Pradeepika, The light on Hatha Yoga (Bihar School of Yoga, Munger, 1985)
3. Burley, Mikel : Hatha Yoga, Its Context Theory and Practice (M.L.B.D. Delhi, 2000)

**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)**

4. Burnier, Radha : Hathayoga Pradipika of Svatmarama (The Adyar Library publications, Chennai. 2000)
5. Swami Maheshanandaji and Others: Shiva Samhita (Kaivalyadhama, S.M.Y.M. Samiti, Lonavala, 1999)
6. Woodroffe, Sir John 6. Bharati, Veda: The Serpent power. (Ganesh & Company, Madras, 2000)
7. Bharati, Veda: Philosophy of Hatha Yoga (English) (Himalayan International Institute of Yoga Science and Philosophy, 1998, 2nd Rev. ed. Pennsylvania).
8. Mr Dwivedi : Nath Sampradaya of Hatha Yoga, Publications, Hindustani Academy, Allahabad, Uttar Pradesh, 1950)
9. B. K. S. Iyengar : Light on Yoga.
10. Pattabi Jois : Yoga Mala.

**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)

**INTRODUCTION TO SANSKRIT- II**

**Sub Code: BSY 203**

**Course Outcome (CO): Following the completion of the course, students shall be able to:**

CO-1: read and understand the colloquial words of Sanskrit.

CO-2: communicate and comprehend Sanskrit to the best of their ability.

CO-3: write Sanskrit with better grammatical skill.

**Chapter 1**

- Simple pronouns and nouns without using any verb.
- Introduction of feminine and neuter genders.
- Three numbers and three genders of nouns and pronouns.
- Verb, present tense; irregular verbs.
- Combined usage of nouns, pronouns and verbs.
- First and second person pronouns (nominative and accusative).
- Intro to respectable 'you'.
- Complete verb conjugation of present tense.

**Chapter 2**

- Simple sentence construction.
- Intro to cases of nouns with different endings.
- Special and irregular verbs.
- Imperative form of the verb.

**Chapter 3**

- Verb in past tense, in all three persons and three numbers.
- Present and corresponding past tense.
- Participles used in the place of past tense.
- Future tense and corresponding to the present.
- Indeclinable participles with prefixes.
- Instrumental case in all genders and numbers of nouns and pronouns.

**Chapter 4**

- Dative case in nouns and pronouns in all genders and numbers.
- Verbs needing dative case.
- Ablative case nouns and pronouns in all genders and numbers.
- Verbs needing Ablative case.

**Chapter 5**

- Genitive case in nouns and pronouns in all genders and numbers.
- Verbs and prepositions needing genitive case.
- Locative case in nouns and pronouns in all genders and numbers.
- Verbs and prepositions needing locative case.
- Numbers: cardinals and ordinals and their usages.

**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)**

- Clock: tell the time correctly.

**REFERENCE BOOKS:**

1. Vempati Kutumba Sastri, Vaakyavyavahaara, Rashtriya Sanskrita Samsthana, Deemed University, New Delhi 110058.

**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)

**ADVANCED YOGASANAS AND ADVANCED KRIYAS**

**Sub Code: BSY 291**

**Course Outcome (CO): Following the completion of the course, students shall be able to:**

CO-1: have an understanding about Surya namaskara, yogasanas & kriyas.

CO-2: explain and demonstrate the below mentioned practices skillfully.

CO-3: explain the benefits, limitation and subtle points of each practice.

**Chapter 1: Suryanamaskar**

- Introduction to Suryanamaskar (The Sun Salutation)
- Technique of Suryanamaskar Practice.

**Chapter 1: Asanas**

- Tadasana
- Suryanamaskara Sivananda Style
- Vrksasana
- Trikonasana
- Parivrtta Trikonasana
- Parshvakonasana
- Parivrtta Parshvakonasana
- Prasaritha padottanasana
- Veerabhadrasana Series
- Utthita Hastha Padangustasana
- Natarajasana
- Garudasana
- Ardha Chandrasana
- Urdhva Prasaritha Ekapadasana
- Ardha Baddha Padmotanasana
- Bhujangasana
- Urdhva Mukha Swanasana
- Anjaneyasana
- Ustrasana
- Shalabhasana
- Dhanurasana
- Eka Pada Raja Kapotasana
- Purva Uttanasana
- Sethubandhasana
- Urdhva Dhanurasana
- Matsyasana
- Kakasana
- Ekapada Koudinya Series
- Chaturanga Dandasana
- Adhomukhaswanasana
- Janu Shirasana
- Paschimottasana
- Marichasana A, B, C
- Baddha Konasana
- Upavistha Konasana

**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)**

- Ubhaya Hasta Padangustasana
- Parivrtta Janu Shirasana
- Ardha Matsyendrasana
- Sarvangasana
- Halasana
- Karnapeedasana
- Sirsasana
- Gomukhasana
- Vajrasana
- Veerasana
- Padmasana
- Siddhasana

**Chapter 2: Kriyas**

- Trataka
- Dhauti: Vastra Dhauti, Danda Dhauti.
- Neti: Jala Neti and Sutra Neti.
- Nauli: Madhyam Nauli, Vama Nauli, Dakshina Nauli and Nauli Kriya
- Kapalabhati: Vatkrama Kapalabhati, Shitkrama, and Vyutakarma Kapalabhati.
- Shankhaprakshalana: Laghu and Purna Shankhaprakshalana.

**REFERENCE BOOKS:**

1. Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha (Yoga Publications Trust, Munger, Bihar, India).
2. Swami Muktibodhananda Saraswati: Hatha Yoga Pradeepika, Yoga Publications Trust (Munger, Bihar, India) .
3. Light on Yoga: B K S Iyengar.



**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)**

***TRAINING IN PERSONALITY DEVELOPMENT - I***

***Sub Code: BSY 292***

***Course Outcome (CO): Following the completion of the course, students shall be able to:***

*CO-1: understand the role of pranayama and meditation to cope with daily stress and anxiety.*

*CO-2: learn to apply the breathing techniques as a tool to apply in all aspects of life for holistic development.*

*CO-3: understand and apply yoga to develop and grow positive personality traits.*

- Students will undergo the **training in Personality Development** within the College Campus through assignments.

***TRAINING IN YOGA INSTRUCTOR'S COURSE - I***

***Sub Code: BSY 293***

***Course Outcome (CO): Following the completion of the course, students shall be able to:***

*CO-1: gain an experience of the concept & role of yoga instructor.*

*CO-2: transform into a dedicated yoga instructor who can create an atmosphere of Yoga and learning.*

*CO-3: apply the concepts of yoga into real life situations through various methods.*

- Students will undergo **training in Yoga Instructor's Course** within the College Campus through assignments.