

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 IV

Theory:

BSY 401 Introduction to Darshanas.
BSY 402 Classical Meditation Techniques.
BSY 403 Epics and Puranas.

Practical:

BSY 491 Training In Personality Development - II.
BSY 492 Training in Yoga Instructor's Course - II.
BSY 493 Teaching Techniques.

INTRODUCTION TO DARSHANAS

Sub Code: BSY 401

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

CO-1: have understanding about the concepts of Sankhya and Yoga.

CO-2: learn the concepts of Carvaka philosophy, Jainism & Buddhism.

CO-3: imbibe the philosophy of Nyaya, Vaisheshika & Mimamsa.

Chapter 1: Sankhya and Yoga

- Introduction, 3-fold afflictions, means to overcome afflictions, 25 entities according to sankhya and means of knowledge.
- Satkarya Vada, similarities and dissimilarities between vyakta and avyakta, triguna.
- Existence of purana, plurality of purusha, proximity of purusha and prakriti.
- Karana, Antahkarana & Bahyakarana according to Sankhya karika and Iuvarkrishna.

Chapter 2: Charvaka, Jaina & Buddha

- Concept of Carvaka philosophy in the shat darshanas.
- Early Buddhism, rules and disciplines of Buddhists tradition.
- The concept of rebirth, origin of suffering and the way to remove suffering in Buddhism.
- The concept of jiva, ajiva, syadvada according to Jainism.

Chapter 3: Nyaya & Vaisheshika

- Concept of Nyaya philosophy means of salvation according to Nyaya and Vaisheshika.
- The sixteen Padarthas according to Nyaya, means and object of knowledge according to Nyaya and Vaisheshika.
- Relation between Nyaya and Vaisheshika philosophy.
- Perception (Pratyaksha), inference (Anumana), comparison (Upamana) according to Nyaya and Vaisheshika.

Chapter 4: Mimamsa

- Uttara mimamsa: Concepts of Brahman in Uttara mimamsa, Pramana, Pratyaksha, Anumana, Shabda

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according to Uttara mimamsa.

- Difference between vidya & avidya, subject & object, creation & causation, cause & effect.
- Purva mimamsa: Purva mimamsa in nyaya darshana.
- Pramanas of Jaimini, Atheism in Purva mimamsa.

REFERENCE BOOKS:

1. Swami Harshananda: The Six Systems of Hindu Philosophy (Ramakrishna Matt, Bangalore, 2000)
2. Karela Werner: Yoga and Indian Philosophy (Motilal Banarsidass, Delhi, 1979)
3. Radhakrishnan, S.: Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971)
4. Swami Prabhavananda: Spiritual Heritage Heritage of India (English) (Sri Ramkrishna Math, Madras, 2004)
5. Dasgupta, S.N.: Hindu Mysticism
6. Sharma, Chandradhar : A Critical Survey of Indian Philosophy (Motilal Banarsidass, Delhi, 2000)
7. Raja, Kunhan C.: Some Fundamental Problems in Indian Philosophy (Motilal Banarsidass, Delhi, 1974)
8. Stace, W.T.: Mysticism and Philosophy (Macmillan and Co. London, 1961)
9. Stephen Sturges: The Yoga Book
10. Swami Jnanananda: Philosophy of Yoga (Sri Ramakrishna Ashrama, Mysore,)
11. Swami Krishnananda: A Short History of Religions and Philosophic Thought in India. (The Divine Life Society, Rishikesh, 1973)

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CLASSICAL MEDITATION TECHNIQUES

Sub Code: BSY 402

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

CO-1: describe the Meditation techniques derived from ancient texts.

CO-2: assimilate the knowledge about the history of meditation developed in the eastern & the western world.

CO-3: learn the meditation techniques developed by different schools of yoga.

Chapter 1: Meditation-1: Meditation Derived from Ancient Texts

- Ajapajapa meditation.
- Akasha meditation.
- Chakra meditation.
- Vipasana meditation.

Chapter 2: Meditation-2: Meditation Developed by Different Schools

- Raja yoga meditation.
- Transcendental meditation.
- Cyclic meditation.
- Preksha meditation.

Chapter 3: Meditation-3: Meditation Developed in East

- Tai Chi-based meditation
- Zen meditation
- Qi-gong meditation
- G-Tum-O meditation

Chapter 4: Meditation-4: Meditation Developed in West-Christianity

- Contemplation.
- Meditation as practiced by Franciscan nuns.
- Meditation as prescribed by the church.
- Meditation in Christian literature

REFERENCE BOOKS:

- Lajpat, Rai & others : : Meditation (Anubhava Rai Publications, Gurgaon, 1999)
- Swami Niranjanananda Saraswati : Dharana Darshan, Yoga Publications Trust, Munger, Bihar, India, 1996
- Lajpat, Rai : Discovering Human Potential Energy (Anubhava Rai Publications, Gurgaon, 1999)

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EPICS & PURANAS:
Sub Code BSY 403

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

CO-1: apprehend, interpret, and analyse the gigantic text corpus, to expedite a complete understanding.

CO-2: understand the purpose of the puranas with their special contributions in the contemporary societies.

CO-3: acquaint themselves with philosophy of dharmasashtras, smritis & manu-smriti.

Chapter 1: Antiquity of the two Major Epics - Ramayana and Mahabharata and their role in the ancient society.

- The Ramayana: its history and character, the culture of the Ramayana
- The Mahabharata: its history and character, the Mahabharata some aspects of its culture
- Religion and philosophy of the epics
- The influence of the epics on Indian life.

Chapter 2:

- The puranas and their antiquity; the purpose of the puranas with their special contributions in the contemporary societies.

Chapter 3:

- The Dharmasashtras
- The Smritis: their outlook and character.
- The Manu smriti.

REFERENCE BOOKS:

1. Rajagopalachari C: Ramayana, Mahabharata (Bharatiya Vidya Bhavan)
2. Dr C P Ramaswami Aiyar: The Cultural Heritage of Indian Culture, (The Ramakrishna Mission Institute of Calcutta, 2001)
3. A.K. Singh: Tests, Measurements and Research Methods in Behavioral Sciences (Bharati Bhavan publishers)
4. J.N.S. Matthews: An Introduction to randomized controlled clinical trials (Arnold, London)
5. J.S.P. Lumley and: Research:-Some Ground Rules W. Benjamin (Oxford university press)
6. Herman J. Ader and: Research Methodology in the life, behavioural and Gideon J.Mellebeegh Social Sciences (SAGE publications)
7. Rummond, A,Campling, J: Research methods for therapists, 1996 and Nelson. T
8. Robin Monro: Yoga research bibliography scientific studies on yoga and meditation (Yoga biomedical trust, England1989)

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TRAINING IN PERSONALITY DEVELOPMENT - II

Sub Code BSY 491

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 **second round of training in Personality Development** within the College Campus through assignments.

TRAINING IN YOGA INSTRUCTOR'S COURSE - II

Sub Code BSY 492

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 **second round of training in Yoga Instructor's Course** within the College Campus through assignments.

TEACHING TECHNIQUES

Sub Code: BSY 493

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

CO-1: understand the principles and practices of teaching methods of Yoga.

CO-2: have an in-depth understanding about lesson planning and class room arrangements..

CO-3: have an idea about the different tools used in Yoga teaching.

- Introduction: Need of practice teaching and its use in Yogic practice.
- Principles and methods of teaching to an individual and to a class.
- Teaching aids: Its meaning and need.
- Class management: Its meaning and need.
- Lesson plan: Its meaning and need.
- Preparation of lesson plan in Yoga.
- Presentation of lessons in specific Yogic practices: Sukshma Vyayama, Asana, Pranayama, Kriyas, Bandha, Mudra and Meditation.
- Lectures on organization of classes and Yoga camps/workshops. Critical observation of a Yoga class and Yoga camps.
- Lecture cum demonstration in Yoga: Its meaning, importance and method of its presentation.
- Conducting Yoga practical lesson in the class.