

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

4th Semester Course Structure

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				

Only in case offline classes are not possible due to reasons like COVID Pandemic the classes will be in blended/synchronous online mode

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CC 8: STUDY OF EPIC-PURANAS, DHARMAŚĀSTRA AND ARTHAŚĀSTRA

CODE: BSY 401

Credits: 5L+1T

COURSE OBJECTIVE: This course will help to understand the Mahakavyas (Rāmāyana and Mahābhārata), along with the Purāṇas. Also this course will help students to deeply understand the Ancient Indian Law and Administration.

SL	Course Outcome	Mapped modules
CO-1	Remember & Understand the gigantic text corpus, to expedite a complete understanding of Rāmāyana.	M1
CO-2	Remember & Understand the gigantic text corpus, to expedite a complete understanding of Mahābhārata	M2
CO-3	Explain the antiquity of the Purāṇas	M3
CO-4	Demonstrate & Utilize the purpose of the Purāṇas with their special contributions in the contemporary societies.	M4
CO-5	Analyse and Assess themselves with the study of Dharmaśāstra. Manusmṛti, Yajñavalkyasmṛti,	M5
CO-6	Analyse and Assess themselves with study of Kauṭīliya Arthaśāstra.	M6

Module Number	Headline	Total Hours	%age of Questions	Blooms Level	Remarks (If any)
Module1	Antiquity of the Rāmāyana and their role in the ancientsociety.	10	15%	1,2	
Module2	Antiquity of the and Mahābhārata and their role in the ancientsociety.	10	15%	1,2	
Module3	Antiquity of the Purāṇas	10	10%	1,2	
Module4	Studies on Selective Purāṇas	10	20%	1,2,3	
Module5	Studies on Dharmaśāstra	10	20%	1,2,3,4,5	
Module6	Studies on Arthaśāstra	10	20%	1,2,3,4,5	
		60	100		
	Tutorial	16			
	Total	76			

MODULE 1: Antiquity of the Rāmāyana and their role in the ancientsociety.

- The Rāmāyana: its history and character, the culture of the Ramayana.
- Influence of Rāmāyana on later literary tradition
- Review of Literature, Contextual Relevance

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MODULE 2: Antiquity of the and Mahābhārata and their role in the ancient society.

- The Mahābhārata: its history and character, the Mahabharata some aspects of its culture.
- Influence of Mahābhārata on later literary tradition.
- Review of Literature, Contextual Relevance

MODULE 3: Antiquity of the Purāṇas

- The Purāṇas and their antiquity; the purpose of the Purāṇas with their special contributions in the contemporary societies.
- Classification of the Purāṇas (Mahapurāṇas and Upapurāṇas)
- Review of Literature, Contextual Relevance

MODULE 4: Studies on Selective Purāṇas:

- General view on Structure, Division, Contents of the Mahapurāṇas and Upapurāṇas
- Studies on Puranic Geography
- Puranic concept on Nature
- Review of Literature, Contextual Relevance

MODULE 5: Studies on Dharmaśāstra:

- History of Dharmaśāstra
- Introduction to Manusmṛti
- Introduction to Yajñavalkyasmṛti
- Importance of the Dharmaśāstra in modern day society
- Review of Literature, Contextual Relevance

MODULE 6: Studies on Arthaśāstra:

- Introduction to Kauṭīliya Arthaśāstra
- Importance of the Arthaśāstra in modern day society
- Review of Literature, Contextual Relevance

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. Herman J. Ader and: Research Methodology in the life, behavioural and Gideon J.Mellebeegh Social Sciences(SAGE publications)
5. Rummond, A, Campling, J: Research methods for therapists, 1996 and Nelson. T
6. R.P. Kangle. Kautiliya Arthashastra. Delhi: MLBD
7. B.K. Swain. Manu: An Introductory Analysis. Varanasi: Chaukhamba Sanskrit Sansthan.
8. Patrick Olivelle. Dharmasutra. Delhi: MLBD

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9. P.V. Kane. History of Dharmashastra. Pune: BORI
10. R.C. Hazra. Studies in the Puranic Records on Hindu Rites and Customs. Delhi: MLBD
11. Mahabharata, Gita Press Edition
12. Umeshchandra Pandeya (Ed.) Yajnavalkyasmṛiti. Varanasi: Chaukhamba Sanskrit Sansthan

CC 9: HISTORY OF INDIAN-PHILOSOPHY

CODE: BSY 402

Credits: 5L+1T

COURSE OBJECTIVE: Students will understand the Indian Philosophical system with different schools of the Indian Philosophy. It will enhance their ability to critically reflect, analyse and evaluate such views.

SL	Course Outcome	Mapped modules
CO-1	Remember and understand the History of Indian Philosophy	M1
CO-2	Demonstrate and make use of the concepts of Sankhya and Yoga	M2
CO-3	Demonstrate and make use of the concepts of The Nyāya-Vaiśeṣika Philosophy	M3
CO-4	Understand and utilize the concepts of Pūrva-Mīmāṃsā Philosophy	M4
CO-5	Understand and utilize the concepts of Vedānta School of Philosophy	M5
CO-6	Explain and make use of the concepts of The Cāravāka, Buddhist and Jaina Philosophy	M6

Module Number	Headline	Total Hours	%age of Questions	Blooms Level	Remarks (If any)
Module1	General Idea on The Systems of Indian Philosophy	10	10%	1,2	
Module2	The Sāṅkhya-Yoga Philosophy	10	20%	1,2,3	
Module3	The Nyāya-Vaiśeṣika Philosophy	10	20%	1,2,3	
Module4	Pūrva-Mīmāṃsā Philosophy	10	10%	1,2,3	
Module5	Vedānta School of Philosophy	10	20%	1,2,3	
Module6	The Cāravāka, Buddhist and Jaina Philosophy	10	20%	1,2,3	
		60	100		
	Tutorial	16			

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	Total	76			
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MODULE 1: General Idea on The Systems of Indian Philosophy

- The early sources of the Indian thoughts
- The classification between Āstika and Nāstika Philosophies.
- An overall view on different schools of thought in Ancient Indian Philosophy.

MODULE 2: The Sāṃkhya-Yoga Philosophy

- Introduction, 3-fold afflictions, means to overcome afflictions, 25 entities according to Sāṃkhya and means of knowledge.
- Brief discussion on Prakṛti, Puruṣa and the Sāṃkhya theory of evolution.
- Brief discussion on Satkārya Vāda
- Brief discussion on Citta, Citta-vṛtti and eightfold path.

MODULE 3: The Nyāya-Vaiśeṣika Philosophy

- Introduction to Nyāya-Vaiśeṣika.
- General discussion on Padārthas according to Nyāya-Vaiśeṣika, and object of knowledge according to Nyāya-Vaiśeṣika.
- Relation between Nyāya and Vaiśeṣika philosophy.
- Perception (Pratyakṣa), inference (Anumāna), comparison (Upamāna) according to Nyāya-Vaiśeṣika.

MODULE 4: Pūrva-Mīmāṃsā Philosophy

- Introduction to Pūrva-Mīmāṃsā
- Śruti and its importance in Pūrva-Mīmāṃsā Philosophy
- Classification of Śruti vākyas: Vidhi, Niṣedha, Arthavāda, Dharma, Bhāvanā, Śabdaniyatavāda, Jātiśaktivāda, atheism.

MODULE 5: Vedānta School of Philosophy

- Introduction to Vedānta Philosophy.
- The different schools of the Vedānta Philosophy.
- Concepts of Brahman in Uttara mimamsa, Pramana, Pratyaksha, Anumana, Shabda according to Uttara mimamsa.

MODULE 6: The Cārvāka, Buddhist and Jaina Philosophy

- Concept of Cārvāka philosophy and its Epistemology and Ethics.
- Early Buddhism, rules and disciplines of Buddhists tradition.
- The four noble truth of Buddhism.
- The concept of rebirth, origin of suffering and the way to remove suffering in Buddhism.
- The concept of jīva, ajīva, syadvada according to Jainism.

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REFERENCE BOOKS:

1. Swami Harshananda: The Six Systems of Hindu Philosophy (Ramakrishna Matt, Bangalore, 2000)
2. Karella 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,)

Swami Krishnananda: A Short History of Religions and Philosophic Thought in India. (The Divine Life Society, Rishikesh, 1973)

CC 10: CLASSICAL MEDITATION TECHNIQUES

CODE: BSY 403

Credits- 4L +2P

COURSE OBJECTIVE: Students will understand & practice the system of meditation with different schools of eastern & western world. It will enhance their ability to self-practice as well as to teach others.

SL	Course Outcome	Mapped modules
CO-1	Remember and understand the Meditation techniques derived from ancient texts.	M1, M2, M3
CO-2	Understand the knowledge about the history of meditation developed in the eastern & the western world.	M1, M2, M3
CO-3	Make use of the meditation techniques developed by different schools of yoga.	M4
CO-4	Utilize and examine the meditation techniques developed by eastern world	M5
CO-5	Utilize and examine the meditation techniques developed by western world	M6
CO-6	Analyse and determine complete knowledge about meditation.	M1, M2, M3, M4, M5, M6.

Theory-BSY (T) 403

CO	Blooms Level	Module	%age of Questions
CO 1	1,2	M1, M2, M3	15
CO 2	1,2	M1, M2, M3	20
CO 3	1,2,3	M4	20
CO 4	1,2,3,4	M5	15

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CO 5	1,2,3,4	M6	15
CO 6	1,2,3,4,5	M1, M2, M3, M4, M5, M6.	15
			100

Practical-BSY 493

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

MODULE 1: Concept of Somyom (According to Patanjali Yoga Sutra) (8L +3P)

- Dharana
- Dhyana
- Samadhi
- Review of Literature, Contextual Relevance

MODULE 2: Concept & Steps of Nadanusandhan (According to Hatha Yoga) (8L +3P)

- Aramva Avasta
- Ghata Avasta
- Parichaya Avasta
- Nispotti Avasta

MODULE 3: Meditation Derived from Ancient Texts (8L +5P)

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

MODULE 4: Meditation Developed by Different Schools (8L +5P)

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

MODULE 5: Meditation Developed in East (8L +6P)

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

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MODULE 6: Meditation Developed in West-Christianity (8L +6P)

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

REFERENCE BOOKS:

1. Lajpat, Rai & others : Meditation (Anubhava Rai Publications, Gurgaon, 1999)
2. Swami Niranjanananda Saraswati : Dharana Darshan, Yoga Publications Trust, Munger, Bihar, India, 1996
3. Lajpat, Rai : Discovering Human Potential Energy (Anubhava Rai Publications, Gurgaon, 1999)
4. Swami Vivekananda: Raja Yoga (Advaita Ashrama)
5. Shiva Samhita : Sirsa Chandra Vasu

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SEC 2: Personality Development

Course Code: BSY 455

Credits- 2P

Course Objective: The course is designed to provide a platform through this module, to prepare the students for overall personality development in terms of grooming, public speaking, group discussion techniques, telephone etiquettes, business communication and interview etiquettes. The primary objective is to make the students ready for on Campus / Off-campus recruitments.

SI	Course Outcome	Mapped modules
1	Relate and utilize the basic concepts related to grooming, self-hygiene, personality development and business communication.	M1,M2
2	Remember & apply the practices of group discussion, telephone etiquettes and inter personal skills.	M1, M2
3	Demonstrate and make use of techniques of CV writing, interview skills & techniques.	M2, M3

Module Number	Headline	Total Hours	%age of questions	Blooms Level
Module 1	Personality Development & Business Communication.	8	30%	1, 2, 3
Module 2	CV Writing & Group Discussions.	10	30%	1, 2, 3
Module 3	Interview Techniques.	10	40%	1, 2,3
Total		28		

Module 1: Personality Development & Business Communication - Personality and self-concept, Elements of Personality, Grooming, Personal hygiene, Social and Business and Dining Etiquettes, Body Language -use and misuse, Art of good Conversation, Art of Intelligent Listening, Communication Skills, Presentation Skills, Public Speaking, Extempore Speaking (**Total Hours 08**)

Module 2: CV Writing & Group Discussions - Team behaviour, how to effectively conduct yourself during GD, do's and don'ts, clarity of thoughts and its expression, Thumb rules, voice modulation, tone, do's & don'ts, manners and accent, Dealing with seniors, colleagues, juniors, customers, suppliers, contract workers, owners etc. at work place (**Total Hours 10**)

Module 3: Interview Techniques - Self-planning, writing winning resume', knowledge of company profiles, academic and professional knowledge review, update on current affairs and possible questions, time- keeping, grooming, dress code, document portfolio, frequently asked questions and their appropriate answers, self- introduction, panel addressing, mental frame-work during interviews, presentation skills (**Total Hours 10**)

Suggested Readings:

1. Personal Management and Human Resources By: C.S. VenkataRatanam and B.K.Srivastava Published By: TataMcgraw Hill Publishing Ltd. NewDelhi
2. Human Behavioural Work By: Keith Davis Publisher: Tata Mcgraw Hill Publishing Ltd. New Delhi
3. I'm OK, You're OK By: Thomas A. Harris Published By: Pan Books, London and Sydney
4. Pleasure of your Company By: Ranjana Salgaocar Published By: Pyramid Publishers, Goa
5. How to get the job you want By: Arun Agarwal, Published By: Vision Books, New Delhi