

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 V

Theory:

BSY 501 Bhagavad Gita
BSY 502 Narada Bhakti Sutras
BSY 503 Science and Consciousness
BSY 504 Constitution of India

Practical:

BSY 591 Advanced Yoga Techniques - 1
BSY 592 Teaching Practice

BHAGAVAD GITA:
Sub Code BSY 501

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

CO-1: understand the significance of Bhagavad Gita and its essence.

CO-2: understand the types of yogas in the context of Bhagavad Gita.

CO-3: have a deep understanding about the application of Bhagavad Gita in Human Life.

Chapter 1: Introduction to Bhagavad Gita- I

- General Introduction to Bhagavad Gita
- Definitions of Yoga in Bhagavad Gita, their relevance and Scope.
- The Glory of Bhagavad Gita.
- Essentials of Bhagavad Gita from Chapters II, III, IV, V, VI, XII, XVII with reference to Yoga and Ahara
- Sthitaprajna and its characteristics, types of Bhaktas and role of a Bhakta in the context of Bhagavad Gita .
- Jnana Yoga in the context of Bhagavad Gita.

Chapter 2: Introduction to Bhagavad Gita- II

- Nature of Atma, Sthitaprajya, Sankhya Yoga, Karma Yoga, Karma Sannyasa, Sakama and Niskama karma.
- Nature of Dhyana, preparation of Dhyana and Dhyana Yoga and Sannyasayoga.
- Nature of Bhakti, Means and Goal of BhaktiYoga
- Nature of Ishvara in Bhagavad Gita.
- Sankhya Yoga in the context of Bhagavad Gita.

Chapter 3: Types of Yogas in the Context of Bhagavad Gita.

- Jnana, Bhakti and Raja Yoga in the context of Bhagavad Gita.
- Karma yoga in Bhagavad Gita.
- Sannyasa yoga in Bhagavad Gita.
- Sankhya yoga in Bhagavad Gita.

Chapter 4: Application of Bhagavad Gita in Human Life

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- Bhagavad Gita and Psychoanalysis.
- Trigunas in the context of Bhagavad Gita.
- Diet and lifestyle for a yogi in Bhagavad Gita.
- Lord Krishna's advice for Arjuna's despondency (its application in life).

REFERENCE BOOKS:

1. Swami Tapasyananda: The Holy Gita-the Science of Life, Pub: RK Mission, Chennai.
2. Acharya Shankar: Gita Bhasya, Gita Press, Gorakhpur(U.P).
3. Tilak, B.G.: Gita Rahasya Ya Karma Yoga Shastra
4. Siddhantalankar, Satyavratya: Gita Bhasya, Govindaram Hasananda, New Delhi.
5. Radhakrishnan, S.: The Bhagavadgita (Routledge & Kegan Paul, London, 1960)
6. Gitanka (Kalyana) : Gita Press, Gorakhpur(U.P).

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NARADA BHAKTI SUTRAS:

Sub Code: BSY 502

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

CO-1: understand the nature of Bhakti.

CO-2: describe the historical aspects of narada bhakti sutras.

CO-3: imbibe the science of emotional Culture through Bhakti Sutra.

Chapter 1: Concept of Bhakti

Chapter 2: Historical aspects

Chapter 3: Life sketch of Narada, the author

Chapter 4: The science of emotional culture as portrayed in NBS

REFERENCE BOOKS:

1. Narada Bhakti Sutras – Swami Shivananda Saraswati.
2. Narada Bhakti Sutras – Swami Chinmayananda.

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SCIENCE AND CONSCIOUSNESS:

Sub Code BSY 503

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

CO-1: understand the nature of universe in yogic context.

CO-2: learn the contribution of science in deciphering the nature of the universe.

CO-3: summarize the various aspects of mechanics & relativity & its interrelations.

Chapter 1: Vedanta: Consciousness

- Source of universe, evolution of cosmogony, Brahman, maya, universe, Ishvara and Jiva.

Chapter 2: Classical mechanics

- History of modern science from Newton to Einstein

Chapter 3: Relativity

- Einstein's discoveries, the story of ether, the constancy of the speed of light, Galileo's principle of relativity, Einstein's special theory of relativity, Particles, binding forces and field.

Chapter 4: Quantum mechanics

- Planck's equation, statistical behaviour of atoms, particle wave duality, wave mechanics, Heisenberg's principle of indeterminacy, The Copenhagen interpretation, Schroedinger's cat, The EPR paradox, Unbroken whole, Double-slit experiments and conscious particles, quantum field, nihilism and vacuum fluctuation.

REFERENCE BOOKS:

1. Swami Chinmayananda, Mandukya Upanishat, Chinmaya Mission Trust.

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CONSTITUTION OF INDIA:

Sub Code BSY 504

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

CO-1: understand the philosophy of Indian constitution.

CO-2: learn about the Indian Constitution and its salient features.

CO-3: summarize the fundamental Rights and Duties of Indian citizens with special emphasis on environmental protection.

Chapter 1: Philosophy of the Constitution, Framing of the constitution, Preamble of Constitution, fundamental rights, Directive principle of state policy, fundamental duties, Method of Amendments, Review of Constitution

Chapter 2: Union-Parliament and State legislatures

Chapter 3: Union- State Executive

Chapter 4: The Judiciary

Chapter 5: Environmental Protection

REFERENCE BOOKS:

1. Basu, Durga Das: Introduction to the Constitution of India (New Delhi: Wadhwa and Company Law Publishers, 2002)
2. Raj, Hans: The Constitution of India (New Delhi: Surjeet Publications, 1998).
3. Kagzi, M.C. Jain, The Constitution of India Vol.1 & 2. (New Delhi: India Law House, 2001)
4. E Book: <https://www.india.gov.in/my-government/constitution-india/constitution-india-full-text>

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ADVANCED YOGA TECHNIQUES – I:

Sub Code: BSY 591

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

CO-1: learn the different approaches to yoga nidra & cyclic meditation in order to develop a clear rationale for their own approach to the uses of the same.

CO-2: Develop the skills to practically apply the techniques of yoga nidra & cyclic meditation for promoting health and wellbeing through yogic practices.

CO-3: provide a holistic management of various physical and mental ailments through specific yoga techniques.

- Cyclic Meditation (CM)
- Yoga Nidra (YN)

REFERENCE BOOKS:

1. Dr. H R Nagendra, Pranic Energization Technique, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
2. Dr. H R Nagendra, Mind Sound Resonance Technique, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
3. Dr. R Nagarathna and Dr. H R Nagendra, Yoga and Cancer, Swami Vivekananda Yoga Prakashana, Bangalore, 2000.
4. Swami Niranjanananda Saraswati: Yoga Nidra

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TEACHING PRACTICE

Sub Code: BSY 592

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

CO-1: Create positive classroom environment through effective communication & professionalism.

CO-2: Demonstrate content knowledge about the curriculum, aligned with appropriate instruction leading to student learning, growth, and development.

CO-3: Encourage the students to develop critical thinking abilities & skills for working with groups.

- In-depth knowledge of
 - a. The scope of practice of Yoga and how to assess the need for referral to other professional services when needed
 - b. Observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue
- Demonstrated ability
 - a. To recognize, adjust, and adapt to specific aspirant needs in the progressive classes
 - b. To recognize and manage the subtle dynamics inherent in the teacher –aspirant relationship
- Principles and skills for educating aspirants
 - a. In-depth knowledge of and demonstrated ability to apply effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the aspirant's progress and cope with difficulties
 - b. In-depth knowledge of and demonstrated ability to transmit the value of self-awareness and self-responsibility throughout the process
 - c. In-depth knowledge of and demonstrated ability to develop and adjust appropriate practice strategies to the aspirant
- Principles and skills for working with groups
 - a. Familiarity with and Demonstrated ability to design, implement, and evaluate group programs
 - b. Familiarity of group dynamics and allied techniques of communication skills, time management, and the establishment of priorities and boundaries
 - c. Familiarity with techniques to address the specific needs of individual participants, to the degree possible in a group setting.