

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 VI

Practical:

BSY 691 Advanced Yoga Techniques- II

Sessional:

BSY 681 Project work

BSY 682 Seminar

BSY 683 Karma Yoga (Field Work)

ADVANCED YOGA TECHNIQUES- II

Sub Code: BSY 691

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

CO-1: learn the different approaches to the selected advanced yoga techniques 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 for promoting health and wellbeing through yogic practices.

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

- Pranic Energization Technique (PET)
- Mind Sound Resonance Technique (MSRT)
- Mind Imagery Technique (MIRT)
- Mind Emotion Technique (MEMT)
- Vijnana Sadhana Kausalam (VISAK)
- Ānanda Amrta Sincana (ANAMS)

REFERENCE BOOKS:

1. Dr. H R Nagendra, Pranic Energization Technique, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
2. Dr. H R Nagendr, 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

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PROJECT WORK:

Sub Code: BSY 681

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

CO-1: learn to practically conduct their own yoga training classes in order to gain confidence and feel comfortable as a yoga trainer.

CO-2: learn to assess individual trainee's needs in order to develop an individualized yoga training plan for them.

CO-3: learn ways to design & develop group classes, communicate effectively & demonstrate a variety of yogic skills for working one to one.

Students need to impart Yoga Training to 10 individuals, for a stipulated period of time and submit reports.

SEMINAR:

Sub Code: BSY 682

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

CO-1: present an idea or concept to an audience.

CO-2: learn to cultivate effective communication skills and take active part in interaction & query handling.

CO-3: communicate clearly & confidently with one or many listeners.

Students need to give a power-point presentation on the assigned topic (s).

KARMA YOGA (FIELD WORK):

Sub Code: BSY 683

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

CO-1: acquire the ability to educate at the community level about the importance of yoga in day to day life and the benefits of yogic practices in enhancing quality of life.

CO-2: identify the lifestyle induced common ailments faced by the community through the philosophy of yoga and its management through yoga techniques.

CO-3: evaluate the effectiveness of the yogic strategies employed for holistic improvement of the quality of life of individuals, in the community setting.

Students need to practically perform assigned activities at the community level to emphasize the role of "Karma Yoga Path of Action" and "selfless service to the community in the spiritual path" and submit reports.