

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

6th SEMESTER

Subject Type	Course Name	Course Code	Credit Distribution			Credit Points	Mode of Delivery			Proposed Moocs
			Theory	Practical	Tutorial		Offline	Online	Blended	
CC 13	Entrepreneurship Mindset Development (Karma Yoga - Field Work)	BSY 601	4	0	0	6	✓			As per MAKAUT T Notification
		BSY 691	0	2	0					
CC 14	Teaching Practice	BSY 602	4	0	0	6	✓			
		BSY 692	0	2	0					
DSE 3 (Any One)	Laya Yoga	BSY 603(A)	4	0	0	6	✓			
		BSY 693 (A)	0	2	0					
	Bhagavad Gita-II	BSY 603(B)	4	0	0	6	✓			
		BSY 693(B)	0	2	0					
DSE 4	Major Project	BSY 682 (A)	1	5	0	6				
	Internship	BSY 682(B)	1	5	0					
Semester Credits						24				

Note:

Minor/Major Project/Internship- (Students have to engage in a full length/capstone project with a pre-specified Internal Guide (faculty member) throughout the semester). Industry collaboration is highly encouraged in case of Internship.

(At least two-three times progress needs to be checked and evaluation needs to be done through PCA.) It will be followed by a report submission and viva as part of University examination.

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CC 13: ENTREPRENEURSHIP MINDSET DEVELOPMENT (KARMA YOGA - FIELD WORK)

CODE: BSY 601& BSY 691

COURSE OBJECTIVE: The course is designed to maximize the development of human potentials and fulfilment of human needs, through Yogic practise. provide an equal environment and working with people to achieve the best possible levels of personal and social well-being. Karma Yoga will help to create an awareness in the society by student's effort as a social worker.

Course Outcome (CO):

SL	Course Outcome	Mapped modules
CO-1	Apply Karma and 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	M1
CO-2	Distinguish the types of Karma and its practical impacts in day to day life.	M2
CO-3	List the difference between sakama-karma and nishkama-karma in the context of Karma through ancient Indian religious texts	M3
CO-4	Improve the society through identify the lifestyle induced common ailments faced by the community and improve it by the philosophy of yoga and its management through yoga techniques.	M4
CO-5	Build the importance of the Nishkamakarma by knowing about sanchitakarma.,	M5
CO-6	Evaluate the effectiveness of the yogic strategies employed for holistic improvement of the quality of life of individuals, in the community setting.	M6

Theory- BSY(T)601 (48 Hours)

CO	Blooms Level	Module	%age of Questions
CO 1	1,2,3,4	M1	15
CO 2	1,2,3,4	M2	15
CO 3	1,2,3,4	M3	10
CO 4	4,5	M4	20
CO 5	3,4	M5	20
CO 6	4,5	M6	20
			100

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Practical-BSY(P) 691 (28 Hours)

CO	Blooms Level	Module	%age of Questions
CO 1	4,5	M1	15
CO 2	3,4	M2	15
CO 3	3,4	M3	10
CO 4	4,5,6	M4	20
CO 5	3,4	M5	20
CO 6	4,5,6	M6.	20
			100

Module: 1. Concept of Karma (10T +6P)

- Definition of Karma according to Bhagavad Gita and other religious texts.
- Nature & types of Karma according to ancient Hindu Texts
- Understand the importance of Karma and its practice in ancient India.

Module: 2. Types of Karma (10T +6P)

- Definition of prarabdha, sanchita, and kriyamana or agami according to ancient hindu texts.
- Nature of prarabdha, sanchita, and kriyamana or agami according to ancient hindu texts.
- Understand the Practical practice of Karma in day to day life.

Module: 3. Difference between Sakama-Karma & Nishkama-karma (8T +6P)

- Definition of Sakama-karma according to Bhagavad Gita and other religious texts.
- Definition of Nishkama-karma according to Bhagavad Gita and other religious texts.

Module: 4. Practice of Nishkama-Karma (10T +3P)

- Understand the Practical practice of Nishkama-Karma in day to day life.
- Understand the importance of selfless work through ancient Hindu texts.
- Practice selfless work for the betterment of the society.

Module: 5. Experience of Sanchita-Karma (10T +2P)

- Definition of Sanchita-karma according to ancient Hindu texts.
- Nature of Sanchita-karma according to ancient Hindu texts.
- Students share their experience from selfless work and submit reports.

Module: 6. Presentations of Karma-Yoga Work (5P)

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.

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Suggested Reading:

1. Swami Tapasyananda- The Holy Gita-the Science of Life, Pub: R.K. Mission, Chennai
2. Srimad Bhagwad Gita, by Geeta Press, Goraksha Pur
3. Swami Vivekananda- Karma Yoga, Pub: R.K. Mission, Chennai

CC 14: TEACHING PRACTICE

CODE: BSY 602& BSY 692

COURSE OBJECTIVE: The course is designed to motivate students and give them an academic environment where they can experience how to conduct classes and practical experience. It will also help to shape their character and behavior.

Course Outcome (CO):

SL	Course Outcome	Mapped modules
CO-1	Create positive classroom environment through effective communication & professionalism.	M1
CO-2	Build collaborative teaching & learning environment..	M2
CO-3	Demonstrate content knowledge aligned with appropriate instruction leading to student learning, growth, and development	M3
CO-4	Improve classroom teaching abilities as Instructor	M4
CO-5	Develop critical thinking abilities & skills for working with groups	M5
CO-6	Discuss the importance of teaching methods the responsibilities of an Instructor.	M6

Theory-BSY(T) 602 (48 Hours)

CO	Blooms Level	Module	%age of Questions
CO 1	2,3,4,5,6	M1	15
CO 2	2,3,4	M2	15
CO 3	1,2,3	M3	10
CO 4	3,4,5,6	M4	20
CO 5	3,4,5,6	M5	20
CO 6	3,4,5,6	M6	20
			100

Practical-BSY 692 (28 Hours)

CO	Blooms Level	Module	%age of Questions
CO 1	2,3,4,5,6	M1	15
CO 2	3,4	M2	15

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CO 3	3,4	M3	10
CO 4	4,5,6	M4	20
CO 5	4,5,6	M5	20
CO 6	4,5,6	M6.	20
			100

Module: 1. In-depth knowledge of (10T +6P)

- The scope of practice of Yoga and how to assess the need for referral to other professional services when needed
- Observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue

Module: 2. Classroom Management (10T +6P)

- Seating arrangements, Role of the teacher and students.
- Create a positive learning space for the students.

Module: 3. Demonstrated ability (8T +6P)

- To recognize, adjust, and adapt to specific aspirant needs in the progressive classes
- To recognize and manage the subtle dynamics inherent in the teacher –aspirant relationship

Module: 4. Principles and skills for educating aspirants (10T +3P)

- 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
- In-depth knowledge of and demonstrated ability to transmit the value of self-awareness and self-responsibility throughout the process
- In-depth knowledge of and demonstrated ability to develop and adjust appropriate practice strategies to the aspirant

Module: 5. Principles and skills for working with groups (10T +2P)

- Familiarity with and Demonstrated ability to design, implement, and evaluate group programs
- Familiarity of group dynamics and allied techniques of communication skills, time management, and the establishment of priorities and boundaries
- Familiarity with techniques to address the specific needs of individual participants, to the degree possible in a group setting.

Module: 6. Demonstration & Presentation (5P)

Suggested Reading:

Dr. S.K.Ganguly-Teaching method for yogic Practices, Pub- Kaivalyadhama, Lonavala

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DSE 3: LAYA-YOGA

CODE: BSY 603(A)

COURSE OBJECTIVE: The course is designed to enhance the personal abilities and skills of the students and engage them in personal inquiry, action and reflection on specific topics & issues. This course will help them to improve their ability to investigate and understand the importance of interdisciplinary works.

Course Outcome (CO):

SL	Course Outcome	Mapped modules
CO-1	Make use of Mantras & conduct their own yoga training classes with Mantra chanting in order to gain confidence and feel comfortable as a yoga trainer	M1
CO-2	Evaluate the effect of Mantras in human mind & body and understand the benefits of Mantra chanting.	M2
CO-3	Identify various libraries for in-depth knowledge about Indian culture & heritage by visiting various museums.	M3
CO-4	Build the current research work & knowledge of their chosen field, as well as the limitations of that field	M4
CO-5	Elaborate how music can enhance intelligence and focus, improve mental health and creates an effect on human immune system and self-esteem.	M5
CO-6	Improve social, emotional & physical skills.	M6

Theory-BSY 603 (A) (48 Hours)

CO	Blooms Level	Module	%age of Questions
CO 1	1,2,3	M1	15
CO 2	3,4,5,6	M2	15
CO 3	1,2,3	M3	10
CO 4	1,2,3	M4	20
CO 5	3,4,5,6	M5	20
CO 6	3,4,5,6	M6	20
			100

Practical-BSY 693(A) (28 Hours)

CO	Blooms Level	Module	%age of Questions
CO 1	4,5	M1	15
CO 2	4,5,6	M2	15
CO 3	3,4,5	M3	10
CO 4	3,4,5	M4	20
CO 5	4,5,6	M5	20
CO 6	4,5,6	M6	20
			100

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Module 1: Learnt & Recitation Mantras (12T+6P)

- Mantras from *Mantrapushpam*,
- Shantimantras
- Stuti Patha

Module 2: Effects of Mantra Chanting (12T+6P)

- Effects of Mantras in Physiological Aspects
- Effects of Mantras in Psychological Aspects

Module 3: Library & Museum visit and submit report on it (4P)

Module 4: Literature review (4P)

Module 5: Music & its impact on Human emotions. (12T+4P)

- Music as a part of Therapy

Module 6: Performing Arts & its impact on Psycho-Neural parameters. (12T+4P)

- Learnt about Performing Arts through selective parts from Bharata's Natyashastra.
- Learnt about different areas of Performing Arts.
- Effects of Performing Arts in Psychological Aspects.

Suggested Reading:

Mantrapushpam- Pub: R.K. Mission,

Barbara L.Wheeler. et. Al., Music Therapy hand book (Creative Arts & Play Therapy)- Paperback.

Vaidikadasha-Shanti Mantrah, Swami Vidyananda Giri

Tune in the Mined (Japa Gayatri), Swami Chinmayananda, Central Chinmayananda Mission.

Natya Shastra- A.D. Mahavalipuram Varati Bidya Bhavan

Indian Performing Arts- Utpal K Banarjee. S.Chand (G/L) & Company LTD.

A Confluence of Indian Dance, Drama & Texts- Utpal K Banarjee. Shubhi Publications.

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COURSE: BHAGAVAD GITA- II

CODE: BSY 603 (B)

COURSE OBJECTIVE: This course *is designed to provide an in- depth knowledge* understanding about the Bhagavad Gita. To inculcate the essence of Bhakti, Karma, Jnana, Raja & Sanyasa Yoga. Students will be able to develop an insight about the knowledge techniques of Bhagavad Gita.

SL	Course Outcome	Mapped modules
1.	Assess the significance of Bhagavad Gita and its essence	M1
2.	Evaluate the significance of Karma, Dhyana&Sanyasa	M2
3.	Understand the basic nature of Bhakti, Ishvara& Samkhya-Yoga in the context of Bhagavad Gita.	M3
4.	Examine the types of yogas in the context of Bhagavad Gita	M4
5.	Apply Bhagavad Gita in Human Life	M5
6.	Improve Lifestyle	M6

Module Number	Content	Total Hours	%age of Questions	Blooms Level (if applicable)	Remarks (If any)
Module1	Introduction to Bhagavad Gita- I.	10	15%	1,2	
Module2	Introduction to Bhagavad Gita- II	10	15%	1,2	
Module3	Introduction to Bhagavad Gita- III	10	10%	1,2	
Module4	Introduction to Bhagavad Gita- IV	10	20%	1,2,5	
Module5	Introduction to Bhagavad Gita- V	10	20%	1,2,5	
Module6	Introduction to Bhagavad Gita- VI	10	20%	1,2,5	
		60	100		
	Tutorial	16			
	Total	76			

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CO	Blooms Level	Module	%age of Question
CO 1	1,2,3	M1	15
CO 2	3,4,5,6	M2	15
CO 3	1,2,3	M3	10
CO 4	1,2,3	M4	20
CO 5	3,4,5,6	M5	20
CO 6	3,4,5,6	M6	20
			100

CODE: BSY 693 (B) (28 Hours)

CO	Blooms Level	Module	%age of Question
CO 1	3,4,5	M1	15
CO 2	4,5,6	M2	15
CO 3	1,2,3,4,5	M3	10
CO 4	1,2,3,4	M4	20
CO 5	3,4,5,6	M5	20
CO 6	3,4,5,6	M6	20
			100

Credits: 4T+2P

MODULE 1: Introduction to Bhagavad Gita- I (Theory)

- Essentials of Bhagavad Gita from Chapters I, VII, VIII, IX, X, XI, XVIII with reference to Yoga and Ahara

MODULE 2: Introduction to Bhagavad Gita- II (Theory)

- Knowledge of Nirguna Bramha.
- Knowledge of Manifest Divinity.

MODULE 3: Introduction to Bhagavad Gita- III (Theory + Practical)

- Knowledge of Bhakti.
- The path of bright & dark.

MODULE 4: Introduction to Bhagavad Gita- IV (Theory + Practical)

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- The sovereign Science & the Sovereign secret.
- Niskama Karma

MODULE 5: Introduction to Bhagavad Gita- V (Theory + Practical)

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

MODULE 6: Introduction to Bhagavad Gita- VI (Theory + Practical)

- Message of Bhagavad Gita

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 RahasyaYaKarma Yoga Shastra
4. Siddhantalankar, Satyavratya: Gita Bhasya, GovindaramHasananda, New Delhi.
5. Radhakrishnan, S.: The Bhagavadgita (Routledge & Kegan Paul, London, 1960)
6. Gitanka (Kalyana): Gita Press, Gorakhpur(U.P).