

Maulana Abul Kalam Azad University of Technology, West Bengal
(Formerly West Bengal University of Technology)
Syllabus for Master of Science in Yoga (M.Sc.Yoga)
(Effective from Academic Session 2019-2020)

Semester-II

BHAGAVAD GITA

Sub Code: MSY 201

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:

- General Information to Bhagavad Gita (B.G.). Definitions of Yoga in Bhagavad Gita and their relevance & Scope.

Chapter 2:

- Essentials of B.G. from Chapters II,III,IV, V,VI, XII, XVII: the meaning of the terms Atmasvrupe, Sthitaprajna, Sankhya Yoga, Karma Yoga, Sannyasa Yoga and Karma Swarupa (Sakama and Niskama) etc.

Chapter 3:

- Essentials of B.G. (Contd.) Sannyasa, Dhyana, Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc.

Chapter 4:

- Essentials of B.G. (Contd.): Bhakti, Nature of Bhakti, Means and Goal of Bhakti-Yoga

Chapter 5:

- Essentials of B.G. (Contd.) The Trigunas and modes of Prakrti; Three kinds of Faith. Food for Yoga Sadhaka, Classification of food etc. The Glory of B.G.

REFERENCE BOOKS:

1. Swami Tapasyananda- The Holy Gita-the Science of Life, Pub: R.K. Mission, Chennai
2. Radhakrishnan S: The Bhagavad Gita (Routledge & Kegan Paul, London, 1960)
3. Swami Adidevananda: Sri Ramanuja Gita Bhasya
4. Eknath Easwaran: The Bhagavad-Gita (Classics of Indian Spirituality)

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COMMON AILMENTS - I

Sub Code: MSY 202

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

CO-1: describe the etiology and pathogenesis of the selected disease states.

CO-2: identify the signs & symptoms and complications of the diseases.

CO-3: learn the principles and practices of Yoga therapy for the selected diseases.

Chapter 1: Modern Medical and Yoga Therapy principles and practices for diseases related to Musculoskeletal system:

- Rheumatology, Muscle & Bone Disorders: Pain in the limbs & back; Rheumatoid arthritis; Osteoarthritis; Connective tissue disorders; Muscular dystrophy.

Chapter 2: Modern Medical and Yoga Therapy principles and practices for diseases related to Cardio-vascular system:

- Cardiovascular Disorders: Ischemic heart disease; Hypertension; Peripheral vascular disease

Chapter 3: Modern Medical and Yoga Therapy principles and practices for diseases related to Respiratory system:

- Respiratory Disorders: Bronchial asthma; Chronic Obstructive Pulmonary Disorder (COPD); Allergic rhinitis; Pulmonary tuberculosis; Sleep apnoea; Snoring.

Chapter 4: Modern Medical and Yoga Therapy for diseases related to Digestive system:

- Digestive Disorders: Acid peptic disease; irritable bowel syndrome; Hepatitis

Chapter 5: Modern Medical and Yoga Therapy for diseases related to Nervous system:

- Neurological Disorders: Migraine & Tension headache; Cerebro-vascular accidents; Epilepsy; Pain; Autonomic dysfunctions; Idiopathic Parkinson's disease; Multiple sclerosis; Refractory errors of vision.

Chapter 6: Modern Medical and Yoga Therapy for diseases related to Psychiatry:

- Psychological Medicine: Neurotic disorders; mood disorders; Schizophrenia; Chemical abuse; Eating disorders; Phobias; Mental retardation; Obsessive compulsive disorder.

REFERENCE BOOKS:

1. Dr. R Nagarathna, Dr H R Nagendra and Dr Shamantakamani Narendra, Yoga for common ailments and IAYT for different diseases, Swami Vivekananda Yoga Prakashana, 2002
2. Shivanand Saraswati : Yoga Therapy (Hindi & English)
3. Reddy, M. Venkata and others : (Sri M.S.R. Memorial Yoga series, Arthamuru A.P. 2005)
4. Rai, Lajpat: Discovering Human Potential energy : A psychological Approach to Yoga (Anubhava Rai Publications, 1998)
5. Charu, Supriya : Sarir Rachana evam Kriya Vigyan
6. Aatreya, Shanti Prakash : Yoga Manovigyan (Indian psychology) (International Standard Publication, Varanasi; 1965)
7. Abhedananda : The Yoga Psychology
8. Nagarathna R and Nagendra, H.R.: Integrated Approach of Yoga Therapy for Positive, Health (Swami Vivekananda

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Yoga Prakashana, Bangalore 2001)

9. Robin Monoro, Nagarathna R and Nagendra, H.R : Yoga for Common Ailments, Gui Publication, U.K.

10. Harrison: Principles of Internal Medicine, International Edition, 14th edition, New York: McGraw Hill Co. Inc. 1998

11. A.K. Das (Ed.): Medicine update. Bombay: Association of Physicians of India, 1998.

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PATANJALI YOGA SUTRAS

Sub Code: MSY 203

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

CO-1: understand various modification of mind and the means of inhibiting them.

CO-2: have an understanding about the essence of Samadhi and Sadhana Pada.

CO-3: understand the essence of Vibhuti and Kaivalya pada.

Chapter 1: Introduction to Patanjali's Yoga Sutras, its philosophy and practices and Modern Psychology

- Yoga, it's meaning & purpose & a brief introduction to Patanjali's Yoga Sutras and its author
- Nature of Yoga according to Patanjali in light of Vyasabhasya and other traditional commentators, Importance of Yoga Sutra in comparison to other Yogic literature.
- Concept of Citta, Citta-bhumis, Citta-vritinirodhopaya (Abhyasa and Vairagya), Citta- Viksepas(Antarayas), Citta-prasadanam and its associates.
- Metaphysics of Sankhya & its relationship with Yoga Darsana of Patanjali, Philosophical Foundations & Practices of Patanjali's Yoga, its importance & relevance and Yoga Samanvaya.
- Concept of mind –eastern and western perspective psychology principles and methods – TA etc.

Chapter 2: Samadhi Pada and Sadhanapada

- Kriya –Yoga, Theory of Klesas, Nature of Drsta&Drasya and means of elimination of Klesas / Vivekakhyati
- Types and nature of Samadhi in Yoga Sutra, Rtambharaprajna and Adhyatmaprasada.
- Samprajnata, Asamprajnata, Sabija&Nirbja Samadhi, Difference between Samapattis and Samadhi
- Concept of Isvara and qualities of Isvara.

Chapter 3: Concept of Vibhuti and Kaivalya

- Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi
- Samyama&three Parinama of Samyama. The concept and description of Astha Siddhis.
- Nature of Kaivalya in relation to Triguna and Dharmamegha Samadhi.
- Astanga Yoga & Kriya Yoga in Yoga Sutras and their importance & relevance in modern age.

REFERENCE BOOKS:

1. Swami Vivekananda :Rajayoga (Advaita Ashram, Calcutta, 2000).
2. Woods, J.H.: The Yoga System of Patanjali (M.L.B.D., Delhi, 1988)
3. Iyengar B.K.S.: Light on Yoga Sutras (New York, Schocken Books, 1994).
4. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV(MunshiramManoharlal Pvt. Ltd. New Delhi)
5. Swami Omanandatirtha: Patanjala Yoga Pradeepa, (Geeta Press, Gorakhpur, 1994)
6. Swami AnantBharati: Patanjali Yoga Shasta- a study (Hindi) (Swami Keshwananda Yoga Sangthan, Delhi)

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HATHA YOGA

Sub Code: MSY 204

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

CO-1: have an understanding about pre-requisites, principles about Hatha yoga.

CO-2: understand the relationship between Patanjali and Raja yoga.

CO-3: have an understanding about the concept of yoga in other yogic texts.

Chapter 1: Hatha Yoga, its Philosophy and Practices

- Hatha Yoga, its meaning, definition, aims & objectives, misconceptions, obstacles (vighna) and helps (sahayaka) in Hatha Yoga as in Hatha Yoga Pradipika
- The origin of Hatha Yoga, Hatha Yogic Literature, Hatha Yogic Practices as explained in Hatha Yoga Pradipika (HYP)
- Concept of Mata, Rules & Regulation to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apathya
- Hatha Yogic parampara, Brief introduction to Great Hatha Yogis of Natha Cult and their contributions to Yoga. Relationships between Hatha Yoga & Raja Yoga

Chapter 2: Hatha Yoga Practices: Sadhana-Kriyas and Asanas

- Sadhanas-kriyas, Sadhana-kriyas in Hatha Yoga Pradipika & in Gheranda Samhita and their techniques, benefits and precautions
- Role of Sadhana-Kriyas in Yoga Sadhana and their importance in Modern day life.
- Yogasana its definition, Salient features and importance in Hatha Yoga Sadhana.
- Asanas in Hatha Yoga Pradipika and Gheranda Samhita: their techniques, benefits, precautions and importance.

Chapter 3: Hatha Yoga Practices: Pranayama, Bandhas and Mudras

- Pranayama –Mechanism of correct breathing, Yogic deep breathing, Concept of Puraka, Kumbhaka and Recaka
- The concept of Prana, Kinds of Prana and Upa-pranas, Pranayama and its importance in Hatha Yoga Sadhana, Nivrisodhana Pranayama, its technique and importance, Pre-requisites of Pranayama.
- Pranayama practices in Hatha yoga pradipika and Gheranda Samhita, their techniques, benefits and precautions, Hatha Siddhi Laksanam.
- Bandhas and role of Bandhatrayas in Yoga Sadhana
- Fundamental Mudras in HYP and G.S. Their techniques, benefits and precautions

Chapter 4: Hatha Yoga Practices: Pratyahara, Nadanusandhana and Svarodaya Jnana

- Concept of Pratyahara, Dharana and Dhyana in Gheranda Samhita and their techniques & benefits
- Concept of Samadhi in Hatha-yoga Pradipika, Samadhi Laksanam and Hatha Yoga Siddhi Laksanam
- The concept of Nada, Four Avasthas (stages) of Nadanusandhana and its Siddhi
- Svara, Importance of Svarodaya-jnana in Yoga Sadhana with special reference to Jnana Svarodaya and Siva Svarodaya.

REFERENCE BOOKS:

- J.K. Taimni: The Science of Yoga, (The Theosophical Publishing House, Adyar Chennai 2005)
- Swami Satyananda Saraswati: Hatha Yoga Pradeepika (Bihar School of Yoga Munger)
- Woods, J.H.: Lonavala, 1998
- Coulter, H David: Anatomy of Hatha Yoga (Body and breath Inc USA, 2001)
- B.K.S Iyengar: Light on Yoga

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RESEARCH METHODOLOGY

Sub Code: MSY 205

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

CO-1: understand the basic concepts of research and its methodologies including statistical analysis.

CO-2: identify appropriate research topics & select appropriate research problem and assessment parameters.

CO-3: prepare a project proposal to conduct research in an appropriate manner & write a thesis.

Chapter 1: Research Methodology

- The research process. Methodology and methods
- The design of a study
- Literature review
- Ethics of research
- Types of common designs. Their advantages and disadvantages
- Sampling
- The experimental and quasi-experimental methods. Correlation studies
- Measurement tools: Observations questionnaires and others
- Data organization in Excel and SPSS
- Descriptive statistics. Measures of central tendency, measures of dispersion. Correlation coefficients
- Graphical representations of data. Simple graphs, the box and whiskers plot,
- Reliability. The different ways of measuring reliability.
- Validity & Types of validity

Chapter 2: Inferential Statistics and Probability Theory

- Inferential statistics - populations and samples
- Elementary concepts in probability theory
- The normal distribution. Z - Values and probability
- Calculating probabilities when population parameters are known

Chapter 3: Research Reports

- Reading research reports
- Writing research reports
- Presentations

REFERENCE BOOKS:

1. Kothari, C.R.; Research Methodology, Methods and Techniques (Vishwa Prakashan, New Delhi, 1985)
2. Robin Monro: Yoga Research Bibliography scientific studies on yoga and meditation (Yoga biomedical trust, England 1989)
3. Jerrold H. Zar: Bio statistical Analysis Pearson education
4. Russell A. Jones: Research methods in the Social and behavioral science (Sinauer Associates, Saunderland's Massachusetts)
5. A.K. Singh: Tests, Measurements and Research Methods in Behavioral Sciences (Bharati Bhavan publishers)
6. Telles, S: Research methods (Swami Vivekananda Yoga Prakashan, Bangalore)
7. J.N.S. Matthews: An introduction to randomized controlled clinical trials
8. J.S.P. Lumley and W. Benjamin: (Oxford university press)
9. Herman J. Ader and Gideon J. Mellebeegh: Research Methodology in the life, behavioural and social Sciences (SAGE publications)
10. Rummond, A Campling J and Nelson, T: Research methods for therapists, 1996

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ADVANCED YOGA PRACTICE -II

Sub Code: MSY 291

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

CO-1: have an in-depth understanding about various yogasanas.

CO-2: explain and demonstrate the below mentioned practices skillfully.

CO-3: explain the benefits, limitation and contraindications of each practice.

- Basic understanding of Exercise Physiology
- Homeostasis
- The benefits of various Asanas on different parts of the human body
- Limitations and Contra-indications of specific Yoga Practices
- SukshmaVyayama
- Knowledge of movement of key joints of the body and the demonstrated ability to perform the same
- Neck
- Shoulder
- Trunk
- Knee
- Ankle
- Knowledge of the benefits of each of these practices and their compounding effect on the gross bodies
- Surya Namaskara
- In depth knowledge and demonstration ability to perform Surya Namaskara
- In depth knowledge and demonstration ability to perform all Asanas of Semester –I
- Knowledge of the Sanskrit names of the Asanas along with breath awareness, detailed benefits, and caution
- ShaktiVikashika Practices: the full series with in depth understanding.