

**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-IV**

***PRANAYAMA & MEDITATION***

***Sub Code: MSY 491***

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

*CO-1: understand the basics of Pranayama & demonstrate various breathing techniques, knowing their benefits and best times of practice.*

*CO-2: understand the importance of yoga practice to begin meditation & the need and challenges of meditation.*

*CO-3: understand the importance of sound vibrations and their impact on the body and mind.*

➤ **Introduction to Pranayama**

- a. Kumbhaka
- b. Bandha
- c. Expansion of awareness
- d. Laya-the merger
- e. Prananusandhana
- f. Samavritti&Vishamavritti Pranayama

➤ **Concept of meditation**

- a. Ajapajapa
- b. AntaraMouna
- c. Yoga Nidra
- d. Chidakashadharana
- e. Hridayakashadharana
- f. Deharakashadharana

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***YOGA THERAPY -II***  
***Sub Code: MSY 492***

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

*CO-1: apply the tools and techniques of yoga practice, including asana, pranayama, meditation, relaxation, yoga nidra, mudra, mantra etc. for therapy of the selected disorders.*

*CO-2: master the skills for imparting yoga therapy one-to-one, and develop personalised practices for individual needs.*

*CO-3: guide in asana practice with minimum interventions and understand the contraindications.*

- Integrated approach to Yoga therapy for anxiety and depression
- Integrated approach to Yoga therapy for epilepsy
- Integrated approach to Yoga therapy for diabetes mellitus
- Integrated approach to Yoga therapy for obesity
- Integrated approach to Yoga therapy for gastro intestinal disorder
- Integrated approach to Yoga therapy for oncology

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**TEACHING PRACTICE**

**Sub Code: MSY 493**

**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.

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**YOGA THERAPY TRAINING:**

**Sub Code: MSY 481**

**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.**

**DISSERTATION & PRESENTATION:**

**Sub Code: MSY 482**

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

*CO-1: recognise the importance of planning and preparation required to undertake a research project.*

*CO-2: develop a thorough understanding of the chosen subject area & demonstrate the ability to collate and critically assess / interpret data.*

*CO-3: effectively communicate knowledge in a scientific manner to one or many listeners through interaction & query handling.*

**Students need to submit a thesis on the assigned topic & give a power-point presentation on the same.**

**KARMA YOGA (FIELD WORK):**

**Sub Code: MSY 483**

**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.**

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