

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-III

COMMON AILMENTS – II
MSY 301

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 for diseases related to Endocrine system:

- Endocrine & Metabolic Disorders : Diabetes mellitus; Thyroid dysfunction; Disorders of adrenal cortex
Obesity

Chapter 2: Modern Medical and Yoga therapy for diseases related to Reproductive system:

- Obstetrics & Gynaecology : Physiology of pregnancy; Pregnancy induced hypertension; Pre-eclampsia; Intra-Uterine Growth Retardation (IUGR) Menstrual disorders (e.g. dysmenorrhea, pre-menstrual syndrome); Infertility; Menopause

Chapter 3: Modern Medical and Yoga therapy for Rehabilitation:

- Rehabilitation Therapy for Neurological disorders; Cardiac disorders; Musculoskeletal disorders; Physical disabilities; Occupational health.

Chapter 4: Geriatric Medicine.

Chapter 5: Medical oncology.

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PHILOSOPHY, SCIENCES AND CONSCIOUSNESS

Sub Code: MSY 302

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 & ancient scriptures in deciphering the nature of the universe.

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

Chapter 1: History of Science

- Value System of Science
- Scientific Method
- Limitations of Scientific theories
- Historical developments
- Greek era (700 BCE-100 BCE) — Contributions (briefly) of Thales of Miletus, Anaximander, Anaximenes, Pythagoras, Heraclitus, Parmenides, Empedocles, Anaxagoras, Protagoras, Atomists, Socrates, Plato, Aristotle, Archimedes, Ptolemy
- Roman empire, Rise of Christianity, Dark ages
- Renaissance (1400-1700 CE) — Contributions of Copernicus, Tycho Brahe, Kepler, Galileo, Newton, Laplace
- Thermodynamics, Electromagnetism, Atomic theory

Chapter 2: Modern Science

- Einstein's theory of Relativity
- Special Theory of relativity
- General Theory of relativity
- Quantum Physics
- Planck's discovery of the 'quantum'
- Dual nature of light- Photoelectric effect and Double Slit experiment
- Dual nature of matter- Double slit experiment and the effect of observation
- Uncertainty Principle
- Schrodinger's cat- thought experiment
- Entanglement and non-locality
- Modern experiments based on the above findings
- Double-slit experiment with Meditators and Non-meditators
- Entangled brains
- Random Event Generators

Chapter 3: Modern Theories on Consciousness

- "Consciousness", "Mind" and "Self" — fundamental differences between Western and Eastern thought
- Materialism-Physicalism
- Eliminative materialism, Epiphenomenon, Reductive Functionalism
- Associating specific brain activity to Consciousness
- Integrated Information theory
- Quantum Orch-OR
- The Hard Problem of Consciousness
- Idealism
- "Plato's cave" illustration to argue that sensory perceptions is not the actual reality
- Idealism
- Basic framework of Conscious Realism
- Dualism
- Neutral Monism, Dual Aspect theories

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- Panpsychism
- Description of the "Self" using critical feedback instability

Chapter 4: Indian Science, and Consciousness as per scriptures

- Indian Science and Scientists
- Three schools of metaphysical thought — Advaita (AdiShankaracharya), Vishishtadvaita(Ramanujacharya), and Dvaita (Madhvacharya)
- Consciousness / Self as per:
 - a. MandukyaUpanishat (negation of the three states)
 - b. KenaUpanishat (negating the objectification of consciousness)
 - c. TaittiriyaUpanishat (negation of the five sheaths)
 - d. Bhagavadgita (different perspectives of Self by Krishna)
 - e. Yoga Sutra (study the sutras that describe Purusha, Ishwara, Kaivalya)
- Mahavakyas of Upanishads
- Comparison between Big Bang theory and Vedic description of creation
- From Scientific Enquiry to Self-enquiry
- Scientific Method applied to Meditation

REFERENCE BOOKS:

1. Swami Chinmayananda, Mandukya Upanishad (Chinmaya mission)
2. Panda N.C.: Maya in physics

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NARADA BHAKTI SUTRAS

Sub Code: MSY 303

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: Supreme Loves

Chapter 2: Renunciation and Self- Surrender

Chapter 3: Exemplars of Divine Love

Chapter 4: The highest goal of human life

Chapter 5: How to attain supreme love

Chapter 6: Seek holy company

Chapter 7: Preparatory and Supreme Devotion

Chapter 8: The forms of divine love

Chapter 9: Ethical virtues and worship of God

REFERENCE BOOKS:

1. Swami Prabhavananda: Narada's way of divine love (Ramkrishna Math)
2. Swami Tyagisananda: Aphorisms on the gospel of divine love or Narada Bhakti Sutras (Ramkrishna Math)
3. Swami Chinmayananda: The NaradaBhakta Sutras

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YOGA THERAPY AND OTHER SYSTEMS OF HEALING

Sub Code: MSY 304

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

CO-1: understand the basic concepts of ayurveda.

CO-2: understand the basic concepts of unani, siddha & homeopathy.

CO-3: understand and compare the concepts of yoga with other systems of healing.

Chapter 1: Principles and Practice of Ayurveda and Naturopathy

Ayurveda:

- The four aspects of life (Soul, Mind, Senses and Body)
- Pancamahabhutas (the five element theory)
- Ahara, Vihara, and Ausadhi (three pillars of ayurveda)
- Concept, role and importance of –Dosa,Dhatu, Mala, Updhatu, Srotas, Indirya, Agni, Prana, Pranayatna, Prakriti, DehaPrakati, ManasPrakrti
- Concept of Dinacarya (daily routine), concept of Rtucarya(seasonal routine), svasthavrta and sadvrta in Ayurveda
- The disease process in Pancakarma theory
- Concept of Pancakarma in managing a disease(five main procedures)
- Concept of Purvakarma (preparing for pancakarma)

Naturopathy:

- General introduction, definition, history and principles of Nisargopacara
- Concept, role, qualities, functions and importance of five elements. Relationships of five elements with seasons, body and mind
- Philosophy of Nisargopacara-Western and Indiana concept of health and disease in Nisargopacara. Main principles of Naturopathy (Nisargopacara)
- Common principles of Naturopathy & Yoga as a holistic system of medicine
- Hydropathy & Mud therapy
- Natural diet, neutraceuticals, nutrition and fasting therapy
- Manipulative therapies(Massage therapy, Choriopractice and Osteopathy)
- Helio therapy, Color therapy and Magnet therapy

Chapter 2: Principles and Practice of Unani, Siddha and Homeopathy

Chapter 3: Principles and Practice of Reiki, Pranic Healing, Hypnotherapy, Group Therapy, Acupuncture, Psychotherapy, Chromo-therapy, Pranic healing: nature, bioplasmic body, intermediate, self pranic and distant pranic healing.

REFERENCE BOOKS:

1. ChoaKokSui ; The ancient science and art of pranic healing

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ADVANCED YOGA PRACTICE - III

Sub Code: MSY 391

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

CO-1: have an in-depth understanding about various yoga & meditation techniques.

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

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

- Primary series AshtangaVinyasa (PattabiJois)
- Cyclic meditation
- Pranic energization technique
- Mind sound resonance technique
- Mind imagery technique
- VijnanasadhanaKausala
- AnandamritaSinchara

YOGA THERAPY - I

Sub Code: MSY 392

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 cardio vascular diseases
- Integrated approach to Yoga therapy for hypertension
- Integrated approach to Yoga therapy for arthritis
- Integrated approach to Yoga therapy for muscular dystrophy
- Integrated approach to Yoga therapy for back pain
- Integrated approach to Yoga therapy for knee pain
- Integrated approach to Yoga therapy for voice culture
- Integrated approach to Yoga therapy for asthma