

Maulana Abul Kalam Azad University of Technology, West Bengal

(Formerly known as West Bengal University of Technology)

Syllabus of B.Sc. (Yoga)

Effective from academic session 2023-2024

SEMESTER-III

PATANJALI'S YOGA SUTRAS & HATHA YOGA PRADIPIKA

Sub Code: FSY 301

Credits: 5

MODULE 1: Samadhi Pada.

- ✓ Basic introduction to Samadhi Pada
- ✓ Concept of Samadhi according to Patanjali.
- ✓ Types and nature of Samadhi in Yoga Sutra.
- ✓ Concept of Ishvara in Samadhi Pada.

MODULE 2: Sadhana Pada.

- ✓ Basic concept of Kriya-yoga, Theory of Kleshas.
- ✓ Nature of Drsta and Drsyā.
- ✓ Basic concept of Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi.

MODULE 3: Vibhuti Pada.

- ✓ Introduction to Vibhuti Pada
- ✓ Introduction to dharana, dhyana, samadhi and samyama.

MODULE 4: Kaivalya Pada.

- ✓ Introduction to Kaivalya Pada
- ✓ Siddhi, Jatyantara Parinama, Nirmana chitta, Karma, Vasana, Smriti and samskara.

MODULE 5: Hatha Yoga: Its Philosophy and Practices

- ✓ Hatha Yoga, its meaning, definition, aims and objectives.
- ✓ The origin of Hatha Yoga, Important Hatha Yogic Texts.
- ✓ Dos and Don'ts to be followed by the Hatha Yoga Practitioner,
- ✓ Concept of Mitahara, Pathya (conductive) and Apathya (non-conductive).

MODULE 6: Hatha Yogasana Practices

- ✓ Asana
- ✓ Shatkarma and Pranayama.
- ✓ Mudra and bandha
- ✓ Samadhi

REFERENCE BOOKS:

- 1) 1 Rajayoga (Advaita Ashram, Calcutta, 2000).
- 2) 2. Woods, J.H.: The Yoga System of Patanjali (M.L.B.D., Delhi, 1988)
- 3) 3. Iyengar B.K.S.: Light on Yoga Sutras (New York, Schocken Books, 1994).
- 4) 4. Rukmini T.S.: Yoga Vartika of Vijñānabhikṣu (Tr.) Vol I,II,III & IV (Munshiram Manoharlal Pvt. Ltd. New Delhi)

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- 5) 5. Swami Omanandatirtha: Patanjala Yoga Pradeepa (Geeta Press, Gorakhpur, 1994)
- 6) 6. Swami Anant Bharati: Patanjali Yoga Shasta- a study (Hindi) (Swami Keshwananda Yoga Sangthan, Delhi)
- 7) 7. Swami Digambaraji and: Hatha Pradeepika of Svatmarama, Pt: Raghunatha Shastri (Kaivalyadhama, S.M.Y.M.Samiti, Lonavala, 1998)
- 9) 8. Swami Muktibodhananda: Hatha Yoga Pradeepika, The light on Hatha Yoga (Bihar School of Yoga, Munger, 1985)
- 10) 9. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice (M.L.B.D. Delhi, 2000)
- 11) 10. Burnier, Radha: Hathayoga Pradipika of Svatmarama (The Adyar Library publications, Chennai. 2000)
- 12) 11. Swami Maheshanandaji and Others: Shiva Samhita (Kaivalyadhama, S.M.Y.M. Samiti, Lonavala, 1999)
- 13) 12. Woodroffe, Sir John 6. Bharati, Veda: The Serpent power. (Ganesh & Company, Madras, 2000)
- 14) 13. Bharati, Veda: Philosophy of Hatha Yoga (English) (Himalayan International Institute of Yoga Science and Philosophy, 1998, 2nd Rev. ed. Pennsylvania).
- 15) 14. Mr Dwivedi: Nath Sampradaya of Hatha Yoga, Publications, Hindustani Academy, Allahabad, Uttar Pradesh, 1950)
- 17) 15. B. K. S. Iyengar: Light on Yoga.
- 18) 16. Pattabi Jois: Yoga Mala.

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ADVANCED YOG ABHYASA – I

Sub Code: BSY 302 & BSY 392

Credits: 3+2

MODULE 1: Suryanamaskar

- ✓ Introduction to Suryanamaskar (The Sun Salutation)
- ✓ Technique of Suryanamaskar Practice (Sivananda)

MODULE 2: Asanas

- ✓ Understanding of the five spinal movements

MODULE 3: Standing Posture:

- ✓ Tadasana
- ✓ Vrksasana
- ✓ Trikonasana
- ✓ ParivrttaTrikonasana
- ✓ Parshvakonasana
- ✓ ParivrttaParshvakonasana
- ✓ Prasarithapadottanasana
- ✓ Veerabhadrasana Series
- ✓ UtthitaHasthaPadangustasana
- ✓ Natarajasana
- ✓ Garudasana
- ✓ Ardhashandrasana
- ✓ UrdhvaPrasarithaEkapadasana
- ✓ ArdhaBaddhaPadmotanasana
- ✓ Ubhaya Hasta Padangustasana

MODULE 4: Sitting Posture

- ✓ Gomukhasana
- ✓ Vajrasana
- ✓ Veerasana
- ✓ Padmasana
- ✓ Siddhasana
- ✓ Ustrasana
- ✓ Kakasana
- ✓ EkaPada Raja Kapotasana
- ✓ EkapadaKoudinya Series
- ✓ JanuShirasana
- ✓ Paschimottasana
- ✓ Marichasana A, B, C
- ✓ BaddhaKonasana
- ✓ UpavisthaKonasana
- ✓ ParivrttaJanuShirasana
- ✓ ArdhaMatsyendrasana

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MODULE 5: Prone posture

- ✓ Bhujangasana
- ✓ UrdhvaMukhaSwanasana
- ✓ Adhomukhaswanasana
- ✓ Anjaneyasana
- ✓ Shalabhasana
- ✓ Dhanurasana
- ✓ ChaturangaDandasana

MODULE 6: Supine Posture

- ✓ PurvaUttanasana
- ✓ Sethubandhasana
- ✓ UrdhvaDhanurasana
- ✓ Matsyasana
- ✓ Sarvangasana
- ✓ Halasana
- ✓ Karnapeedasana
- ✓ Sirsasana

REFERENCE BOOKS:

- 1) Swami SatyanandaSaraswati: Asana, Pranayama, Mudra, Bandha (Yoga Publications Trust, Munger, Bihar, India).
- 2) Swami MuktibodhanandaSaraswati: Hatha Yoga Pradeepika, Yoga Publications Trust (Munger, Bihar, India).
- 3) Light on Yoga: B K S Iyengar.

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SEMESTER -IV

BHAGAVAD GITA

Sub Code: FYBSY 401

Credits: 4

MODULE 1:

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

MODULE 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.

MODULE 3:

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

MODULE 4:

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

MODULE 6:

- ✓ 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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NARADA BHAKTI SUTRAS

Sub Code: BSY 402

Credits: 4

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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ADVANCED YOGA ABHYASA– II

Sub Code: FYBSY403 & FYBSY 493

Credits: 3+2

MODULE 1:

- ✓ Therapeutic Surya Namaskara
- ✓ In depth knowledge and demonstration ability to perform Surya Namaskara

MODULE 2:

- ✓ 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

MODULE 3:

- ✓ Knowledge of movement of key joints of the body and the demonstrated ability to perform the same
- ✓ Neck
- ✓ Shoulder
- ✓ Trunk
- ✓ Knee
- ✓ Ankle

MODULE 4:

- ✓ Knowledge of the benefits of each of these practices and their compounding effect on the gross bodies

MODULE 5

- ✓ The Sanskrit names of the Asanas along with breath awareness, detailed benefits, and caution

REFERENCE BOOK:

- 1) Swamami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha (Yoga Publications Trust, Munger, Bihar, India).
- 2) 2. Swami Muktibodhananda Saraswati: Hatha Yoga Pradeepika, Yoga Publications Trust (Munger, Bihar, India).
- 3) 3. Light on Yoga: B K S Iyengar