



**Anekant Education Society's**

**Tuljaram Chaturchand College of Arts, Science and Commerce**

(Autonomous)

(Affiliated to Savitribai Phule Pune University, Pune )

CBCS Syllabus

**(Faculty of Humanities)**

**For the**

**Bachelor of Arts Programme (B.A.)**

**Semester-I**

**For Department of Yoga**

**Tuljaram Chaturchand College of Arts Science and Commerce, Baramati.**

**Choice Based Credits System Syllabus (2023 Pattern)**

**(As Per NEP2020)**

**To be Implemented from Academic Year 2023-2024**

## Course Structure for F. Y. B.A. (2023 Pattern)

Sem.	Course Type	Course Code	Title of the Course	Theory/Practical	No. of Credits
I	Open Elective	YOG -116- OE	Yoga and Health	Theory	2
	Open Elective	YOG- 117 -OE	Yoga and Health	Practical	2
	Co Curricular	YOG - CC	Health and Wellness	Practical	2
II	Minor	YOG -161 -MN	Astang Yog	Theory	2
	Open Elective	YOG -166 -OE	Foundation of Yoga	Theory	2
	Open Elective	YOG -167 -OE	Foundation of Yoga	Practical	2
		1 Credit = 15 Hrs.			

**Preamble:**

Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga and how to develop yogic lifestyle. This course looks at training the enthusiasts to become Yoga trainer so that they could teach yoga.

**Programme Specific Outcome (PSO)**

PSO1 Students will attain physical, mental fitness, strength, and flexibility.

PSO2.Students should develop ability to effectively use Yoga as a therapeutic modality through the integration of diverse approaches to this field.

PSO3.Students will exhibit all round personality development.

PSO4.It will make people aware of the therapeutic and preventive value of Yoga.

PSO5.It will promote health awareness towards holistic approach of health.

PSO6.It will create competent professional Yoga trainers and therapists of high caliber.

PSO7.Students will be able to develop and be able to demonstrate a comprehensive understanding of Indian traditional practices and philosophies underlying the concept of Yoga.

PSO8.The students will be introduced to the essential elements of a yogic lifestyle, the concept of health and disease, and their remedies through yoga practices.

PSO9.The program will develop a basic understanding of human anatomy & human physiology.

PSO10.Students should be able to work towards realization of health for all, as a national goal through Yoga.

**SYLLABUS (CBCS as per NEP 2020) FOR F. Y. B. A.**

(w. e. from June, 2023)

<b>Name of the Programme</b>	<b>: B.A.</b>
<b>Program Code</b>	<b>: UAYOG</b>
<b>Class</b>	<b>: F.Y.B.A.</b>
<b>Semester</b>	<b>: I</b>
<b>Course Type</b>	<b>: CC</b>
<b>Course Name</b>	<b>: Health &amp; Wellness</b>
<b>Course Code</b>	<b>: UAYOG- CC</b>
<b>No. of Lectures</b>	<b>: 30</b>
<b>No. of Credits</b>	<b>: 02</b>

### A) Course Objectives:

#### To acquaint the students with:

1. To demonstrate an understanding of health-related fitness components with respect to yoga.
2. The course will provide deeper insight into the curriculum of Yogic Sciences along with the practical applications of Yoga.
3. To create interest in students for the practice of yogasanas.
4. To introduce Yoga therapy, its principles and practices of Yoga.
5. To Promote Positive Health in the Student through Yoga and enabling and imparting skill in them to practice.
6. To Understand and apply practical applications of Yoga.
7. To Practicing meditations.

### B) Course Outcomes:

#### After completion of this course the students will be able:

- CO1.Demonstrate an understanding of health-related fitness components with respect to yoga.
- CO2.Deeper insight into the curriculum of Yogic Sciences along with the practical applications of Yoga.
- CO3.Practicing yogasanas.
- CO4.Understand Yoga therapy, its principles and practices of Yoga.
- CO5.Promoting Positive Health in the Student through Yoga and enabling and imparting skill in them to practice.
- CO6.Understand and apply practical applications of Yoga.
- CO7.Practicing meditations.

### Topics & Learning Points

**UNIT1: Prayer, Suryanamskar, Asanas****(10 Lectures)****Standing Postures-**

1. Tadasana,
2. Trikonasan,
3. Vrukshasana,
4. Ardhkatichakrasana,
5. Padhastasana,
6. Konasan,
7. Utkatasan

**UNIT2: Sitting, Abdominal and Supine Posture****(10 Lectures)****Sitting Posture**

1. Padmasan
2. Vajrasan
3. Yogmudra
4. Parvatasan
5. Swastikasan
6. Ushtrasan
7. Vakrasan
8. Akarn Dhanurasan

**Abdominal Postures-**

1. Ardhsalabhasan
2. Bhujangasan
3. Sarpasan

**Supine Postures-**

1. Shavasan
2. Setubandh Sarvangasan
3. Nauksan
4. Vipritkarani
5. Pavanmuktasan
6. Sarvangasan
7. Halasan

**UNIT3: Kriya , Pranayam and Meditation****(10 Lectures)****Kriya-**

1. Kapalbhati

**Pranayam-**

1. Ujjai
2. Nadishodhan
3. Bhasrika
4. Bhramari

**Meditation-**

10 Minutes

**References:**

1. Swami Kuvlyananda, (1994). Asana. Kaivalyadhama Yog Samiti, Lonavala.
2. Swami Kuvlyananda, (1994). Pranayama. Kaivalyadhama Yog Samiti, Lonavala.
3. Gharote, M. L., (1990). *Yogik Prakriyanche Margdarshan*. Kaivalyadhama Yog Samiti, Lonavala.
4. Tiwari, O. P., (2002). Asana Why and How?. Kaivalyadhama Yog Samiti, Lonavala.
5. Sharma, P. D. (2008). *Yogasana & Pranayama for Health*, Navneet Publication, Mumbai.
6. Waman, R.R., (2006). *Yog ani arogya*. Tilak maharashtra university Pune.
7. Waman, R.R., (2006). *Yoga Practical*. Tilak maharashtra university Pune.
8. Anand Rishi, (2001). *Patnjali Yogsutra Ek Abhayas*. Rajhans Prakashan Pune.
9. Gharote, M. L., (1985). *Yogic Techniques* Yoga Institute Kaivalyadhama Lonavala.

**SYLLABUS (CBCS as per NEP 2020) FOR F. Y. B. A.****(w. e. from June, 2023)**

<b>Name of the Programme</b>	<b>: B.A.</b>
<b>Program Code</b>	<b>: UAYOG</b>
<b>Class</b>	<b>: F.Y.B.A.</b>
<b>Semester</b>	<b>: I</b>
<b>Course Type</b>	<b>: Open Elective</b>
<b>Course Name</b>	<b>: Yoga and Health (Theory)</b>
<b>Course Code</b>	<b>: UAYOG- 116- OE</b>
<b>No. of Lectures</b>	<b>: 30</b>
<b>No. of Credits</b>	<b>: 02</b>

**A) Course Objectives:****To acquaint the students with:**

1. To improve physical conditioning related to flexibility through practice of Yoga.
2. To enable students to understand the yogic therapy and its application.
3. Get knowledge of the interconnections between the body, the breath, the mind, and the emotions in the context of maintaining resilience and well-being
4. To recognize and apply the value and benefits of an on-going yoga practice
5. The students would be able to describe the meaning, definition and need of yoga skills to improve health.
6. To understand the yogic principles of healthy life styles.
7. To get acquainted the competencies and skills needed to become a professional Yoga resource person.

**B) Course Outcomes:**

**After completion of this course the students will be able:**

- CO1.Improve physical conditioning related to flexibility through practice of Yoga.
- CO2.Understand the yogic therapy and its application.
- CO3.The interconnections between the body, the breath, the mind, and the emotions in the context of maintaining resilience and well-being
- CO4.Apply the value and benefits of an on-going yoga practice
- CO5.Describe the meaning, definition and need of yoga skills to improve health.
- CO6.Understand the yogic principles of healthy life styles.
- CO7.Acquainted the competencies and skills needed to become a professional Yoga resource person.

**Topics & Learning Points**

**UNIT1: Yoga- Use in daily Life (Ashtang Yog) (10 Lectures)**

**UNIT2: Physical & Mental Health and Importance of Yoga (10 Lectures)**

**UNIT3: Social & Spiritual Health and Importance of Yoga (10 Lectures)**

**References:**

1. Swami Kuvlyananda, (1994). Asana. Kaivalyadhama Yog Samiti, Lonavala.
- 2.Swami Kuvlyananda, (1994). Pranayama. Kaivalyadhama Yog Samiti, Lonavala.
- 3.Gharote, M. L., (1990). *Yogik Prakriyanche Margdarshan*. Kaivalyadhama Yog Samiti, Lonavala.
- 4.Tiwari, O. P., (2002). Asana Why and How?. Kaivalyadhama Yog Samiti, Lonavala.
- 5.Waman, R.R., (2006). *Yog ani arogya*. Tilak maharashtra university Pune.
- 6.Waman, R.R., (2006). *Yoga Practical*. Tilak maharashtra university Pune.
- 7.Anand Rishi, (2001). *Patnjali Yogsutra Ek Abhayas*. Rajhans Prakashan Pune.
- 8.Gharote, M. L., (1985). *Yogic Techniques* Yoga Institute Kaivalyadhama Lonavala.

**SYLLABUS (CBCS as per NEP 2020) FOR F. Y. B. A.**

(w. e. from June, 2023)

<b>Name of the Programme</b>	<b>: B.A.</b>
<b>Program Code</b>	<b>: UAYO</b>
<b>Class</b>	<b>: F.Y.B.A.</b>
<b>Semester</b>	<b>: I</b>
<b>Course Type</b>	<b>: Open Elective</b>
<b>Course Name</b>	<b>: Yoga and Health (Practical)</b>
<b>Course Code</b>	<b>: UAYOG -117-OE</b>
<b>No. of Lectures</b>	<b>: 30</b>
<b>No. of Credits</b>	<b>: 02</b>

### A) Course Objectives:

**To acquaint the students with:**

1. The course will provide deeper insight into the curriculum of Yogic Sciences along with the practical applications of Yoga.
2. To create interest in students for the practice of yogasanas and meditations.
3. To introduce Yoga therapy, its principles and practices of Yoga.
4. To Promote Positive Health in the Student through Yoga and enabling and imparting skill in them to practice.
5. To develop Personality of the learners at all levels.
6. To impart the knowledge of yog practices.
7. To motivate yog as a profession.

### B) Course Outcomes:

**After completion of this course the students will be able to:**

- CO1.Students will gain deeper insight into the curriculum of Yogic Sciences along with the practical applications.
- CO2.Create interest in students for the practice of yogasanas and meditations.
- CO3.Understand the Yoga therapy, its principles.
- CO4.Aware about Positive Health through Yoga.
- CO5.Develop Personality at all levels.
- CO6.Learn about the knowledge of yog practices.
- CO7.Motivated yog as a profession.

### Topics & Learning Points

#### UNIT1: Prayer, Suryanamskar, Asanas

**(10 Lectures)**

#### Standing Postures-

8. Tadasana,
9. Trikonasan,
10. Vrukshasana,
11. Ardhkatichakrasana,
12. Padhastasana,
13. Konasan,
14. Utkatasan

**UNIT2: Sitting, Abdominal and Supine Posture****(10 Lectures)****Sitting Posture**

9. Padmasan
10. Vajrasan
11. Yogmudra
12. Parvatasan
13. Swastikasan
14. Ushtrasan
15. Vakrasan
16. Akarn Dhanurasan
17. Gomukhasan
18. Sinhasan

**Abdominal Postures-**

4. Ardhsalabhasan
5. Bhujangasan
6. Sarpasan
7. Makarasan

**Supine Postures-**

8. Shavasan
9. Setubandh Sarvangasan
10. Nauksan
11. Vipritkarani
12. Pavanmuktasan
13. Sarvangasan
14. Halasan

**UNIT3: Kriya, Pranayam and Meditation****(10 Lectures)****Kriya-**

- C) Kapalbhati
- D) Jalneti

**Pranayam-**

8. Ujjai
9. Nadishodhan
10. Bhasrika
11. Bhramari

**Meditation-**

15 Minutes



**References:**

2. Swami Kuvlyananda, (1994). Asana. Kaivalyadhama Yog Samiti, Lonavala.
3. Swami Kuvlyananda, (1994). Pranayama. Kaivalyadhama Yog Samiti, Lonavala.
4. Gharote, M. L., (1990). *Yogik Prakriyanche Margdarshan*. Kaivalyadhama Yog Samiti, Lonavala.
5. Tiwari, O. P., (2002). Asana Why and How?. Kaivalyadhama Yog Samiti, Lonavala.
6. Sharma, P. D. (2008). *Yogasana & Pranayama for Health*, Navneet Publication, Mumbai.
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9. Anand Rishi, (2001). *Patnjali Yogsutra Ek Abhayas*. Rajhans Prakashan Pune.
10. Gharote, M. L., (1985). *Yogic Techniques* Yoga Institute Kaivalyadhama Lonavala.

**Examination Pattern / Evaluation Pattern**

Teaching and Evaluation (for Major, Minor, AEC, VEC, IKS courses)

Course Credits	No. of Hours per Semester	No. of Hours per Week	Maximum Marks	CE	ESE
	Theory/Practical	Theory/Practical		40 %	60%
1	15 / 30	1 / 2	25	10	15
2	30 / 60	2 / 4	50	20	30
3	45 / 90	4 / 6	75	30	45
4	60 / 120	4 / 8	100	40	60

**Teaching and Evaluation (for VSC, SEC & CC courses)**

- Evaluation to be done by Internal & External Experts
- No descriptive end semester written examination
- Evaluation to be done at Department level preferably prior to commencement of Theory /Practical Examinations
- Evaluation to be done on the Skills gained by student