

Anekant Education Society's  
**Tuljaram Chaturchand College of Arts, Science and Commerce,**  
**Baramati**  
**Autonomous status**  
**Department of Yoga**  
**S.Y.B.A. General Paper Yoga Vidya I Semester III Syllabus 2023-2024**

<b>Semester III</b>		
<b>UAYO231</b>	<b>G-2</b>	<b>Yoga Vidya I</b>

**Learning Objectives**

1. To motivate the students for higher education in yoga.
2. To acquire subject knowledge of YogaVidya.
3. To acquire skills required for studying yogavidya.
4. To achieve professional career in the field of yogavidya.

**2. Work load of yoga Vidya for SYBA**

1. Theory - Not more than 120 Students in a class.
2. Practical's-20 Students per batch, each batch of practical's shall not be more than 20 students
3. Four Periods per week. Two(02) for theory and two (02) for practical's.

**Paper Code: UAYO231**  
**Title of Paper: YogVidya I**  
**Credit: 3**  
**No. of lectures: 48**

### **Unit 1 Theory**

1. Educational Process and YogVidya.
2. Social health and YogVidya.
3. Mental health and YogVidya.
4. Stress and Meditation.

### **Unit No. 2 Practical**

1. Prayer
2. Asanas
  - A. MeditativeAsanas Padmasana Vajrasana
  - B. Cultural Asanas  
Sitting Postures Ushtrasana  
Yoga Mudra  
Vakrasana
  - C. Supine Postures  
Halasana  
Viparitkarni  
Sarvangasana
  - D. Prone PosturesShalbhasana Dhanurasana Sarpasana
  - E. StandingPostures  
Vrikshasana  
Garudasana  
Trikonasana
  - F. Relaxative Postures  
ShavasanaMakrasana
3. Kriya  
Kapalbhati  
Trataka
4. Pranayama  
Suryabhedan  
Ujjai
5. Omkarchanting
6. Medltation

## References:-

1. M.L.Gharote - YogikPrakriyaMargadarshan
2. P.D, Sharma - Yogasana - NavneetPrakashan
3. Swami Kuvalyananda - Yogasana -kaiValyadhama
4. M.L.Gharote - YogikPrakriya
5. M.L.Gharote— Pranayama — Swasachshastra
6. B.K.S. tyengar— Light on Yoga.

## Evaluation Procedures:

Assessment will be of two types: Continuous Internal Assessment and Semester End Assessment.

Continuous Internal Assessment will have 40% weightage and Semester End Assessment will carry 60% weightage.

## Pattern for Continuous Internal Assessment in both the semesters:

There will be compulsory Internal Mid-Semester written test in Continuous Internal Assessment.

## Continuous Internal Assessment

Compulsory Written test	Oral	Total Marks
20 Marks	20 Marks	40

## Pattern for Semester End Assessment in both the semesters:

The Semester End Assessment shall cover the entire syllabus prescribed for the course.

## Question Paper Pattern for Semester End Examination (SEE) for both semesters.

The details of Question Paper Pattern for offline Examination should be mentioned here.

**Time: 2 Hours Theory Examination**

**Total Marks:30**

Q.1 :  $1 \times 4 = 04$

Q.2 :  $2 \times 5 = 10$

Q.3 :  $2 \times 8 = 16$

**Practical Examination**

**Total Marks: 30**

1) Compulsory Asana =  $2 \times 5 = 10$

2) Optional Asana =  $2 \times 5 = 10$

3) Kriya =  $1 \times 5 = 05$

4) Pranayam =  $1 \times 5 = 05$

**Important Notes:**

**The Student is eligible to appear for external examination if he/she completes minimum 50% of the said practical.**

**Equipment:** Chart, Audio - Visual aids, B.P. Apparatus, Stopwatch, Yoga mat / Dari/ Satranji.

