



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)

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

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. Ardhatichakrasana,
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. Ardshshalbhasan
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. Kaplbhati

Pranayam-

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

Meditation-

10 Minutes

Mapping of Program Outcomes with Course Outcomes

Class: F.Y. B. A. (Semester- I)

Subject: Yoga

Course: Health & Wellness

Course Code: UAYOG- CC

*Weightage: 1= weak or low relation, 2= moderate or partial relation, 3= strong or direct relation

Course Outcomes	Programme Outcomes (POs)							
	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8
CO 1			3					
CO 2					3			
CO 3				3				
CO 4		3						
CO 5								3
CO 6						3		
CO 7								3

Justification for the Mapping

PO1: Research-Related Skills:

PO2: Effective Citizenship and Ethics:

CO4: Understanding and appreciating the cultural and philosophical context that shaped the evolution of yoga enhances effective citizenship and ethics by fostering cultural awareness, respect, and ethical considerations within a diverse and interconnected global community.

PO3: Social Competence:

CO1: Students critically assessing and debunking common misconceptions surrounding yoga enhances social competence by promoting accurate and informed discussions, contributing to a more nuanced and respectful understanding of yoga within the broader societal context.

PO4: Disciplinary Knowledge:

CO3: Gaining a comprehensive knowledge of the historical roots of yoga, including the identification of key milestones and influences, contributes to disciplinary knowledge by providing a foundational understanding of the evolution and cultural context of yoga practices.

PO5: Personal and Professional Competence:

CO2: Developing the ability to articulate and educate others about the true principles and benefits of yoga enhances personal and professional competence by equipping individuals with effective communication skills, promoting a deeper understanding of yoga, and fostering positive engagement in various personal and professional contexts.

PO6: Self-Directed and Lifelong Learning:

CO1: Assessing the applicability of each type of yoga in various life contexts enhances self-directed and lifelong learning by enabling individuals to adapt and integrate diverse yogic practices into their lives, fostering continuous personal development and well-being.

PO7: Environment and Sustainability:

PO8: Critical Thinking and Problem Solving

CO5: Differentiating and explaining the principles and practices associated with Hatha Yoga, Patanjali Yoga, Bhakti Yoga, Karma Yoga, and Dnyan Yoga fosters critical thinking and problem-solving skills by enabling students to analyse diverse yogic paths, encouraging a nuanced understanding of their applications and implications.

CO7: Demonstrating the integration of yoga practices into daily life, including the development of a consistent prayer practice, proficiency in diverse asanas, understanding of breathing techniques, and the skill of chanting Omkar, exemplifies self-directed and lifelong learning by actively pursuing and incorporating multifaceted aspects of yoga for improved physical, mental, and spiritual well-being.

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)**

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

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.

A) 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.

Mapping of Program Outcomes with Course Outcomes

Class: F.Y.B. A. (Semester- I)

Subject: Yoga

Course: Yoga and Health (Theory)

Course Code: UAYOG- 116- OE

*Weightage: 1= weak or low relation, 2= moderate or partial relation, 3= strong or direct relation

Course Outcomes	Programme Outcomes (POs)							
	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8
CO 1	2			3		3		
CO 2					3			
CO 3								3
CO 4						3		
CO 5		3						
CO 6							3	
CO 7						3		

Justification for the Mapping

PO1: Research-Related Skills:

CO1 Incorporating mental development practices like Pratyahara, Dharana, and Meditation into daily life enhances focus and self-realization, aligning with research-related skills by fostering cognitive abilities essential for scholarly inquiry and analytical thinking.

PO2: Effective Citizenship and Ethics:

CO5 Applying the ethical principles of Yama and Niyama empowers individuals to contribute to effective citizenship by fostering ethical behaviour in personal and social contexts, thereby promoting a foundation of strong ethics within the broader community.

PO3: Social Competence:

CO4: CO4 enhances students' social competence and communication skills by instilling an understanding of the significance of norms in psychological testing, including proficiency in statistical concepts related to norms, their types, development, and application across various testing contexts.

PO4: Disciplinary Knowledge:

CO1: Students will gain a comprehensive understanding of yoga by proficiently expressing its historical and contemporary significance, purpose, and characteristics, aligning with disciplinary knowledge.

PO5: Personal and Professional Competence:

Through exploring a broad spectrum of yoga practices and philosophies, students will cultivate an appreciation for diversity and depth, enhancing both personal and professional competence.

PO6: Self-Directed and Lifelong Learning:

CO1 Students will gain a comprehensive understanding of yoga by proficiently expressing its historical and contemporary significance, purpose, and characteristics, aligning with disciplinary knowledge.

CO4 By demonstrating a comprehensive understanding of the key principles in Samadhi Pada, Sadhana Pada, Vibhuti Pada, and Kaivalya Pada, students engage in self-directed and lifelong learning, achieving a profound mastery of yoga philosophy.

CO7 Incorporating mental development practices like Pratyahara, Dharana, and Meditation into daily life fosters enhanced focus and self-realization, facilitating self-directed and lifelong learning through the cultivation of mindfulness and cognitive awareness.

PO7: Environment and Sustainability:

CO6 Implementing Asana and Pranayama techniques for physical well-being and stress management aligns with principles of environment and sustainability by promoting holistic health practices that contribute to individual well-being and reduce the environmental impact associated with stress-related health issues.

PO8: Critical Thinking and Problem Solving

CO3 Developing critical thinking skills enables students to discern and address misconceptions surrounding yoga, fostering proficiency in critical thinking and problem-solving.

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

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

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. Ardhshalbhasan
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) Kaplbhati
- D) Jalneti

Pranayam-

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

Meditation-

15 Minutes

Mapping of Program Outcomes with Course Outcomes

Class: F.Y.B. A. (Semester- I)

Subject: Yoga

Course: Yoga and Health (Practical)

Course Code: UAYOG -117-OE

*Weightage: 1= weak or low relation, 2= moderate or partial relation, 3= strong or direct relation

Course Outcomes	Programme Outcomes (POs)							
	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8
CO 1					3			
CO 2			3					
CO 3								3
CO 4								3
CO 5	3							
CO 6	3							
CO 7					3			

Justification for the Mapping

PO1: Research-Related Skills:

CO5: Developing a consistent and meaningful prayer practice for spiritual and mental well-being fosters research-related skills by providing individuals with introspective tools that enhance mindfulness, self-reflection, and overall mental clarity.

CO6: Demonstrating competence in performing various categories of asanas and understanding their physical and mental benefits enhances research-related skills by providing a practical foundation for investigating the therapeutic and physiological aspects of yoga in the context of overall well-being.

PO2: Effective Citizenship and Ethics:

PO3: Social Competence:

CO2: Recognizing the interconnectedness of social health and Yog Vidya, integrating its principles for community welfare, fosters social competence by promoting a holistic approach to well-being that considers the collective benefit and harmony within a community.

PO4: Disciplinary Knowledge:

PO5: Personal and Professional Competence:

CO1: Students identifying and analysing the causes and effects of frustration and applying Yog Vidya as a tool for emotional regulation enhances personal and professional competence by fostering self-awareness and equipping individuals with practical skills for managing emotions in various life contexts.

CO7: Applying kriyas, pranayama techniques, Omkar chanting, and meditation for stress reduction, increased focus, and overall mental clarity enhances personal and professional competence by providing

effective tools for managing stress, fostering concentration, and promoting mental well-being in various life situations.

PO6: Self-Directed and Lifelong Learning:

PO7: Environment and Sustainability:

PO8: Critical Thinking and Problem Solving

CO3: Applying Yog Vidya practices to promote mental health and resilience in various life situations enhances critical thinking and problem-solving skills by providing individuals with effective tools for emotional regulation and adaptive coping strategies.

CO4: Evaluating the integration of Yog Vidya in the educational process, understanding its potential for enhancing cognitive abilities and overall learning, aligns with critical thinking and problem-solving by recognizing the positive impact of mindfulness practices on students' mental clarity, focus, and academic performance.

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.

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 40 %	ESE 60%
	Theory/Practical	Theory/Practical			
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