



Anekant Education Society's

**Tuljaram Chaturchand College, Baramati**

**(Autonomous)**

**DEPARTMENT OF YOGA**

Subject: Co-Curricular Course (CC)

Name of the Paper: Yoga and Wellness: YOG-156-  
CC

Semester- II

**NEP-2.0**

**Choice Based Credit System Syllabus**

**(2024 Pattern)**

**(As per NEP-2020)**

To be implemented from the Academic Year 2024-2025

## **Title of the Paper: Yoga and Wellness (Semester II)**

### **Preamble**

AES's Tuljaram Chaturchand College has decided to change the syllabus of various faculties from June, 2023 by taking into consideration the guidelines and provisions given in the National Education Policy (NEP), 2020. The NEP envisions making education more holistic and effective and to lay emphasis on the integration of general (academic) education, vocational education and experiential learning. The NEP introduces holistic and multidisciplinary education that would help to develop intellectual, scientific, social, physical, emotional, ethical and moral capacities of the students. The NEP 2020 envisages flexible curricular structures and learning based outcomes for the development of the students. The credit structure and the courses framework provided in the NEP are nationally accepted and internationally comparable.

The rapid changes in science and technology and new approaches in different areas of Geography and related subjects, Board of Studies in Geography of Tuljaram Chaturchand College, Baramati - Pune has prepared the syllabus of FYBA Geography Semester - I under the Choice Based Credit System (CBCS) by following the guidelines of NEP 2020, NCeF, NHEQF, Prof. R.D. Kulkarni's Report, GR of Gov. of Maharashtra dated 20<sup>th</sup> April, 16<sup>th</sup> May 2023 and 13<sup>th</sup> March, 2024 and Circular of SPPU, Pune dated 31<sup>st</sup> May 2023 and 2<sup>nd</sup> May 2024.

The revised FYBA syllabus is proposed with utmost care and consideration to maintain the continuity in the flow of information of syllabus at SYBA and TYBA general levels. Considering the prerequisites of the current trends in the field of yoga some of the modules have been upgraded and modified. The syllabus has been built with the intention of enhancing the student's skills in theoretical understanding as well as generates awareness of recent developments in the field of yoga in India and the application of the theories and practical. This course aims at enriching the minds of students and it has aims to develop a multidimensional understanding of the topics. It attempts to approach new areas of learning, develop competencies in the students thereby opening various avenues for self-discovery, academic understanding and employment. Students would be encouraged to develop an understanding of real-life issues and participate in the programs and practices in the social context. Use of ICT and mass media and web-based sources is highly recommended to make the teaching-learning process interactive and interesting.

**Structure of the Course:**

<b>Class</b>	<b>Pattern</b>	<b>Sem</b>	<b>Course Code</b>	<b>Course Title</b>	<b>Course Type</b>	<b>No. of Credits</b>
F.Y	2024	II	YOG-156-CC	Yoga and Wellness	Practical	02

**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.

**Course Outcomes:**

- 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 and Learning Points****Unit-I** (10 Lectures)

- 1.1 Prayer
- 1.2 Asanas
- 1.3 Meditative Asana - Padamasana, Vajrasana
- 1.4 Cultural Asana Sitting Postures- Vakrasana, Gomukhasana
- 1.5 Supine Postures- Naukasana, Pavanmuktasana, Ardh Halasana

**Unit-II** (10 Lectures)

- 2.1 Prone Posture- Dhanurasana
- 2.2 Standing Postures- Garudasana, Trikonasana
- 2.3. Relaxtative Postures- Shavasan, Makarasan

**Unit- III** (10 Lectures)

- 3.1 Kriya- Kapalbhathi, Trataka
- 3.2 Bandha: Jivabandh
- 3.3 Pranayam- Anu-Lom vilom, Bhasrika, Bharmari
- 3.4 Meditation (Patanjali Meditation)
- 3.5 Omkar Chanting

**Reference Books**

1. Gharote, M. L., (1990). Yogik Prakriyanche Margdarshan. The Lonavala Yoga Institute, Lonavala.
2. Waman, R.R., (2006). Yog ani arogya. Tilak maharashtra university Pune.
3. Waman, R.R., (2006). Yoga Practical. Tilak maharashtra university Pune.
4. Anand Rishi, (2001). Patnjali Yogsutra Ek Abhayas. Rajhans Prakashan Pune.
5. Gharote, M. L., (1985). Yogic Techniques Yoga Institute Kaivalyadhama Lonavala.
6. Scientific Yoga-Youtube Channel, Kaivlyadhama Yog (2020), Lonava

### Mapping of Program Outcomes with Course Outcomes

Class: UG FY

Subject: Yoga

Course: Co-Curricular

Course Code: YOG-156-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:

PO3: Social Competence:

CO4: Evaluating the role of yoga in achieving balance and harmony in personal and social aspects of life enhances social competence by providing individuals with tools to foster well-being, resilience, and positive relationships within themselves and their broader communities.

PO4: Disciplinary Knowledge:

CO2: Developing an appreciation for the cultural and historical context that shapes diverse perspectives on yoga contributes to disciplinary knowledge by providing a contextual understanding of the roots and evolution of yoga, enriching the study of this multifaceted discipline.

PO5: Personal and Professional Competence:

CO5: Recognizing the importance of asanas in maintaining physical health and mental balance contributes to personal and professional competence by fostering a holistic approach to well-being, promoting physical vitality, and enhancing mental clarity in various life contexts.

CO7: Evaluating the potential applications of yoga in professional settings and recognizing the value of incorporating yoga practices for personal and professional development enhances personal and professional competence by acknowledging the positive impact of yoga on stress management, focus, and overall well-being in the workplace.

PO6: Self-Directed and Lifelong Learning:

CO1: Students critically analysing and discussing different interpretations and definitions of yoga exemplifies self-directed and lifelong learning by fostering a nuanced understanding of diverse perspectives, encouraging continuous exploration, and enhancing their ability to adapt to evolving interpretations of yoga.

PO7: Environment and Sustainability:

CO-6: Understanding the significance of pranayama in regulating breath and promoting vitality aligns with environment and sustainability by fostering a mindful connection to one's breath, promoting overall well-being, and encouraging a deeper appreciation for the interdependence of individual health and environmental balance.

PO8: Critical Thinking and Problem Solving

CO3: Understanding and articulating the holistic goals and specific objectives of yoga in promoting well-

being Department of Yoga thinking and problem-solving skills by fostering a comprehensive analysis of how yogic principles contribute to physical, mental, and emotional health

BOS Chairman

IQAC Coordinator

Principal

