



Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
(Autonomous)

Three/Four Year Honours/ Honour with research B.A. Degree
Program in Yoga
(Faculty of Arts/ Science/Commerce/Vocational)

CBCS Syllabus
FYBA (Yoga)
For Department of Yoga

NEP-2.0
Choice Based Credit System Syllabus
(2024 Pattern)
(As Per NEP2020)

To be Implemented from Academic Year 2024-2025

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 Yoga and related subjects, Board of Studies in Psychology and Yoga of Tuljaram Chaturchand College, Baramati - Pune has prepared the syllabus of FYBA Yoga Semester - I under the Choice Based Credit System (CBCS) by following the guidelines of NEP 2020, NCRF, NHEQF, Prof. R.D. Kulkarni's Report, GR of Gov. of Maharashtra dated 20th April, 16th May 2023 and 13th March, 2024 and Circular of SPPU, Pune dated 31st May 2023 and 2nd 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's. 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.

Programme Specific Outcomes (PSOs)

PSO1 Students will learn the basic concepts of the field of yoga with an emphasis on application of yoga in everyday life.

PSO2. The students will be able to develop an understanding of the concept of individual differences with the goal to promote self-reflection and understanding of self and others.

PSO3.Students develop an understanding of the individual in relation to the social world, it also introduces students to the realm of social influence as to how individuals think feel and behave in social situations.

PSO4.Students develops a sound knowledge about the psychometric tools and assessment.

PSO5.To facilitate learner to pursue career in professional areas of yoga.

PSO6.To equip the learner with an understanding of the concept and process of human Development across the lifespan.

PSO7.To develops an awareness of the concepts related to organizational behavior and also helps the students to develop connectivity between the concepts and practices of organizations.

PSO8.To develops an awareness of yogic asanas and kriyas.

PSO9.To learns the theoretical aspects of yoga as well as the skills, techniques and their applications.

PSO10.The students will be able to communicate efficiently yoga reports and information to concerned parties.

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Board of Studies (BOS) in Yoga

From 2022-23 To 2024-25

Sr.No	Name	Designation
1	Dr. Vijaykumar B. Shinde	Chairman
2	Dr. Shirish k. Shitole	Member (Expert From other university)
3	Dr. Rajendra R. Waman	Member (Expert from SPPU, Pune)
4	Dr. Bhupender Singh	Member (Expert From other university)
5	Mr. Sandip Shinde	Member (Representative From Industry)
6	Mrs. Smita B. Shah	Member (Meritorious Alumni)
7	Dr. Ramchandra D. Jagtap	Member
8	Dr. Jyotiram N. Awate	Member
9	Dr. Ganesh M. Dhame	Member
10	Mr. Datta V. Londhe	Member
11	Ms. Gunashree Raskar	Student Representative (Post Graduation)
12	Ms. Shriley Divekar	Student Representative (Post Graduation)
13	Mr. Prashant Taur	Student Representative (Under Graduate)
14	Ms. Aishwarya Kadam	Student Representative (Under Graduate)

Course and Credit Distribution Structure for BA (Yoga)-2024-2025

Level / Difficulty	Sem	Subject DSC-1	Subject DSC-2	Subject DSC-3	GE/OE	SEC	IKS	AEC	VEC	CC	Total			
4.5/100	I	4 (T)	4 (T)	4 (T)	2(T)	2 (T)	2(T) (Generi e)	2(T)	2 (T)	--	22			
	II	4 (T)	4 (T)	4 (T)	2(P)	2 (T)	--	2(T)	2 (T)	2 (T)	22			
Exitoption :Award of UG Certificate in Major with 44 credits and an additional 4credits core NSQF course/Internship ORC continue with Major and Minor Continue option : Student will select one subject among the (subject1,subject2andsubject3)asmajorandotherasminorandthirdsubjectwill bed ropped.														
Level / Difficulty	Sem	Credits Related to Major				Minor	--	GE/OE	SEC	IKS	AEC	VEC	CC	Total
		Major Core	Major Elective	VSC	FP/OJT/CEP/ RP									
5.0/200	III	6 (T)	--	2 (T)	2(FP)	4 (T)	--	2(T)	--	2(T)	--	2 (T)	22	
	IV	6 (T)	--	2 (T)	2(CEP)	4 (T)	--	2(T)	2 (T)	--	2(T)	--	2 (T)	22
Exitoption: Award of UG Diploma in Major and Minor with 88 credits and an additional 4credits core NSQF course/Internship OR Continue with Major and Minor														
5.5/300	V	12 (T)	4 (T)	2 (T)	2(FP/CEP)	2(T)	--	--	--	--	--	--	22	
	VI	12 (T)	4 (T)	2 (T)	4 (OJT)	--	--	--	--	--	--	--	22	
Total3Years		44	8	8	10	18	8	8	6	4	8	4	6	132
Exitoption: Award of UG Degree in Major with132credits OR Continue with Major and Minor														
6.0/400	VII	10 (T)	4 (T)	--	4(RP)	4(RM)(T)	--	--	--	--	--	--	22	
	VIII	10 (T)	4 (T)	--	6 (RP)	--	--	--	--	--	--	--	22	
Total4Years		64	16	8	22	22	8	8	6	4	8	4	6	176
Four Year UG Honours with Research Degree in Major and Minor with 176 credits														
6.0/400	VII	14 (T)	4 (T)	--	--	4(RM) (T)	--	--	--	--	--	--	22	
	VIII	14 (T)	4 (T)	--	4 (OJT)	--	--	--	--	--	--	--	22	
Total4Years		72	16	8	14	22	8	8	6	4	8	4	6	176
Four Year UG Honours Degree in Major and Minor with 176 credits														
T = Theory P = Practical DSC = Discipline Specific Course OE = Open Elective SEC = Skill Enhancement Course IKS = Indian Knowledge System AEC = Ability Enhancement Course VEC = Value Education Course CC = Co-curricular Course VSC= Vocational Skill Course OJT= On Job Training CEP= Community Engagement Project FP= Field Project RP= Research Project														

F.Y.B.A. Yoga
NEP-2.0

Course Structure for F.Y.B.A. Yoga (2024 Pattern)

Sem	Course Type	Course Code	Course Title	Theory / Practical	Credits
I	DSC-I (General)	-101-GEN	-----	Theory	04
	DSC-II (General)	-101-GEN	-----	Theory	04
	DSC-III (General)	PSY-101-GEN	-----	Theory	04
	Open Elective (OE)	Yog-102-OE	Foundation of Yoga	Theory	02
	Skill Enhancement Course (SEC)	PSY-103-SEC	-----	Theory	02
	Ability Enhancement Course (AEC)	ENG-104-AEC	----	Theory	02
	Value Education Course (VEC)	GEO-105-VEC/ SOC-104-VEC	-----	Theory	02
	Generic Indian Knowledge System (GIKS)	GEN-106-IKS	-----	Theory	02
	Total Credits				
II	DSC-I (General)	-151-GEN	----	Theory	04
	DSC-II (General)	-151-GEN	----	Theory	04
	DSC-III (General)	PSY-151-GEN		Theory	04
	Open Elective (OE)	Yog-152-OE	Yoga and Health	Practical	02
	Skill Enhancement Course (SEC)	PSY-153-SEC	----	Theory	02
	Ability Enhancement Course (AEC)	ENG-154-AEC	----	Theory	02
	Value Education Course (VEC)	GEO-155-VEC SOC-154-VEC	----	Theory	02
	CC	YOG-156-CC	Yoga and Wellness	Practical	02
	Total Credits				
Grand Total Sem I + Sem II					44

**CBSC Syllabus as per NEP 2020 Course Structure for F. Y. B.A. Yoga
(2024Pattern)**

Name of the Programme	: B.A. Yoga
Program Code	: UAYOG
Class	: F.Y.B.A.
Semester	: II
Course Type	: Open Elective
Course Name	: Yoga and Health (Practical)
Course Code	: UAYOG- 152- OE
No. of Credits	: 02
No. of Teaching Hours	: 30

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

- 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-**

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. Ardhsalbhhasan
2. Bhujangasan
3. Sarpasan

Supine Postures-

1. Shavasana
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. Tiwari, O. P., (2002). Asana Why and How?. Kaivalyadhama Yog Samiti, Lonavala.
4. Sharma, P. D. (2008). *Yogasana & Pranayama for Health*, Navneet Publication, Mumbai.
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 Yog sutra 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- II)

Subject: Yoga

Course: Yoga and Health (Practical)

Course Code: UAYOG- 152- OE

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

Programme Outcomes (POs)										
Course Outcomes	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO9	PO10
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.

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.

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

PO9. Digital and technological skills

PO10. Community Engagement

