

SYLLABUS (CBCS as per NEP 2020) FOR S. Y. B. A. (w. e. from June, 2024)

Name of the Programme	: B.A.
Subject	: YOGA
Program Code	: UAYO
Class	: S.Y.B.A.
Semester	: III
Course Type	: MINOR
Course Name	: ANATOMY and YOGA
Course Code	: YOG-211-MN
No. of Lectures	: 60
No. of Credits	: 4

A) Course Objectives

Upon successfully completion of this course, students will be able to:

- CO1): Understand the basic anatomy of the human body.
- CO2): To develop Personality of the learners at all levels.
- CO3): To impart the knowledge of yoga practices.
- CO4): To motivate yoga as a profession.
- CO5) Analyse the structure and functions of the nervous system.
- CO6) Examine the structure and functions of the digestive system.
- CO7) Explore the components and functions of the circulatory system.

B) Course Outcom

After the completion of this course students will gain.

1. Demonstrate knowledge of the fundamental anatomy of the human body.
2. Describe the anatomical features and processes of the digestive system.
3. Explain the structure and functions of the circulatory system.
4. Identify the components and functions of the nervous system.
5. Explore the anatomical structures and functions of the digestive, circulatory, and nervous systems.
6. Practice various yoga asanas (postures) to enhance physical flexibility, strength, and balance.
7. Learn pranayama (breathing exercises) techniques to regulate breath and energy flow.

Topics & Learning Points

UNIT-I Basic Anatomy:

(30 Lectures)

- 1.1) The Human Body
- 1.2) Digestive system
- 1.3) Circulatory System
- 1.4) Nervous System

UNIT-II Practical:

(30 Lectures)

- 2.1) Asane
- 2.2) Pranayam
- 2.3) Patanjali Meditation

REFERENCES:

Sr. No.	Title of Books	Name of Author/s	Publisher	Year	Place
1	Anatomy and Physiology of Yogic Practices	Dr.M.M.Gore	New Age Books,New Delhi	2010	New Delhi
2	Manavi Sharirkriyashstra	Prof.Mohan Sarapte	Harshad Publications,Nanded	2001	Nanded
3					

★ Web References:

1. <https://www.kdham.com>
2. <https://rimyi.org/>
3. <https://www.lonavlayoga.org>

★ Evaluation Procedures:

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

➤ UG Courses

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

Mapping of Program Outcomes with Course Outcomes

CLASS: S.Y.B. A. (SEMESTER- III)
COURSE: MINOR

SUBJECT: YOGA
COURSE CODE: YOG-211-MN

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

A CORRELATIONAL MATRIX TABLE

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

Justification for the Mapping

- PO1 Critical and Creative Thinking:** CO1 - PO1: Understanding basic anatomy involves critical thinking skills in analyzing and evaluating the structure and functions of the human body.
- PO2 Communication Skill:** CO2 - PO2: Developing personality through yoga practices requires effective communication skills to express thoughts and ideas clearly and confidently.
- PO3 Multicultural Competence:** CO3 - PO1, PO3, PO4: Imparting knowledge of yoga practices involves critical and creative thinking, multicultural competence to honor diversity, and research skills to understand and articulate yoga principles.
- PO4 Research Skills:** CO4 - PO6: Understanding basic anatomy involves critical thinking skills in analysing and evaluating the structure and functions of the human body.
- PO5 Environmental awareness:** CO5 - PO4, PO6: Analysing the structure and functions of the nervous system requires research skills and problem-solving abilities to understand the neural mechanisms involved in yoga practices.
- PO6 Problem-solving Abilities:** CO6 - PO5, PO6: Examining the structure and functions of the digestive system involves environmental awareness to promote healthy living and problem-solving abilities to address digestive issues through yoga.
- PO7 Collaboration and Teamwork:** CO7 - PO5, PO7: Exploring the components and functions of the circulatory system involves environmental awareness to promote cardiovascular health and collaboration and teamwork to implement yoga practices effectively.

This matrix illustrates how each course outcome aligns with one or more program outcomes, demonstrating the integration of yoga principles with critical thinking, communication, problem-solving, environmental awareness, multicultural competence, and collaboration skills.

SYLLABUS (CBCS as per NEP 2020) FOR S. Y. B. A. (w. e. from June, 2024)

Name of the Programme	: B.A.
Subject	: YOGA
Program Code	: UAYOG
Class	: S.Y.B.A.
Semester	: III
Course Type	: OPEN ELECTIVE
Course Name	: YOGPRANALI
Course Code	: YOG-216-OE
No. of Lectures	: 30
No. of Credits	: 2

A) Course Objectives

Upon successfully completion of this course, students will be able to:

- CO1. Introduce students to different types of yoga practices and traditions.
- CO2. Explore the principles and practices of Rajyoga for spiritual development.
- CO3. Understand Dnyanyoga and Bhaktiyoga as paths to knowledge and devotion.
- CO4. Examine Karmayoga philosophy and its application in daily life.
- CO5. Learn the physical postures and techniques of Hatha yoga.
- CO6. Study the teachings and practices of Swami Charandasas.
- CO7. Explore the Eight Limbs of Yoga through Ashtanga yoga.

B) Course Outcomes

After the completion of this course students will gain:

1. Gain knowledge of various yoga traditions and their philosophical underpinnings.
2. Apply principles of Rajyoga to enhance mental clarity and inner peace.
3. Cultivate a deeper understanding of Dnyanyoga and Bhaktiyoga for spiritual growth.
4. Implement principles of Karmayoga to achieve selflessness and service-oriented living.
5. Develop proficiency in Hatha yoga postures and techniques for physical well-being.
6. Understand the teachings of Swami Charandasas and their relevance to modern life.
7. Practice the Eight Limbs of Yoga as outlined in Ashtanga yoga for holistic development.

Topics & Learning Points

Unit No.	Unit Title and Topics	No. of Clock Hours
1	Different Types of Yogpranali Rajyog	07
2	Dnyanyog Bhaktiyog, Karmyog	08
3	Hathyog	07
4	Swami Charandasas Ashtang yog	08

References:

Sr. No.	Title of Books	Name of Author/s	Publisher	Year	Place
1	Patanjal Yogdarshan	Swami Omanand Tirth	Geeta Press,	1990	Gorakhpur
2	Patanjalyog	Dr.P.V.Vartak	Vartkashram	1986	Pune
3	Bhagwatgeeta	Geeta Press	Geeta Press Gorakhpur	2000	Gorakhpur
4	Yog Parichaya	Jha Pitambar	Gupta Prakashan	1989	New Delhi

★ Web References :

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★ Evaluation Procedures:

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

➤ UG Courses

Continuous Internal Assessment will have 20% weightage and Semester End Assessment will carry 30% weightage.

Mapping of Program Outcomes with Course Outcomes

CLASS: S.Y.B. A. (SEMESTER- III)
COURSE: OPEN ELECTIVE

SUBJECT: YOGA
COURSE CODE: YOG-216-OE

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

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Course Outcomes	Programme Outcomes (POs)						
	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7
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 Critical and Creative Thinking:** CO1: Introducing students to different types of yoga practices and traditions requires critical and creative thinking to analyze and understand various philosophies and practices within yoga. Mapped to PO1: Critical and Creative Thinking, as it involves the ability to analyze and evaluate different yoga practices and traditions.
- PO2 Communication Skill:** CO2: Exploring the principles and practices of Rajyoga for spiritual development involves understanding complex philosophical concepts and applying them to personal growth. Mapped to PO6: Problem-solving Abilities, as it requires addressing complex philosophical and spiritual challenges through innovative approaches.
- PO3 Multicultural Competence:** CO3: Understanding Dnyanyoga and Bhaktiyoga as paths to knowledge and devotion involves multicultural competence to appreciate diverse cultural and religious perspectives. Mapped to PO3: Multicultural Competence, as it requires knowledge and respect for different cultural and religious beliefs.
- PO3 Multicultural Competence:** CO4: Examining Karmayoga philosophy and its application in daily life involves research skills to critically analyze and synthesize philosophical concepts and apply them practically. Mapped to PO4: Research Skills, as it requires the ability to analyze, synthesize, and articulate philosophical concepts.
- PO5 Environmental awareness:** CO5: Learning the physical postures and techniques of Hatha yoga involves communication skills to effectively convey and demonstrate these techniques to others. Mapped to PO2: Communication Skill, as it involves presenting complex information in a clear and concise manner.
- PO6 Problem-solving Abilities:** CO6: Studying the teachings and practices of Swami Charandasas requires problem-solving abilities to interpret and apply these teachings to modern challenges. Mapped to PO6: Problem-solving Abilities, as it involves addressing complex societal challenges through innovative approaches.
- PO7 Collaboration and Teamwork:** CO7: Exploring the Eight Limbs of Yoga through Ashtanga yoga involves collaboration and teamwork to support and motivate each other in practice. Mapped to PO7: Collaboration and Teamwork, as it involves working effectively with others in a group setting.

This matrix illustrates how each course outcome aligns with one or more program outcomes, demonstrating the integration of yoga principles with critical thinking, communication, problem-solving, environmental awareness, multicultural competence, and collaboration skills.

SYLLABUS (CBCS as per NEP 2020) FOR S. Y. B. A. (w. e. from June, 2024)

Name of the Programme	: B.A.
Subject	: YOGA
Program Code	: UAYOG
Class	: S.Y.B.A.
Semester	: III
Course Type	: CO-CURRICULAR
Course Name	: YOGA FOR PHYSICAL HEALTH: PRACTICAL
Course Code	: YOG-239-CC
No. of Lectures	: 30
No. of Credits	: 2

A) Course Objectives

Upon successfully completion of this course, students will be able to:

- CO1. Introduce students to various standing yoga postures (asanas) including Tadasana, Trikonasana, etc.
- CO2. Teach students different sitting yoga asanas such as Padmasana, Vajrasana, etc.
- CO3. Familiarize students with Kriyas, Pranayama techniques, and meditation practices.
- CO4. Enhance students' physical strength, flexibility, and balance through yoga postures.
- CO5. Cultivate students' awareness of breath control and energy regulation through Pranayama.
- CO6. Develop students' ability to concentrate and calm the mind through meditation techniques.
- CO7. Promote holistic well-being by integrating physical, mental, and spiritual aspects of yoga practice.

B) Course Outcomes

After the completion of this course students will gain:

1. Demonstrate proficiency in performing various standing yoga postures with correct alignment and posture.
2. Execute sitting yoga asanas with ease and stability, improving flexibility and mobility.
3. Apply Kriyas, Pranayama, and meditation practices to enhance overall health and well-being.

4. Improve physical fitness levels, including strength, flexibility, and endurance, through regular yoga practice.
5. Utilize Pranayama techniques effectively to regulate breath and manage stress and anxiety.
6. Cultivate mental clarity, focus, and emotional balance through consistent meditation practice.
7. Experience holistic health benefits, including improved physical fitness, mental well-being, and spiritual growth, from engaging in a comprehensive yoga program.

Topics & Learning Points

Unit I. Prayer, Asana- Standing Posture

(10 LECTURES)

1. Tadasan
2. Trikonasana
3. Vrikshasana
4. Padmasana
5. Ardha Chakrasana
6. Konasana
7. Utkatasana
8. Garudasana

Unit II. Sitting Asana

(10 LECTURES)

- 1) Padmasana
- 2) Vajrasana
- 3) Yogmudra
- 4) Pravasana
- 5) Swastikasan
- 6) Ushtrasana
- 7) Vakrasana
- 8) Akarna Dhanurasana
- 9) Pashchimottasana
- 10) Ardh- Matsyendrasana

Unit III. Kriya, Pranayam and Meditation

(10 LECTURES)

1. Kapalabhati
2. Bhramari
3. Patanjali Meditation

References:

Sr. No.	Title of Books	Name of Author/s	Publisher	Year	Place
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CO 2		3					
CO 3						3	
CO 4						3	
CO 5					3		
CO 6	3					3	
CO 7			3		3		3

Justification for the Mapping

- PO1 Critical and Creative Thinking:** CO1 - PO1, PO4: Introducing students to various yoga postures requires critical thinking to analyse and evaluate their benefits and applications.
- PO2 Communication Skill:** CO2 - PO2: Teaching different sitting yoga asanas involves effective communication skills to convey complex information clearly and concisely.
- PO3 Multicultural Competence:** CO3 - PO6: Familiarizing students with Kriyas, Pranayama techniques, and meditation practices enhances problem-solving abilities by addressing mental and emotional challenges.
- PO4 Multicultural Competence:** CO4 - PO6: Enhancing physical strength, flexibility, and balance through yoga postures develops problem-solving abilities by addressing physical challenges.
- PO5 Environmental awareness:** CO5 - PO5: Cultivating awareness of breath control and energy regulation through Pranayama promotes environmental awareness by fostering a deeper connection with the body and environment.
- PO6 Problem-solving Abilities:** CO6 - PO1, PO6: Developing concentration and calmness through meditation techniques enhances critical and creative thinking abilities to approach challenges from diverse perspectives.
- PO7 Collaboration and Teamwork:** CO7 - PO3, PO5, PO7: Promoting holistic well-being through yoga integrates multicultural competence, environmental awareness, and collaboration and teamwork skills.

This matrix illustrates how each course outcome aligns with one or more program outcomes, demonstrating the integration of critical thinking, communication, multicultural competence, research skills, environmental awareness, problem-solving abilities, and collaboration and teamwork skills within the yoga syllabus.

