



Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
(Autonomous)
(Affiliated to Savitribai Phule Pune University, Pune)
CBCS Syllabus
(Faculty of Humanities)
For the
Bachelor of Arts Programme (B.A.)
Semester-V
For Department of Yoga

Tuljaram Chaturchand College of Arts Science and Commerce, Baramati.
Choice Based Credits System Syllabus (2022 Pattern)

To be implemented from academic year 2024-2025

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Board of Studies (BOS) In Yoga		
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)
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10	Mr. Datta V. Londhe	Member
11	Ms. Mayuri Kharat	Student Representative (Post Graduation)
12	Ms. Pranoti Dombe	Student Representative (Post Graduation)
13	Ms. Ankita Kumbhar	Student Representative (Under Graduate)
14	Mr. Kunal Kumbhar	Student Representative (Under Graduate)

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Department of Psychology

Course & Credit Structure for T.Y.B.A. Psychology (2022 Pattern)

w. e. f. June 2024

Class	Pattern	Semester	Course Code	Course Title	Course Type	Credits
T.Y.B.A.	2022	V	UAYO351	YOGA AND SPORTS	Theory & Practical	03
T.Y.B.A.	2022	VI	UAYO361	YOGA FOR OLD AGE	Theory & Practical	03
				Total Credits		06

Name of the Programme: B.A.

Program Code: UAYO

Class: T.Y.B.A.

Semester: V

Course Name: Yoga and Sports

Course Code: UAYO351

No. of Lectures: 60

No. of Credits: 03

A) Course Objectives

To acquaint the students with:

- 1) Differentiate between Professional Yoga and Traditional Yoga, understanding the unique aspects and applications of each.
- 2) Analyze the relationship between physical health and yoga, recognizing the holistic impact of yogic practices on the body.
- 3) Evaluate the connection between mental health and yoga, exploring the psychological benefits of yogic principles and practices.
- 4) Understand the significance of yoga in the field of sports, recognizing its potential for enhancing athletic performance and overall well-being.
- 5) Develop and maintain a meaningful prayer practice for spiritual and mental grounding.
- 6) Demonstrate proficiency in performing various categories of asanas, including meditative, cultural, supine, prone, standing, balancing, and relaxative postures.
- 7) Practice selected kriyas, pranayama techniques, Omkar chanting, and meditation for a comprehensive approach to well-being.

B) Course Outcomes

After the completion of this course students will gain.

- CO1. Students will be able to articulate the distinctions between Professional Yoga and Traditional Yoga, understanding the unique aspects of each approach.
- CO2. Recognize the holistic impact of yogic practices on physical health, integrating principles for overall well-being.
- CO3. Apply yogic principles for mental health, understanding the psychological benefits and stress management techniques.
- CO4. Understand and appreciate the role of yoga in sports, recognizing its potential for enhancing performance and promoting mental resilience.
- CO5. Develop and maintain a regular prayer practice for spiritual and mental grounding.
- CO6. Demonstrate competence in performing various categories of asanas, understanding their physical, mental, and spiritual benefits.
- CO7. Apply selected kriyas, pranayama techniques, Omkar chanting, and meditation for stress reduction, improved focus, and enhanced overall well-being.

Topics & Learning Points**Unit No. 1 The art of Yoga and Sports****Total Credit = 01**

1. Difference between Professional Yoga and Traditional Yoga
2. Yoga and Physical Health for Sportsperson

Unit No. 2 Sport and mental health**Total Credit = 01**

1. Yoga and Mental Health for Sportsperson
2. Importance of Yoga in the field of sports

Unit No. 3 Practical**Total Credit = 01**

1. Prayer
2. Asanas
 - A. Meditative Asanas
 - Padmasana
 - Vajrasana
 - B. Cultural Asanas
 - Sitting Postures
 - Ushtrasana
 - Vakrasana
 - Akrandhanurasana
 - C. Supine Postures
 - Halasana
 - Viparitkarni
 - Sarvangasana
 - Supptavajrasana
 - D. Prone Postures Shalbhasana
 - Dhanurasana
 - Sarpasana
 - E. Standing Postures
 - Utkatasana
 - Hastapadasana
 - F. Balancing Postures
 - Shirshana
 - Mayurasana
 - G. Relaxative Postures
 - Shavasana
 - Makrasana
3. Kriya
 - Vaman, Nauli, Vasttradhuti
4. Pranayama
 - Bhastrika
 - Brhamari
5. Omkarchanting
6. Meditation

References:

1. M. L. Gharote - Yogik Prakriya Margadarshan
2. P. D. Sharma - Yogasana - Navneet Prakashan
3. Swami Kuvalyananda - Yogasana - kaivalyadhama
4. Mohamadmaharaj - Yogsangram – Shrigonda
5. B. K. S. Iyengar- Light on Yoga
6. B. K. S. Iyengar- Yoga for Sports

Mapping of Program Outcomes with Course Outcomes**Class:** TYBA (Sem. V)**Subject:** Yoga**Course:** Yoga and Sports**Course Code:** UAYO351**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:**

CO1: Students articulating the distinctions between Professional Yoga and Traditional Yoga, understanding the unique aspects of each approach, enhances research-related skills by fostering a critical analysis of the evolving landscape of yoga practices within diverse contexts.

PO2: Effective Citizenship and Ethics:

CO7: Applying selected kriyas, pranayama techniques, Omkar chanting, and meditation for stress reduction, improved focus, and enhanced overall well-being aligns with effective citizenship and ethics by cultivating individual well-being, fostering emotional resilience, and contributing to a more harmonious and positively engaged community.

PO3: Social Competence:**PO4: Disciplinary Knowledge:****PO5: Personal and Professional Competence:**

CO4: Understanding and appreciating the role of yoga in sports, recognizing its potential for enhancing performance and promoting mental resilience, contributes to personal and professional competence by integrating holistic approaches to physical well-being and mental strength in

athletic endeavors.

CO6: Demonstrating competence in performing various categories of asanas and understanding their physical, mental, and spiritual benefits contributes to personal and professional competence by promoting overall well-being and enhancing one's ability to manage stress, focus, and maintain a balanced and resilient mindset in various life situations.

PO6: Self-Directed and Lifelong Learning:

CO2: Recognizing the holistic impact of yogic practices on physical health and integrating principles for overall well-being exemplifies self-directed and lifelong learning by actively engaging in the continuous exploration and application of yoga for sustained personal development and enhanced quality of life.

CO3: Applying yogic principles for mental health, understanding the psychological benefits, and incorporating stress management techniques exemplifies self-directed and lifelong learning by actively pursuing knowledge and skills to enhance mental well-being and resilience throughout one's life.

PO7: Environment and Sustainability:

PO8: Critical Thinking and Problem Solving:

CO3: Developing and maintaining a regular prayer practice for spiritual and mental grounding contributes to critical thinking and problem-solving by fostering introspection, emotional regulation, and a centered mindset, thereby enhancing the ability to approach challenges with clarity and resilience.

* 100 Marks Distribution (Theory-40, Practical-40 & Internal Assessment-20)

1. Structure of Marks semester V

I. Total - 40 Marks (Internal Marks 40%)

A. Mid Term Test - 20 Marks

B. Practical Viva - 20 Marks

II. Total - 60 marks (Semester End Marks 60%)

A. Theory - 30 Marks

B. Practical - 30 Marks

2. Evaluation of Semester V

I. External Total - 60 marks

A. Structure of Theory paper of university examination.

Q.No.1 = 6 Marks X 01 Question = 06 Marks

Q.No.2 = 3 Marks X 02 Question = 06 Marks

Q.No.3 = 04 Marks X 02 Question = 08 Marks

Q.No.4 = 10 Marks X 01 Question = 10 Marks

Total = 30 Marks

B. Structure of question paper of practical examination.

a) Compulsory Asanas = 03 X 02 = 06 Marks

b) Optional Asanas = 03 X 02 = 06 Marks

c) Kriya = 03 X 01 = 03 Marks

d) Pranayama = 03 X 01 = 03 Marks

e) Prayer and Meditation = 02 X 01 = 02 Marks

Total = 30 Marks

II. Internal Total - 40 Marks

A. Structure of Theory (Mid Test) examination = 20 Marks

a. Q.No.1 = 5 Marks 02 Question = 10 Marks

b. Q.No.2 = 10 Marks 01 Question = 10 Marks

Total = 20 Marks

B. Practical Viva = 20 Marks

Total = 20 Marks

