

**Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and
Commerce, Baramati**

Autonomous

Course Structure for F. Y. B. A. Yoga

Semester	Paper Code	Title of Paper	No. of Credits
I	YOG1101	Foundations of Yoga I	3
II	YOG1201	Foundations of Yoga II	3

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

SYLLABUS (CBCS) FOR F. Y. B. A. YOGA (w.e. from June, 2019)

Academic Year 2019-2020

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

Paper Code: YOG1101

Paper :

Title of Paper: Foundations of Yoga I

Credit : 3

No. of lectures: 48

A) Learning Objectives:

1. To develop highly skilled scholars in the field of Yoga.
2. To be sensitized about emerging issues in Yoga.
3. To develop the ability to effectively use yoga as a therapeutic modality through the integration of diverse approaches to this field.
4. To develop critical thinking skills and science-based literacy to advance the evolution of Yoga Therapy as an integrative health practice.

B) Learning Outcome:

1. Improve physical conditioning related to flexibility through practice of Yoga.
2. Enable students to understand the yogic therapy and its application.

UNIT 1: History of Yoga

(7L)

1.1 Meaning, Purpose & Nature of Yoga.

1.2 Scope of Yoga.

1.3 Misconceptions of Yoga.

UNIT 2: Importance of Patanjali Yoga Sutra

(7L)

2.1 Samadhi Pada- 51 Sutra.

2.2 Sadhana Pada-55 Sutra.

2.3 Vibhuti Pada-55 Sutra.

2.4 Kaivalya Pada-34 Sutra.

UNIT 3: Importance of Ashtanga Yoga & Modern Life Style

(7L)

3.1 Social & Moral Development: Yama & Niyama.

3.2 Physical Development: Asana & Pranayama.

3.3 Mental Development: Pratyahara, Dharna & Meditation.

3.4 Self- Actualization: Samadhi.

UNIT 4: Practical's

(27P)

4.1 Asanas – Tadasana, Utkatasana, Patvatasana, Vajarasana, Padmasana, Siddhasana, Swastikasana, Shawasana, Makrasana (10 Marks).

4.2 Pranayama- Anuloma – Viloma & Bharmary (10 Marks).

4.3 Bandhas- Jivabandh (05 Marks).

4.4 Kriyas- Kapalbhathi & Agnisar (10 Marks).

4.5 Meditation (Patanjali Meditation) (05 Marks).

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2. Swami, S.S. (2008). Asana, Pranayam. Mudra Bandha, Bhargava Bhushan Press, Varanasi
3. Iyengar, B.K. (2010). Light on the Yoga Sutras of Patanjali. Orient Longman Pvt. Ltd. Mumbai
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5. Iyengar, B.K. (2008). Light on Pranayama. Orient Longman Pvt. Ltd. Mumbai
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7. Bates, M. (2008). Health Fitness Management. Human Kinetics. USA.
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10. Marieb, Elaine, N. (1984). Human Anatomy and Physiology. (3rd Ed.). Cal: the Benjamin Cumming.
11. Gary, Kraftsow. (1999). Yoga for Wellness. Penguin. Akarna. New Zealand.
12. Gharote, M. L. (2017). Yogic Technique. The Lonavla Yoga Institute (India).
13. Gharote, M. (2017). Pranayama-Science of Breath. The Lonavla Yoga Institute (India).

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25. घरोटे, म.ल. (२००९). योगिक प्रक्रियांचे मार्गदर्शन. द लोणावळा योग इन्स्टिट्यूट (भारत).
26. घरोटे, म.ल. (२००९). प्राणायाम श्वासाचे शास्त्र— सिध्दांत आणि मार्गदर्शक तत्वे. . द लोणावळा योग इन्स्टिट्यूट (भारत).

SYLLABUS (CBCS) FOR F. Y. B. A. YOGA (w.e. from June, 2019)

Academic Year 2019-2020

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

Paper Code: YOG1201

Paper : Title of Paper: Foundations of Yoga II

Credit : 3 No. of lectures: 48

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

A) Learning Objectives:

1. Knowledge and ability to use professional conduct during the practice of Yoga Therapy.
2. To make the students aware of the therapeutic and preventive value of Yoga.
3. To enable students to become competent and committed professionals willing to perform as Yoga trainer.

B) Learning Outcome:

1. Knowledge of the interconnections between the body, the breath, the mind, and the emotions in the context of maintaining resilience and well-being
2. Recognize and apply the value and benefits of an on-going yoga practice

UNIT 1: Brief Introduction to Theory of Yoga (7L)

- 1.1 Bhagwatgita.
- 1.2 Hattpradipika.
- 1.3 Gherandasahita.
- 1.4 Yogopnished

UNIT 2: Different Perspectives of Yoga (7L)

- 2.1 Hatayoga.
- 2.2 Rajyoga.
- 2.3 Dyanyoga.
- 2.4 Mantrayoga.
- 2.5 Bhaktiyoga.

UNIT 3 : Yoga & Health

(7L)

3.1 Physical Health.

3.2 Mental Health.

3.3 Social Health.

3.4 Spiritual Health.

UNIT 4: Practical's

(27L)

4.1 Asanas – Pavamuktasana, Navkasana, Sarvngasana, Halasana, Bhujangasana, Dhnurasan (10 Marks).

4.2 Pranayama- Ujjayi, Sryabhedan (10 Marks).

4.3 Bandhas- Uddiyanbandh (05 Marks).

4.4 Kriyas- Nauli (05 Marks).

4.5 Mudra- Shambhavi, Mahamudra & Vipritkarni (05 Marks).

4.6 Tratak (05 Marks).

BOOKS FOR REFERENCES:-

1. Iyengar, B.K. (2005). Yoga Deepika. Orient Longman Pvt. Ltd. Mumbai
2. Swami, S.S. (2008). Asana, Pranayam. Mudra Bandha, Bhargava Bhushan Press, Varanasi
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