

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

---

SEMESTER AND CHOICE-BASED CREDIT SYSTEM (CBCS)

**Preamble:**

Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga and how to develop yogic lifestyle. This course looks at training the enthusiasts to become Yoga trainer so that they could teach yoga.

Semester	Paper Code	Title of the Paper	No. of Credits
I	UAYO111	Yogvidya General Paper I	3
II	PAPS121	Yogvidya General Paper II	3

**A) Learning Objectives:**

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.

**B) Learning Outcome:**

After completion of this course the students will be able:

1. Understand and apply practical applications of Yoga.
2. Practicing yogasanas and meditations.
3. Promoting Positive Health in the Student through Yoga and enabling and imparting skill in them to practice.

**Theory: FYBA Semester II, Number of Teaching Clock Hours -22**

<b>UNIT-I</b> Different Definitions of Yoga	<b>(04)</b>
<b>UNIT -II</b> Aims and objective of Yoga	<b>(04)</b>
<b>UNIT-III</b> Importance and Fundamentals Principals of asana	<b>(04)</b>
<b>UNIT-IV</b> Importance and fundamentals principles of pranayama	<b>(04)</b>
<b>UNIT-V</b> Scope of yoga in professional	<b>(06)</b>

**Practical- FYBA, Semester II, Number of Teaching Clock Hours -23**

**1. Prayer**

**2. Asanas**

**A. Meditative Asana - Padamasana, Vajrasana**

**B. Cultural Asana-**

**Sitting Postures-** Vakrasana, Gomukhasana

**Supine Postures-** Naukasana, Pavanmuktasana, Ardh Halasana

**Prone Posture-** Dhanurasana

**Standing Postures-** Garudasana, Trikonasana

**C. Relaxative Postures-** Shavasana, Makarasan

**3. Kriya-** Kapalbhata, Trataka

**4. Bandha**

**5. Pranayam-** Ujjai Suryabhedan

**6. Mudra-** Sinha

**7. Omkar Chanting**

**References:**

Gharote, M. L., (1990). *Yogik Prakriyanche Margdarshan*. The Lonavala Yoga Institute, Lonavala.

Waman, R.R., (2006). *Yog ani arogya*. Tilak maharashtra university Pune.

Waman, R.R., (2006). *Yoga Practical*. Tilak maharashtra university Pune.

Anand Rishi, (2001). *Patnjali Yogsutra Ek Abhayas*. Rajhans Prakashan Pune.

Gharote, M. L., (1985). *Yogic Techniques* Yoga Institute Kaivalyadhama Lonavala.

Scientific Yoga-Youtube Channel, Kaivlyadhama Yog (2020), Lonavala.

**Evaluation Procedures:**

Assessment will be of two types: Continuous Internal Assessment and Semester End Assessment. Continuous Internal Assessment will have 40% weightage and Semester End Assessment will carry 60% weightage.

**Pattern for Continuous Internal Assessment in both the semesters:**

There will be compulsory Internal Mid-Semester written test in Continuous Internal Assessment.

**Continuous Internal Assessment**

Compulsory Written test	Oral	Total Marks
20 Marks	20 Marks	40

**Pattern for Semester End Assessment in both the semesters:**

The Semester End Assessment shall cover the entire syllabus prescribed for the course.

**Question Paper Pattern for Semester End Examination (SEE) for both semesters.**

The details of Question Paper Pattern for offline Examination should be mentioned here.

**Time: 2 Hours Theory Examination Total Marks:30**

Q.1 :  $1 \times 4 = 04$

Q.2 :  $2 \times 5 = 10$

Q.3 :  $2 \times 8 = 16$

**Practical Examination****Total Marks: 30**

A) Compulsory Asana =  $2 \times 5 = 10$

B) Optional Asana =  $2 \times 5 = 10$

C) Kriya =  $1 \times 5 = 05$

D) Pranayam =  $1 \times 5 = 05$

**Important Notes:**

**The Student is eligible to appear for external examination if he/she completes minimum 50% of the said practical.**

**Equipment:** Chart, Audio - Visual aids, B.P. Apparatus, Stopwatch, Yoga mat / Dari/ Satranji.