

**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
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- II)

Paper Code: YOG1201

Paper:

Title of Paper: Foundations of Yoga II

Credit: 3

No. of lectures: 48

A). Course Objectives:

1. Explore and comprehend the philosophical concepts of Bhagwatgita, Hattpradipika, Gherandasahita, and Yogopnished.
2. Analyze and compare the key principles outlined in the selected texts to build a solid foundation in the theory of yoga.
3. Examine and differentiate between the various perspectives of yoga, including Hatayoga, Rajyoga, Dyanyoga, Mantrayoga, and Bhaktiyoga.
4. Develop a comprehensive understanding of how different yogic paths contribute to overall well-being and spiritual growth.
5. Investigate the relationship between yoga and physical, mental, social, and spiritual health.
6. Analyse the impact of yoga practices on different aspects of health, emphasizing a holistic approach.
7. Demonstrate proficiency in performing selected asanas, pranayamas, bandhas, kriyas, mudras, and tratak with proper alignment and breathing techniques.

B). Course Outcomes:

1. Students will acquire a deep understanding of the theoretical underpinnings of yoga, as outlined in Bhagwatgita, Hattpradipika, Gherandasahita, and Yogopnished.
2. Students will be able to differentiate and discuss the key principles of various yogic paths, such as Hatayoga, Rajyoga, Dyanyoga, Mantrayoga, and Bhaktiyoga.
3. Students will recognize and articulate the impact of yoga on physical, mental, social, and spiritual health, fostering a holistic approach to well-being.
4. Students will demonstrate proficiency in performing selected yoga practices, including asanas, pranayamas, bandhas, kriyas, mudras, and tratak, reflecting proper techniques and alignment.
5. Students will develop critical thinking skills to analyze and evaluate the relevance and applicability of yogic principles in contemporary contexts.
6. Students will integrate theoretical knowledge with practical experience, demonstrating an understanding of how yogic philosophy translates into tangible health benefits.
7. Students will cultivate self-awareness through the practice of yoga, fostering a reflective and mindful approach to personal and collective well-being.

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, Dhnurasana (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
3. Iyengar, B.K. (2010). Light on the Yoga Sutras of Patanjali. Orient Longman Pvt. Ltd. Mumbai
4. Iyengar, B.K. (2008). Light on Yoga. Orient Longman Pvt. Ltd. Mumbai
5. Iyengar, B.K. (2008). Light on Pranayama. Orient Longman Pvt. Ltd. Mumbai
6. Gore, M.M. (2009). Anatomy & Physiology of Yogic Practices. Kanchan Prakashan
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.
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12. Gharote, M. L. (2017). Yogic Technique. The Lonavla Yoga Institute (India).
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22. Gharote, M.M. (2017). Critical Edition of Selected Yogopanishads – I (Trishikhibrahmanopanisad, Yogakundalyupanishad, Yogacudamanyupanishad). The Lonavla Yoga Institute (India).
23. Gharote, M.M. (2012). Critical edition of selected Yogopanishads – II (Mandalbrahmanopanisad & Nadabindupanishad). The Lonavla yoga Institute (India).
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- 25- ?kjksVs]e-y-¼2009½- ;ksfxd izfdz;kaps ekxZn'kZu- n yks.kkoGk ;ksx bfULVV~;wV ¼Hkkjr½-
- 26- ?kjksVs]e-y-¼2009½- izk.kk;ke 'oklkps 'kkL=& fl/nkar vkf.k ekxZn'kZd rRos- - n yks.kkoGk ;ksx bfULVV~;wV ¼Hkkjr½

Mapping of Program Outcomes with Course Outcomes

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

Subject: Yoga

Course: Foundations of Yoga II

Course Code: YOG1201

***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			3				
CO 2								
CO 3					3			
CO 4			3					
CO 5		3	3					
CO 6						3		
CO 7				3		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 Students' ability to differentiate and discuss the key principles of various yogic paths, such as Hatayoga, Rajyoga, Dyanyoga, Mantrayoga, and Bhaktiyoga, contributes to effective citizenship and ethics by fostering an understanding of diverse philosophical traditions and promoting respect for cultural and spiritual diversity.

PO3: Social Competence:

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.

PO4: Disciplinary Knowledge:

CO1: Students will acquire a deep understanding of the theoretical underpinnings of yoga, as outlined in **Bhagwatgita**, Hattpradipika, Gherandasahita, and Yogopnished, thereby enriching disciplinary knowledge through comprehensive exploration of foundational texts.

PO5: Personal and Professional Competence:

CO3 Students recognizing and articulating the impact of yoga on physical, mental, social, and spiritual health fosters a holistic approach to well-being, contributing to both personal and professional competence through a comprehensive understanding of the interconnected facets of health.

PO6: Self-Directed and Lifelong Learning:

CO6 By demonstrating a comprehensive understanding of the key principles in Samadhi Pada, Sadhana Pada, Vibhuti Pada, and Kaivalya Pada, students engage in self-directed and lifelong learning, achieving a profound mastery of yoga philosophy.

CO7 Incorporating mental development practices like Pratyahara, Dharana, and Meditation into daily life fosters enhanced focus and self-realization, facilitating self-directed and lifelong learning through the cultivation of mindfulness and cognitive awareness.

PO7: Environment and Sustainability:

CO6 Students demonstrating proficiency in performing selected yoga practices, including asanas, pranayamas, bandhas, kriyas, mudras, and tratak, with a focus on proper techniques and alignment, aligns with environment and sustainability by promoting mindful and respectful engagement with the body and surroundings in the pursuit of holistic well-being.

PO8: Critical Thinking and Problem Solving: