

**Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and
Commerce, Baramati
Autonomous
Course Structure for F. Y.B. A. Yoga
Syllabus (CBCS) For FYBA YOGA
W.e. from June 2022**

Semester	Paper Code	Title of Paper	No. of Credits
I	UAYO111	Yogvidya General –I	3

Name of the Programme: - B.A. YOGA **Programme Code: - UAYO**
Class: FYBA **Semester: - I**
Course Name: Yogvidya General –I **Course Code: UAYO111**
No of lectures: 48

A). Course Objectives:

1. Identify common misconceptions about yoga, distinguishing between popular beliefs and authentic principles.
2. Analyse the origins of misconceptions and develop critical thinking skills to address them effectively.
3. Explore the historical evolution of yoga, tracing its roots and development over different periods.
4. Understand the cultural and philosophical influences on the historical development of yoga.
5. Differentiate between various types of yoga, including Hatha Yoga, Patanjali Yoga, Bhakti Yoga, Karma Yoga, and Dnyan Yoga.
6. Gain a comprehensive understanding of the principles and practices associated with each type of yoga.
7. Recognize and appreciate the significance of integrating yoga into daily life for physical, mental, and spiritual well-being.

B). Course Outcomes:

1. Students will be able to critically assess and debunk common misconceptions surrounding yoga.
2. Develop the ability to articulate and educate others about the true principles and benefits of yoga.
3. Gain a comprehensive knowledge of the historical roots of yoga, identifying key milestones and influences.
4. Understand and appreciate the cultural and philosophical context that shaped the evolution of yoga.
5. Differentiate and explain the principles and practices associated with Hatha Yoga, Patanjali Yoga, Bhakti Yoga, Karma Yoga, and Dnyan Yoga.
6. Assess the applicability of each type of yoga in various life contexts.
7. Demonstrate the integration of yoga practices into daily life for improved physical, mental, and spiritual well-being: a) Develop a consistent and meaningful prayer practice for spiritual grounding. b) Demonstrate proficiency in various categories of asanas, including meditative,

cultural, supine, prone, standing, and relaxative postures. c) Practice and understand the principles of Kapalbhathi, Sinha Mudra, Breathing Awareness, Anuloma Vilom, and Bandhas. d) Develop the skill of chanting Omkar for mindfulness and spiritual focus.

Note: These objectives and outcomes aim to provide FYBA (Semester I) students with a foundational understanding of yoga, emphasizing its historical context, types, and practical applications in daily life.

Theory: FYBA Semester I, Number of Teaching Clock Hours -24

UNIT-I Misconception of Yoga. (04)

UNIT -II Historical background of Yoga (06)

UNIT-III Types of yoga (08)

1. Hatha Yoga
2. Patanjali Yoga
3. Bhakti Yoga.
4. karma Yoga
5. Dnyan Yoga

UNIT-IV Importance of Yoga in daily life.

(06)

Practical- FYBA, Semester I, Number of Teaching Clock Hours -24

1. Prayer
2. Asanas
 - A. Meditative Asana -Swastikasana Padmasana Vajrasana
 - B. Cultural Asana Sitting Postures- Parvatasana, Ushtrasana, Yogmudra in Vajrasana
 - Supine Postures- Halasana, Viparitkarni, Sarvagasan
 - Prone Posture- Ardhashlbbhasana, Bhujangasana
 - Standing Postures- Tadasana, Vrikshasana, Chakarasana, Padhastasana, Utkatasan
 - C. Relaxative Postures- Shavasan. Makarasan
3. Kriya- Kapalbhathi
4. Bandha
5. Pranayam- Breathing Awareness, Anuloma Vilom
6. Mudra- Sinha
7. Omkar Chanting

BOOKS FOR REFERENCES: -

1. Gharote, M. L., (1990). Yogik Prakriyanche Margdarshan. The Lonavala Yoga Institute, Lonavala.
2. Waman, R.R., (2006). Yog ani arogya. Tilak maharashtra university Pune.
3. Waman, R.R., (2006). Yoga Practical. Tilak maharashtra university Pune.
4. Anand Rishi, (2001). Patnjali Yogsutra Ek Abhayas. Rajhans Prakashan Pune.
5. 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 Marks

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.

Mapping of Program Outcomes with Course Outcomes

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

Subject: Yoga

Course: Yogvidya General –I

Course Code: UAYO111

*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:

PO2: Effective Citizenship and Ethics:

CO4: Understanding and appreciating the cultural and philosophical context that shaped the evolution of yoga enhances effective citizenship and ethics by fostering cultural awareness, respect, and ethical considerations within a diverse and interconnected global community.

PO3: Social Competence:

CO1: Students critically assessing and debunking common misconceptions surrounding yoga enhances social competence by promoting accurate and informed discussions, contributing to a more nuanced and respectful understanding of yoga within the broader societal context.

PO4: Disciplinary Knowledge:

CO3: Gaining a comprehensive knowledge of the historical roots of yoga, including the identification of key milestones and influences, contributes to disciplinary knowledge by providing a foundational understanding of the evolution and cultural context of yoga practices.

PO5: Personal and Professional Competence:

CO2: Developing the ability to articulate and educate others about the true principles and benefits of yoga enhances personal and professional competence by equipping individuals with effective communication skills, promoting a deeper understanding of yoga, and fostering positive engagement in various personal and professional contexts.

PO6: Self-Directed and Lifelong Learning:

CO1: Assessing the applicability of each type of yoga in various life contexts enhances self-directed and lifelong learning by enabling individuals to adapt and integrate diverse yogic practices into their lives, fostering continuous personal development and well-being.

PO7: Environment and Sustainability:

PO8: Critical Thinking and Problem Solving

CO5: Differentiating and explaining the principles and practices associated with Hatha Yoga, Patanjali Yoga, Bhakti Yoga, Karma Yoga, and Dnyan Yoga fosters critical thinking and problem-solving skills by enabling students to analyse diverse yogic paths, encouraging a nuanced understanding of their applications and implications.

CO7: Demonstrating the integration of yoga practices into daily life, including the development of a consistent prayer practice, proficiency in diverse asanas, understanding of breathing techniques, and the skill of chanting Omkar, exemplifies self-directed and lifelong learning by actively pursuing and incorporating multifaceted aspects of yoga for improved physical, mental, and spiritual well-being.