



Anekant Education Society's

Tuljaram Chaturchand College of Arts, Science and Commerce

(Autonomous)

(Affiliated to Savitribai Phule Pune University, Pune)

CBCS Syllabus

(Faculty of Humanities)

For the

Bachelor of Arts Programme (B.A.)

Semester-II

For Department of Yoga

Tuljaram Chaturchand College of Arts Science and Commerce, Baramati.

Choice Based Credits System Syllabus (2023 Pattern)

(As Per NEP2020)

To be Implemented from Academic Year 2023-2024

Course Structure for F. Y. B.A. (2023 Pattern)

Sem	Course Type	Course Code	Title of the Course	Theory/ Practical	No. of Credits
I	Open Elective	YOG -116- OE	Yoga and Health	Theory	2
	Open Elective	YOG- 117 -OE	Yoga and Health	Practical	2
	Co-Curricular	YOG - CC	Health and Wellness	Practical	2
II	Minor	YOG -161 -MN	Astang Yog	Theory	2
	Open Elective	YOG -166 -OE	Foundation of Yoga- Theory	Theory	2
	Open Elective	YOG -167 -OE	Foundation of Yoga- Practical	Practical	2

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.

Programme Specific Outcome (PSO)

PSO1 Students will attain physical, mental fitness, strength, and flexibility.

PSO2.Students should develop ability to effectively use Yoga as a therapeutic modality through the integration of diverse approaches to this field.

PSO3.Students will exhibit all round personality development.

PSO4.It will make people aware of the therapeutic and preventive value of Yoga.

PSO5.It will promote health awareness towards holistic approach of health.

PSO6.It will create competent professional Yoga trainers and therapists of high caliber.

PSO7.Students will be able to develop and be able to demonstrate a comprehensive understanding of Indian traditional practices and philosophies underlying the concept of Yoga.

PSO8.The students will be introduced to the essential elements of a yogic lifestyle, the concept of health and disease, and their remedies through yoga practices.

PSO9.The program will develop a basic understanding of human anatomy & human physiology.

PSO10.Students should be able to work towards realization of health for all, as a national goal through Yoga.

SYLLABUS (CBCS as per NEP 2020) FOR F. Y. B. A.**(w. e. from June, 2023)**

Name of the Programme	: B.A.
Program Code	: UAYOG
Class	: F.Y.B.A.
Semester	: II
Course Type	: Minor
Course Name	: Ashtangyog
Course Code	: YOG -161 -MN
No. of Lectures	: 30
No. of Credits	: 02

A) Course Objectives:**To acquaint the students with:**

1. To demonstrate an understanding of health-related fitness components with respect to yoga.
2. The course will provide deeper insight into the curriculum of Yogic Sciences along with the practical applications of Yoga.
3. To create interest in students for the practice of yogasanas.
4. To introduce Yoga therapy, its principles and practices of Yoga.
5. To Promote Positive Health in the Student through Yoga and enabling and imparting skill in them to practice.
6. To Understand and apply practical applications of Yoga.
7. To Practicing meditations.

B) Course Outcomes:**After completion of this course the students will be able:**

- CO1.Demonstrate an understanding of health-related fitness components with respect to yoga.
- CO2.Deeper insight into the curriculum of Yogic Sciences along with the practical applications of Yoga.
- CO3.Practicing yogasanas.
- CO4.Understand Yoga therapy, its principles and practices of Yoga.
- CO5.Promoting Positive Health in the Student through Yoga and enabling and imparting skill in them to practice.
- CO6.Understand and apply practical applications of Yoga.
- CO7.Practicing meditations.

Topics & Learning Points

UNIT1: Samadhipad (1 to 25 suttras)	(10 Lectures)
UNIT2: Samadhipad (26 to 51 suttras)	(10 Lectures)
UNIT3: Sadhanpad (1 to 30 suttras)	(10 Lectures)

References:

1. Agarwal, S. K., Mendhe, S., Rajesh, E., Shinde, V. B. (2023). *Health, Lifestyle Management and Yoga*. AG Publishing House, Indore.
2. Anand Rishi, (2001). *Patanjali Yogsutra Ek Abhayas*. Rajhans Prakashan Pune.
3. Dr.Padmakar Vishnu Vartak, (2010). *Patanjal Yog*. Amriti Enterprises, Pune.
4. Gharote, M. L., (1985). *Yogic Techniques* Yoga Institute Kaivalyadhama Lonavala.
5. Gharote, M. L., (1990). *Yogik Prakriyanche Margdarshan*. Kaivalyadhama Yog Samiti, Lonavala.
6. K.B.Paranjape, (2011). *Patanjali Yogdarshan*. Manorama Prashan, Mumbai.
7. Sharma, P. D. (2008). *Yogasana & Pranayama for Health*, Navneet Publication, Mumbai.
8. Swami Kuvlyananda, (1994). *Asana*. Kaivalyadhama Yog Samiti, Lonavala.
9. Swami Kuvlyananda, (1994). *Pranayama*. Kaivalyadhama Yog Samiti, Lonavala.
10. Tiwari, O. P., (2002). *Asana Why and How?*. Kaivalyadhama Yog Samiti, Lonavala.
11. Waman, R.R., (2006). *Yog ani arogya*. Tilak maharashtra university Pune.
12. Waman, R.R., (2006). *Yoga Practical*. Tilak maharashtra university Pune.

SYLLABUS (CBCS as per NEP 2020) FOR F. Y. B. A.**(w. e. from June, 2023)**

Name of the Programme	: B.A.
Program Code	: UAYOG
Class	: F.Y.B.A.
Semester	: II
Course Type	: Open Elective
Course Name	: Foundation of Yoga- Theory
Course Code	: UAYOG- 166- OE
No. of Lectures	: 30
No. of Credits	: 02

A) Course Objectives:**To acquaint the students with:**

- 1) To improve physical conditioning related to flexibility through practice of Yoga.
- 2) To enable students to understand the yogic therapy and its application.
- 3) Get knowledge of the interconnections between the body, the breath, the mind, and the emotions in the context of maintaining resilience and well-being.
- 4) To recognize and apply the value and benefits of an on-going yoga practice
- 5) The students would be able to describe the meaning, definition and need of yoga skills to improve health.
- 6) To understand the yogic principles of healthy life styles.
- 7) To get acquainted the competencies and skills needed to become a professional Yoga resource person.

B) Course Outcomes:**After completion of this course the students will be able:**

- CO1.Improve physical conditioning related to flexibility through practice of Yoga.
- CO2.Understand the yogic therapy and its application.
- CO3.The interconnections between the body, the breath, the mind, and the emotions in the context of maintaining resilience and well-being
- CO4.Apply the value and benefits of an on-going yoga practice
- CO5.Describe the meaning, definition and need of yoga skills to improve health.
- CO6.Understand the yogic principles of healthy life styles.
- CO7.Acquainted the competencies and skills needed to become a professional Yoga resource person.

Topics & Learning Points

UNIT1: History of Yog Vedkal, Upnishadkal, Smrutikal, Ramayankal, Mahabharatkal, Bauddhkal, Jainkal, Madhyakal, Aadhunik kal	(10 Lectures)
UNIT2: Aims, Objective and Scope of Yog	(10 Lectures)
UNIT3: Misconceptions of Yog	(10 Lectures)

References:

1. Agarwal, S. K., Mendhe, S., Rajesh, E., Shinde, V. B. (2023). *Health, Lifestyle Management and Yoga*. AG Publishing House, Indore.
2. Anand Rishi, (2001). *Patnjali Yogsutra Ek Abhayas*. Rajhans Prakashan Pune.
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4. Gharote, M. L., (1990). *Yogik Prakriyanche Margdarshan*. Kaivalyadhama Yog Samiti, Lonavala.
5. Srinivas Dixit, (2014). *Bhartiy Tatvdnyan*. Phadke Prakashan, Kolhapur.
6. Swami Kuvlyananda, (1994). *Asana*. Kaivalyadhama Yog Samiti, Lonavala.
7. Swami Kuvlyananda, (1994). *Pranayama*. Kaivalyadhama Yog Samiti, Lonavala.
8. Tiwari, O. P., (2002). *Asana Why and How?*. Kaivalyadhama Yog Samiti, Lonavala.
9. Waman, R.R., (2006). *Yog ani arogya*. Tilak maharashtra university Pune.
10. Waman, R.R., (2006). *Yoga Practical*. Tilak maharashtra university Pune.

SYLLABUS (CBCS as per NEP 2020) FOR F. Y. B. A.**(w. e. from June, 2023)**

Name of the Programme	: B.A.
Program Code	: UAYO
Class	: F.Y.B.A.
Semester	: II
Course Type	: Open Elective
Course Name	: Foundation of Yoga- Practical
Course Code	: UAYOG -167-OE
No. of Lectures	: 30
No. of Credits	: 02

A) Course Objectives:**To acquaint the students with:**

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.
5. To develop Personality of the learners at all levels.
6. To impart the knowledge of yog practices.
7. To motivate yog as a profession.

B) Course Outcomes:**After completion of this course the students will be able to:**

- CO1. Students will gain deeper insight into the curriculum of Yogic Sciences along with the practical applications.
- CO2. Create interest in students for the practice of yogasanas and meditations.
- CO3. Understand the Yoga therapy, its principles.
- CO4. Aware about Positive Health through Yoga.
- CO5. Develop Personality at all levels.
- CO6. Learn about the knowledge of yog practices.
- CO7. Motivated yog as a profession.

Topics & Learning Points**UNIT1: Prayer, Suryanamskar, Asanas****(10 Lectures)****Standing Postures-**

1. Tadasana,
2. Trikonasan,
3. Vrukshasana,
4. Ardhkatichakrasana,
5. Padhastasana,
6. Konasan,
7. Utkatasan
8. Garudasan
9. Natarajasan
10. Chakrasan

UNIT2: Sitting, Abdominal and Supine Posture**(10 Lectures)****Sitting Posture**

1. Padmasan
2. Vajrasan
3. Yogmudra
4. Parvatasan
5. Swastikasan
6. Ushtrasan
7. Vakrasan
8. Akarn Dhanurasan
9. Gomukhasan
10. Sinhasan

Abdominal Postures-

1. Ardhshalbhasan
2. Bhujangasan
3. Sarpasan
4. Makarasan

Supine Postures-

1. Shavasan
2. Setubandh Sarvangasan
3. Nauksan
4. Vipritkarani
5. Pavanmuktasan
6. Sarvangasan
7. Halasan

UNIT3: Kriya, Pranayam and Meditation**(10 Lectures)****Kriya-**

Kaplbhati

Jalneti

Sutraneti

Pranayam-

1. Ujjai
2. Nadishodhan
3. Bhasrika
4. Bhramari

Meditation-

10 Minutes

References:

1. Agarwal, S. K., Mendhe, S., Rajesh, E., Shinde, V. B. (2023). *Health, Lifestyle Management and Yoga*. AG Publishing House, Indore.
2. Anand Rishi, (2001). *Patnjali Yogsutra Ek Abhayas*. Rajhans Prakashan Pune.
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6. Swami Kuvlyananda, (1994). *Asana*. Kaivalyadhama Yog Samiti, Lonavala.
7. Swami Kuvlyananda, (1994). *Pranayama*. Kaivalyadhama Yog Samiti, Lonavala.
8. Tiwari, O. P., (2002). *Asana Why and How?*. Kaivalyadhama Yog Samiti, Lonavala.
9. Waman, R.R., (2006). *Yog ani arogya*. Tilak maharashtra university Pune.
10. Waman, R.R., (2006). *Yoga Practical*. Tilak maharashtra university Pune.

Web References:

1. <https://www.kdham.com>
2. <https://rimyi.org/>
3. <https://www.lonavlayoga.org>