

**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**

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 Paper	No. of Credits
II	UAYO121	Yogvidya General Paper II	3

Name of the Programme: - B.A. YOGA
Class: FYBA
Course Name: Yogvidya General –II
No of lectures: 48

Programme Code: - UAYO121
Semester: - II
Course Code: PAPS121

A). Course Objectives:

1. Explore various definitions of yoga from historical and contemporary perspectives.
2. Analyse the diversity of interpretations of yoga and their cultural implications.
3. Understand the overarching goals and specific objectives of yoga in promoting physical, mental, and spiritual well-being.
4. Evaluate how yoga aims to achieve balance and harmony in different aspects of life.
5. Recognize the importance of asanas in yoga, understanding their role in physical health and mental well-being.
6. Comprehend the fundamental principles underlying the practice of asanas.
7. Understand the significance of pranayama in yoga, exploring its impact on breath control and overall vitality: a) explore the foundational principles that govern the practice of pranayama, b) recognize and evaluate the potential applications of yoga in various professional fields, c) understand how yoga can contribute to professional development, stress management, and overall success. d) Prayer: Develop a consistent and meaningful prayer practice for spiritual grounding. e) Asanas: Demonstrate proficiency in various categories of asanas, including meditative, cultural, supine, prone, standing, and relaxative postures. f) Kriya, Bandha, and Pranayama: Practice and understand the principles of Kapalbhathi, Trataka, Bandhas, Ujjai, and Suryabhedan. g) Mudra and Omkar Chanting: Explore and practice mudras like Sinha and develop the skill of chanting Omkar for mindfulness and spiritual focus.

B). Course Outcomes:

1. Students will be able to critically analyse and discuss different interpretations and definitions of yoga.
2. Develop an appreciation for the cultural and historical context that shapes diverse perspectives on yoga.

3. Understand and articulate the holistic goals and specific objectives of yoga in promoting well-being.
4. Evaluate the role of yoga in achieving balance and harmony in personal and social aspects of life.
5. Recognize the importance of asanas in maintaining physical health and mental balance.
6. Understand the significance of pranayama in regulating breath and promoting vitality.
7. Evaluate the potential applications of yoga in professional settings & recognize the value of incorporating yoga practices for personal and professional development.

Practical: a) Demonstrate proficiency in performing a variety of asanas, kriyas, and pranayama techniques. b) Apply mudras and chanting in a practical setting for enhanced mindfulness and spiritual focus.

Note: These objectives and outcomes aim to provide FYBA (Semester II) students with a deeper understanding of the theoretical and practical aspects of yoga, focusing on definitions, aims, principles, and practical applications in daily life and professional settings.

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

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

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- Shavasan, Makarasan
3. Kriya- Kapalbhathi, Trataka
4. Bandha
5. Pranayam- Ujjai Suryabhedan
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.

Mapping of Program Outcomes with Course Outcomes

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

Subject: Yoga

Course: Yogvidya General –II

Course Code: PAPS121

*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:

PO3: Social Competence:

CO4: Evaluating the role of yoga in achieving balance and harmony in personal and social aspects of life enhances social competence by providing individuals with tools to foster well-being, resilience, and positive relationships within themselves and their broader communities.

PO4: Disciplinary Knowledge:

CO2: Developing an appreciation for the cultural and historical context that shapes diverse perspectives on yoga contributes to disciplinary knowledge by providing a contextual understanding of the roots and evolution of yoga, enriching the study of this multifaceted discipline.

PO5: Personal and Professional Competence:

CO5: Recognizing the importance of asanas in maintaining physical health and mental balance contributes to personal and professional competence by fostering a holistic approach to well-being, promoting physical vitality, and enhancing mental clarity in various life contexts.

CO7: Evaluating the potential applications of yoga in professional settings and recognizing the value of incorporating yoga practices for personal and professional development enhances personal and professional competence by acknowledging the positive impact of yoga on stress management, focus, and overall well-being in the workplace.

PO6: Self-Directed and Lifelong Learning:

CO1: Students critically analysing and discussing different interpretations and definitions of yoga exemplifies self-directed and lifelong learning by fostering a nuanced understanding of diverse perspectives, encouraging continuous exploration, and enhancing their ability to adapt to evolving interpretations of yoga.

PO7: Environment and Sustainability:

CO-6: Understanding the significance of pranayama in regulating breath and promoting vitality aligns with environment and sustainability by fostering a mindful connection to one's breath, promoting overall well-being, and encouraging a deeper appreciation for the interdependence of individual health and environmental balance.

PO8: Critical Thinking and Problem Solving

CO3: Understanding and articulating the holistic goals and specific objectives of yoga in promoting well-being cultivates critical thinking and problem-solving skills by fostering a comprehensive analysis of how yogic principles contribute to physical, mental, and emotional health.