

**Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and
Commerce, Baramati
Autonomous
Department of Yoga
S.Y.B.A. General Paper II Yoga Vidya
Semester III
Syllabus 2020-2021**

Semester	Paper Code	Title of Paper	No. of Credits
III (G-2)	YOG 1301	Yoga Vidya I	3

*** 100 Marks Distribution (Theory-40, Practical-40 & Internal Assessment-20)**

**Class: FSY.B. A. (Semester- III)
Paper: (G-2)
Credit: 3**

**Paper Code: YOG 1301
Title of Paper: Yoga Vidya I
No. of lectures: 48**

A). Course Objectives:

1. Understand the causes and effects of frustration and its relationship with Yog Vidya.
2. Analyse the impact of Yog Vidya on social health, recognizing its role in community well-being.
3. Examine the connection between mental health and Yog Vidya, exploring practices for mental well-being.
4. Evaluate the influence of Yog Vidya on the educational process and its potential in enhancing learning and cognition.
5. Develop a regular prayer practice as a means of spiritual and mental grounding.

6. Demonstrate proficiency in various categories of asanas, including meditative, cultural, supine, prone, standing, and relaxative postures.
7. Explore and practice kriyas, pranayama techniques, Omkar chanting, and meditation for holistic well-being.

B). Course Outcomes:

1. Students will be able to identify and analyse the causes and effects of frustration and apply Yog Vidya as a tool for emotional regulation.
2. Recognize the interconnectedness of social health and Yog Vidya, integrating principles for community welfare.
3. Apply Yog Vidya practices to promote mental health and resilience in various life situations.
4. Evaluate the integration of Yog Vidya in the educational process, understanding its potential for enhancing cognitive abilities and overall learning.
5. Develop a consistent and meaningful prayer practice for spiritual and mental well-being.
6. Demonstrate competence in performing various categories of asanas, understanding their physical and mental benefits.
7. Apply kriyas, pranayama techniques, Omkar chanting, and meditation for stress reduction, increased focus, and overall mental clarity.

Note: These objectives and outcomes aim to provide SYBA students with a well-rounded understanding of the theoretical and practical aspects of Yog Vidya, fostering holistic well-being in different dimensions of life.

Unit 1 Theory

1. Causes and effects of frustration and Yog Vidya.
2. Social health and Yog Vidya.
3. Mental health and Yog Vidya.
4. Educational Process and Yog Vidya.

Unit No. 2 Practical

1. Prayer
2. Asanas

A. Meditative Asanas

Padmasana

Vajrasana

B. Cultural Asanas

Sitting Postures

Ushtrasana

Yoga Mudra

Vakrasana

C. Supine Postures

Halasana

Viparitkarni

Sarvangasana

D. Prone Postures

Shalabhasana

Dhanurasana

Sarpasana

E. Standing Postures

Vrikshasana

Garudasana ,

Trikonasana

F. Relaxative Postures

Shavasana

Makrasana

3. Kriya

Kapalbhati

Trataka

4. Pranayama

Suryabhedan

Ujjai

5. Omkarchanting

6. Meditation

BOOKS FOR REFERENCES: -

1. M.L.Gharote - YogikPrakriyaMargadarshan
2. P.D, Sharma - Yogasana - NavneetPrakashan
3. Swami Kuvalyananda - Yogasana -kaiValyadhama
4. M.L.Gharote - YogikPrakriya
5. M.L.Gharote— Pranayama — Swasachshastra
6. B.K.S. tyengar— Light onYoga

Mapping of Program Outcomes with Course Outcomes

Class: S.Y.B. A. (Semester- III)

Subject: Yoga

Course: Yoga Vidya I

Course Code: YOG 1301

*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:

CO5: Developing a consistent and meaningful prayer practice for spiritual and mental well-being fosters research-related skills by providing individuals with introspective tools that enhance mindfulness, self-reflection, and overall mental clarity.

CO6: Demonstrating competence in performing various categories of asanas and understanding their physical and mental benefits enhances research-related skills by providing a practical foundation for investigating the therapeutic and physiological aspects of yoga in the context of overall well-being.

PO2: Effective Citizenship and Ethics:

PO3: Social Competence:

CO2: Recognizing the interconnectedness of social health and Yog Vidya, integrating its principles for community welfare, fosters social competence by promoting a holistic approach to well-being that considers the collective benefit and harmony within a community.

PO4: Disciplinary Knowledge:

PO5: Personal and Professional Competence:

CO1: Students identifying and analysing the causes and effects of frustration and applying Yog Vidya as a tool for emotional regulation enhances personal and professional competence by

fostering self-awareness and equipping individuals with practical skills for managing emotions in various life contexts.

CO7: Applying kriyas, pranayama techniques, Omkar chanting, and meditation for stress reduction, increased focus, and overall mental clarity enhances personal and professional competence by providing effective tools for managing stress, fostering concentration, and promoting mental well-being in various life situations.

PO6: Self-Directed and Lifelong Learning:

PO7: Environment and Sustainability:

PO8: Critical Thinking and Problem Solving

CO3: Applying Yog Vidya practices to promote mental health and resilience in various life situations enhances critical thinking and problem-solving skills by providing individuals with effective tools for emotional regulation and adaptive coping strategies.

CO4: Evaluating the integration of Yog Vidya in the educational process, understanding its potential for enhancing cognitive abilities and overall learning, aligns with critical thinking and problem-solving by recognizing the positive impact of mindfulness practices on students' mental clarity, focus, and academic performance.