

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce,
Baramati
Autonomous status
Department of Yoga
S.Y.B.A. General Paper Yoga Vidya I Semester III Syllabus 2023-2024
Semester III
UAYO231 G-2 Yoga Vidya I

Course Objectives:

1. Understand the Educational Process and YogVidya: Explore the philosophical foundations of YogVidya and its application in the educational context.
2. Analyze the role of YogVidya in promoting holistic learning and personal development.
3. Examine the Relationship Between Social Health and YogVidya: Investigate how YogVidya contributes to social well-being and community building.
4. Evaluate the ethical dimensions of social interactions through the lens of YogVidya.
5. Explore Mental Health and YogVidya: Examine the psychological benefits of YogVidya in fostering mental well-being.
6. Understand how YogVidya practices contribute to stress reduction and emotional resilience.
7. Study Stress and Meditation: Analyse the physiological and psychological effects of stress.

Course Outcomes:

1. Demonstrate Proficiency in Prayer Practices: Perform prayer techniques for spiritual grounding and mental focus. Integrate prayer practices into daily life for enhanced overall well-being.
2. Master Various Categories of Asanas: Execute meditative asanas such as Padmasana and Vajrasana with proper techniques. Demonstrate proficiency in cultural asanas, including sitting, supine, prone, standing, and relaxative postures.
3. Apply Kriya Techniques: Practice Kapalbhathi and Trataka for purification and concentration. Integrate kriya practices into daily routines for mental and physical cleansing.
4. Develop Pranayama Skills: Master Suryabhedan and Ujjai pranayama techniques.
5. Apply pranayama for enhanced respiratory health and mental clarity.
6. Chant Omkar and Understand Its Significance: Perform Omkar chanting with an understanding of its spiritual and mental benefits. Recognize the role of Omkar in promoting mindfulness and focus.
7. Cultivate Meditation Practices: Engage in meditation techniques for promoting inner calm and self-realization. Develop a consistent meditation practice for enhanced mental clarity and spiritual growth.

. Work load of yoga Vidya for SYBA

1. Theory - Not more than 120 Students in a class.

2. Practical's-20 Students per batch, each batch of practical's shall not be more than 20 students

3. Four Periods per week. Two (02) for theory and two (02) for practicals.

Paper Code: UAYO231
Title of Paper: YogVidya I
Credit: 3
No. of lectures: 48

Unit 1 Theory

1. Educational Process and YogVidya.
2. Social health and YogVidya.
3. Mental health and YogVidya.
4. Stress and Meditation.

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. Medltation

References:-

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

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

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

1) Compulsory Asana = $2 \times 5 = 10$

2) Optional Asana = $2 \times 5 = 10$

3) Kriya = $1 \times 5 = 05$

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

Subject: Yoga

Course: Yoga Vidya I

Course Code: UAYO231

*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.