

**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 IV  
Syllabus 2020-2021**

Semester	Paper Code	Title of Paper	No. of Credits
IV (G-2)	YOG 1401	Yoga Vidya II	3

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

**Class: FSY.B. A. (Semester- IV)**

**Paper Code: YOG 1401**

**Paper: (G-2)**

**Title of Paper: Yoga Vidya II**

**Credit: 3**

**No. of lectures: 48**

**A). Course Objectives:**

1. Understand the relationship between physical health and Yog Vidya, exploring the impact of yogic practices on overall well-being.
2. Summarize key aspects of a selected Yogagranth, demonstrating knowledge of foundational yoga texts.
3. Analyse the connection between personality development and fundamental principles of yoga.
4. Comprehend the importance and foundational principles of Kriya in the context of Yog Vidya.
5. Develop a consistent and meaningful prayer practice to enhance spiritual and mental well-being.
6. Demonstrate proficiency in performing various categories of asanas, including meditative, sitting, supine, prone, standing, and relaxative postures.
7. Practice and understand the principles of selected kriyas, pranayama techniques, Omkar chanting, and meditation for holistic well-being.

**B). Course Outcomes:**

1. Students will be able to apply yogic principles to maintain and improve physical health.
2. Summarize and discuss the key teachings of a Yogagranth, demonstrating a critical understanding of foundational yoga literature.
3. Apply fundamental principles of yoga in the context of personality development.
4. Understand and articulate the importance and principles of Kriya for overall well-being.
5. Develop and maintain a regular prayer practice for spiritual and mental grounding.
6. Demonstrate competence in performing various categories of asanas, understanding their physical, mental, and spiritual benefits.
7. Apply selected kriyas, pranayama techniques, Omkar chanting, and meditation for stress reduction, improved focus, and enhanced overall well-being.

**Note:** These objectives and outcomes aim to provide SYBA (Semester-IV) students with a deeper understanding of the theoretical and practical aspects of Yog Vidya, fostering holistic well-being in various dimensions of life.

### **Unit No. 1 Theory**

1. Physical health and yoga Vidya.
2. Abstract of any Yogagranth.
3. Personality and fundamental principles.
4. Importance and fundamentals principles of Kriya.

### **Unit No. 2 Practical**

1. Prayer
2. Asanas

#### **A. Meditative Asanas**

Padmasana

Vajrasana

#### **B. Sitting Postures**

Gomukhasana

Pashchimottanasana

Vakrasana

#### **C. Supine Postures**

Halasana

Viparikarni

Sarvangasana

#### **D. Prone Postures**

Shalbhasana

Dhanurasana

Sarpasana

#### **E. Standing Postures**

Utkatasana

Padhastasana

Chakrasana

#### **F. Relaxative Postures**

Shavasana

Makrasana

3. Kriya

Jalneti

Suttraneti

4. Pranayama

Anulomaviloma

Suryabhedan

5. Omakarchanting

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. lyengar— Light onYoga

## Mapping of Program Outcomes with Course Outcomes

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

Subject: Yoga

Course: Yoga Vidya II

Course Code: YOG 1401

\*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:**

CO1: Students applying yogic principles to maintain and improve physical health contribute to effective citizenship and ethics by fostering a proactive approach to well-being, promoting personal health responsibility, and aligning individual actions with broader societal benefits.

#### **PO3: Social Competence:**

#### **PO4: Disciplinary Knowledge:**

CO2: Summarizing and discussing the key teachings of a Yogagranth demonstrates a critical understanding of foundational yoga literature, contributing to disciplinary knowledge by fostering a nuanced comprehension of the philosophical underpinnings and guiding principles of yoga.

#### **PO5: Personal and Professional Competence:**

CO3: Applying fundamental principles of yoga in the context of personality development enhances personal and professional competence by fostering self-awareness, emotional intelligence, and resilience, contributing to holistic growth and effectiveness in various life domains.

#### **PO6: Self-Directed and Lifelong Learning:**

CO4: Understanding and articulating the importance and principles of Kriya for overall well-being exemplifies self-directed and lifelong learning by fostering continuous exploration and integration of yogic practices into one's life for sustained physical, mental, and spiritual health.

CO5: Developing and maintaining a regular prayer practice for spiritual and mental grounding epitomizes self-directed and lifelong learning by fostering a sustained commitment to personal growth, introspection, and holistic well-being through a dedicated and evolving spiritual practice.

CO6: Demonstrating competence in performing various categories of asanas and understanding their physical, mental, and spiritual benefits embodies self-directed and lifelong learning by actively engaging in the continuous exploration and application of yogic practices for personal well-being and holistic development.

CO7: Applying selected kriyas, pranayama techniques, Omkar chanting, and meditation for stress reduction, improved focus, and enhanced overall well-being exemplifies self-directed and lifelong learning by actively incorporating and adapting diverse yogic practices to promote ongoing personal growth and well-being.

**PO7: Environment and Sustainability:**

**PO8: Critical Thinking and Problem Solving**