

Anekant Education Society's  
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati

**(Autonomous)**

Department of Psychology and Yoga

SYBA Syllabus (2022 Pattern)

To be implemented from November 2023-2024

**S. Y. B. A. YOGA SEM. IV**

	<b>Paper Code</b>	<b>Title of the Paper</b>	<b>Credits</b>
<b>Core Course</b>	<b>UAYO241</b>	<b>Hathyog</b>	<b>03</b>

**Course Objectives:**

1. Understanding the Fundamentals of Yoga Philosophy: Demonstrate a comprehensive understanding of the principles and teachings presented in Pratham Updesh-I and Pratham Updesh-II.
2. Mastering Essential Asanas: Proficiently perform and demonstrate key asanas, including Tadasan, Trikonasan, Vrukshasan, Padhastasan, Ardhkatichakrasan, Konasan, and Utkatasan, emphasizing correct alignment and technique.
3. Developing Proficiency in Sitting Postures: Practice and demonstrate mastery in various sitting postures such as Padmasan, Vajrasan, Yogmudra, Pravatasan, Swastikasan, Ushtrasan, Vakrasan, Akarn Dhanurasan, Gomukhasan, and Sinhasan.
4. Refining Abdominal and Supine Postures: Perform and instruct abdominal postures (Ardhshalbhasan, Bhujangasan, Sarpasan, and Makarasan) and supine postures (Shavasan, Setubandh Sarvangasan, Nauksan, Vipritkarani, Pavanmuktasan, Sarvangasan, and Halasan) with precision and awareness.
5. Integrating Kriya, Pranayam, and Meditation: Practice and teach Kriya techniques, including Kapalbhathi and Jalneti, along with Pranayam techniques such as Ujjai, Nadishodhan, Bhasrika, and Bhramari. Incorporate a 15-minute meditation session effectively.
6. Applying Teaching Methods: Demonstrate the Whole Part, Whole Method in teaching prayer asanas and standing postures, encouraging individual practice for skill enhancement.
7. Promoting Holistic Well-being: Understand the holistic benefits of yoga practice, integrating physical postures, breath control, and meditation to enhance overall well-being. Foster an appreciation for the mind-body connection in the pursuit of a balanced and healthy lifestyle.

**Course Outcomes:**

1. Yoga Philosophy Proficiency: Students will critically analyze and interpret the philosophical aspects presented in Pratham Updesh-I and Pratham Updesh-II, applying these principles to their own practice and teaching.
2. Asana Mastery: Students will confidently execute and guide others in performing standing, sitting, abdominal, and supine postures, demonstrating proficiency in their practice.
3. Skillful Teaching: Graduates will be able to employ effective teaching methods, including the Whole Part, Whole Method, to convey the intricacies of prayer asanas and standing postures.
4. Advanced Postural Understanding: Students will display an advanced understanding of sitting, abdominal, and supine postures, showcasing the ability to refine and improve their own practice and guide others effectively.
5. Kriya, Pranayam, and Meditation Competence: Graduates will master Kriya, Pranayam, and

Meditation techniques, both in personal practice and in teaching settings, promoting physical, mental, and spiritual well-being.

6. Effective Application of Holistic Wellness: Students will integrate the principles of yoga to enhance overall well-being, promoting a balanced lifestyle and the cultivation of mindfulness beyond the physical postures.
7. Reflective Practice and Continued Learning: Graduates will cultivate a mindset of continuous learning and reflection, embracing yoga as a lifelong journey and adapting their knowledge to various contexts and individual needs.

## TOPICS/CONTENTS:

**UNIT 1: Pratham Updesh-I** (07 L)

**UNIT 2: Pratham Updesh-II** (08 L)

**UNIT 3: Practical** (15 L)

### Prayer Asana-

1. Demonstration
2. Whole Part, Whole Method
3. Individual Practice

**Standing Posture** 1. Tadasan 2. Trikonasan 3. Vrukshasan 4. Padhastasan 5. Ardhkaticakrasan 6. Konasan  
7. Utkatasan

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

**Abdominal Postures-** 1. Ardhsalabhasan 2. Bhujangasan 3. Sarpasan 4. Makarasan

### Supine Postures-

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

### Kriya , Pranayam and Meditation

**Kriya-** 1. Kaplbhati 2. Jalneti **Pranayam-** 1. Ujjai 2. Nadishodhan 3. Bhasrika 4. Bhramari

**Meditation-** 15 Minutes

## References:

1. Agarwal, S. K., Mendhe, S., Rajesh, E., Shinde, V. B. (2023). *Health, Lifestyle Management and Yoga*. AG Publishing House, Indore.
2. Gharote, M. L., (1990). *Yogik Prakriyanche Margdarshan*. Kaivalyadhama Yog Samiti, Lonavala.
3. Sharma, P. D., (2008). *Yogasana & Pranayama for Health*, Navneet Publication, Mumbai.
4. Swami Kuvlyananda, (1994). *Asana*. Kaivalyadhama Yog Samiti, Lonavala.
5. Swami Kuvlyananda, (1994). *Pranayama*. Kaivalyadhama Yog Samiti, Lonavala.
6. Tiwari, O. P., (2002). *Asana Why and How?* Kaivalyadhama Yog Samiti, Lonavala.

## 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

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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**