

**Anekant Education Society's  
Tuljaram Chaturchand College of Arts, Science and  
Commerce, Baramati  
Autonomous  
Department of Yoga  
T.Y.B.A. SEMESTER V  
SYLLABUS 2021-2022  
TO BE IMPLEMENTED FROM 2021-2022  
(Semester & Choice Based Credit System)**

Semester	Paper Code	Title of Paper	No. of Credits
V (G-3)	YOG 3501	Yoga Vidya – V	3

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

**Class: T.Y.B. A. (Semester- V)**  
**Paper: V G-3**  
**Credit: 3**

**Paper Code: YOG 3501**  
**Title of Paper: Yoga Vidya – V**  
**No. of lectures: 48**

**A). Course Objectives:**

1. Differentiate between Professional Yoga and Traditional Yoga, understanding the unique aspects and applications of each.
2. Analyse the relationship between physical health and yoga, recognizing the holistic impact of yogic practices on the body.
3. Evaluate the connection between mental health and yoga, exploring the psychological benefits of yogic principles and practices.
4. Understand the significance of yoga in the field of sports, recognizing its potential for enhancing athletic performance and overall well-being.
5. Develop and maintain a meaningful prayer practice for spiritual and mental grounding.
6. Demonstrate proficiency in performing various categories of asanas, including meditative, cultural, supine, prone, standing, balancing, and relaxative postures.
7. Practice selected kriyas, pranayama techniques, Omkar chanting, and meditation for a comprehensive approach to well-being.

**B). Course Outcomes:**

1. Students will be able to articulate the distinctions between Professional Yoga and Traditional Yoga, understanding the unique aspects of each approach.
2. Recognize the holistic impact of yogic practices on physical health, integrating principles for overall well-being.
3. Apply yogic principles for mental health, understanding the psychological benefits and stress management techniques.
4. Understand and appreciate the role of yoga in sports, recognizing its potential for enhancing performance and promoting mental resilience.
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 TYBA (Semester-V) students with an advanced understanding of the theoretical and practical aspects of yoga, fostering holistic well-being and exploring its applications in professional and sports contexts.

### **1. Structure of Marks semester V & VI**

#### **I. Total - 60 marks (Semester End Marks 60%)**

- A. Theory - 30 Marks
- B. Practical - 30 Marks

#### **II. Total - 40 Marks (Internal Marks 40%)**

- A. Mid Term Test - 20 Marks
- B. Practical Viva - 20 Marks

### **2. Evaluation of Semester V & VI**

Yoga Vidya – V and Yoga Vidya - VI (in respective semester)

#### **I. External Total - 60 marks**

A. Structure of Theory paper of university examination.

Q.No.1 = 6 Marks X 01 Question = 06 Marks Q.No.2 =

3 Marks X 02 Question = 06 Marks Q.No.3 = 04 Marks

X 02 Question = 08 Marks Q.No.4 = 10 Marks X 01

Question = 10 Marks

Total = 30 Marks

B. Structure of question paper of practical examination.

a) Compulsory Asanas = 03 X 02 = 06 Marks

b) Optional Asanas = 03 X 02 = 06 Marks

c) Kriya = 03 X 01 = 03 Marks

d) Pranayama = 03 X 01 = 03 Marks

e) Prayer and Meditation = 02 X 01 = 02 Marks

Total = 30 Marks

#### **II. Internal Total - 40 Marks**

A. Structure of Theory (Mid Test) examination = 20 Marks

a. Q.No.1 = 5 Marks 02 Question = 10 Marks

b. Q.No.2 = 10 Marks 01 Question = 10 Marks

Total = 20 Marks

B. Practical Viva = 20 Marks

Total = 20 Marks

#### **Unit No. 1 Theory, Total Credit = 01**

- 1. Difference between Professional Yoga and Traditional Yoga
- 2. Physical Health and Yoga

#### **Unit No. 2 Theory, Total Credit = 01**

- 1. Mental Health and Yoga
- 2. Importance of Yoga in the field of sports

#### **Unit No. 3 Practical - Total Credit = 01**

- 1. Prayer

2. Asanas
  - A. Meditative Asanas
    - Padmasana
    - Vajrasana
  - B. Cultural Asanas
    - Sitting Postures
      - Ushtrasana
    - Vakrasana
    - Akrandhanurasana
  - C. Supine Postures
    - Halasana
    - Viparitkarni
    - Sarvangasana
    - Supptavajrasana
  - D. Prone Postures
    - Shalbhasana
    - Dhanurasana
    - Sarpasana
  - E. Standing Postures
    - Utkatasana
    - Hastapadasana
  - F. Balancing Postures
    - Shirshana
    - Mayurasana
  - G. Relaxative Postures
    - Shavasana
    - Makrasana
3. Kriya
  - Vaman, Nauli, Vasttradhuti
4. Pranayama
  - Bhastrika
  - Brhamari
5. Omkarchanting
6. Meditation

**BOOKS FOR REFERENCES: -**

1. M.L.Gharote - Yogik Prakriya Margadarshan
2. P.D.Sharma - Yogasana - Navneet Prakashan
3. Swami Kuvalyananda - Yogasana - kaivalyadhama
4. Mohamadmaharaj - Yogsangram – Shrigonda
5. B.K.S. Iyengar- Light on Yoga

### Mapping of Program Outcomes with Course Outcomes

Class: T.Y.B. A. (Semester- V)

Subject: Yoga

Course: Yoga Vidya V

Course Code: YOG 2501

\*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:

CO1: Students articulating the distinctions between Professional Yoga and Traditional Yoga, understanding the unique aspects of each approach, enhances research-related skills by fostering a critical analysis of the evolving landscape of yoga practices within diverse contexts.

#### PO2: Effective Citizenship and Ethics:

CO7: Applying selected kriyas, pranayama techniques, Omkar chanting, and meditation for stress reduction, improved focus, and enhanced overall well-being aligns with effective citizenship and ethics by cultivating individual well-being, fostering emotional resilience, and contributing to a more harmonious and positively engaged community.

#### PO3: Social Competence:

#### PO4: Disciplinary Knowledge:

#### PO5: Personal and Professional Competence:

CO4: Understanding and appreciating the role of yoga in sports, recognizing its potential for enhancing performance and promoting mental resilience, contributes to personal and

professional competence by integrating holistic approaches to physical well-being and mental strength in athletic endeavours.

CO6: Demonstrating competence in performing various categories of asanas and understanding their physical, mental, and spiritual benefits contributes to personal and professional competence by promoting overall well-being and enhancing one's ability to manage stress, focus, and maintain a balanced and resilient mindset in various life situations.

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

CO2: Recognizing the holistic impact of yogic practices on physical health and integrating principles for overall well-being exemplifies self-directed and lifelong learning by actively engaging in the continuous exploration and application of yoga for sustained personal development and enhanced quality of life.

CO3: Applying yogic principles for mental health, understanding the psychological benefits, and incorporating stress management techniques exemplifies self-directed and lifelong learning by actively pursuing knowledge and skills to enhance mental well-being and resilience throughout one's life.

**PO7: Environment and Sustainability:**

**PO8: Critical Thinking and Problem Solving:**

CO3: Developing and maintaining a regular prayer practice for spiritual and mental grounding contributes to critical thinking and problem-solving by fostering introspection, emotional regulation, and a centered mindset, thereby enhancing the ability to approach challenges with clarity and resilience.