

SYLLABUS (CBCS as per NEP 2020) FOR F. Y. B. A.**(w. e. from November, 2023)**

Name of the Programme	: B.A.
Program Code	: UAYOG
Class	: F.Y.B.A.
Semester	II
Course Type	: CC
Course Name	: Yoga for Mental Health
Course Code	: YOG189- CC
No. of Lectures	: 30
No. of Credits	: 02

A) Course Objectives:**To acquaint the students with:**

- 1) To introduce students to the foundational principles and practices of yoga, including prayer, asanas, and meditation.
- 2) To familiarize students with various yoga postures (asanas) and their correct alignment and execution.
- 3) To develop students' understanding of the importance of proper breathing techniques (pranayama) in yoga practice.
- 4) To introduce students to meditative practices and their role in achieving mental and emotional balance.
- 5) To promote physical fitness, flexibility, and strength through the practice of yoga postures.
- 6) To cultivate mindfulness and awareness through the integration of breath, movement, and meditation.
- 7) To provide students with the knowledge and skills to develop a personal yoga practice that suits their individual needs and abilities.

B) Course Outcomes:**After completion of this course the students will be able:**

- CO1. Students will demonstrate proficiency in performing various yoga postures, including sitting, standing, supine, and prone postures.
- CO2. Students will understand the significance of prayer and its role in preparing the mind and body for yoga practice.
- CO3. Students will be able to incorporate breathing techniques such as Kapalbhathi, Anuloma Vilom, and Bhramari into their yoga practice to enhance vitality and energy flow.
- CO4. Students will demonstrate an understanding of bandhas and mudras and their effects on the body's energy centers.
- CO5. Students will experience improved flexibility, strength, and posture through regular practice of yoga asanas.
- CO6. Students will develop the ability to focus the mind and cultivate inner awareness through meditation and chanting.
- CO7. Students will recognize the therapeutic benefits of yoga for stress reduction, relaxation, and overall mental well-being.

Topics & Learning Points**UNIT1: Prayer and Asanas****(10 Lectures)****Prayer****Asanas****Meditative Asana** -Swastikasana Padmasana Vajrasana**Sitting Postures**- Parvatasana, Ushtrasana, Yogmudra in Vajrasana**UNIT2: Abdominal and Supine Posture****(10 Lectures)****Standing Postures**- Tadasana, Vrikshasana, Chakarasana, Padhastasana, Utkatasan**Supine Postures**- Halasana, Viparitkarni, Sarvagasan**Prone Posture**- Ardhashlbhasana, Bhujangasana**UNIT3: Kriya , Pranayam, Mudra and Meditation****(10 Lectures)****Kriya**- Jalneti**Pranayam**- Breathing Awareness, Anuloma Vilom, Bhramari, Bhasrika**Mudra**- Yog Mudra**Omkar Chanting****Meditation**-15 Minutes**References:**

1. Swami Kuvlyananda, (1994). Asana. Kaivalyadhama Yog Samiti, Lonavala.
2. Swami Kuvlyananda, (1994). Pranayama. Kaivalyadhama Yog Samiti, Lonavala.
3. Gharote, M. L., (1990). *Yogik Prakriyanche Margdarshan*. Kaivalyadhama Yog Samiti, Lonavala.
4. Tiwari, O. P., (2002). Asana Why and How?. Kaivalyadhama Yog Samiti, Lonavala.
5. Sharma, P. D. (2008). *Yogasana & Pranayama for Health*, Navneet Publication, Mumbai.
6. Waman, R.R., (2006). *Yog ani arogya*. Tilak maharashtra university Pune.
7. Waman, R.R., (2006). *Yoga Practical*. Tilak maharashtra university Pune.
8. Anand Rishi, (2001). *Patnjali Yogsutra Ek Abhayas*. Rajhans Prakashan Pune.
9. Gharote, M. L., (1985). *Yogic Techniques* Yoga Institute Kaivalyadhama Lonavala.

