

**Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and
Commerce, Baramati
Autonomous
Department of Yoga
T.Y.B.A. SEMESTER VI
SYLLABUS (2022 Pattern)
TO BE IMPLEMENTED FROM 2024-2025
(Semester & Choice Based Credit System)**

| Semester | Paper Code | Title of Paper | No. of Credits |
|----------|------------|----------------|----------------|
| VI | UAYOG 361 | Applied Yoga | 3 |

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

Paper Code: UAYOG 361

Paper: VI

Title of Paper: Applied Yoga– VI

Credit: 3

No. of lectures: 48

A) Course Objectives

Upon successful completion of this course, students will be able to:

- CO1): Explore the scope of yoga in the professional field, understanding its applications and benefits in various career paths.
- CO2): Examine the role of yoga in promoting well-being during old age, addressing physical and mental health challenges.
- CO3): Analyse the relationship between personal efficiency and yoga, exploring how yogic practices contribute to increased productivity and effectiveness.
- CO4): Understand and practice the components of spiritual health, including Dhyana, Dharana, and Samadhi, for a balanced and harmonious life.
- CO5): Develop and maintain a meaningful prayer practice for spiritual and mental grounding.
- CO6): Demonstrate proficiency in performing various categories of asanas, including meditative, sitting, supine, prone, standing, and Relaxative postures.
- CO7): Practice selected kriyas, pranayama techniques, Omkar chanting, and meditation, focusing on overall well-being and spiritual growth.

B) Course Outcome

After the completion of this course students will gain:

1. Students will be able to integrate yoga principles into their professional lives, enhancing performance and well-being.
2. Understand and apply yogic practices for promoting health and well-being during the aging process.
3. Recognize and implement yoga techniques to enhance personal efficiency, contributing to improved productivity and effectiveness.
4. Demonstrate proficiency in spiritual health practices, including Dhyana, Dharana, and Samadhi, for a holistic and balanced life.
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, including spiritual growth.

Note: These objectives and outcomes aim to provide TYBA (Semester-VI) students with an advanced understanding of the theoretical and practical aspects of yoga, focusing on its applications in professional life, during old age, and for personal and spiritual development.

Unit No. 1 Theory, Total Credit = 01 (12 Lectures)

1. Scope of Yoga in professional field.
2. Old age and Yoga

Unit No. 2 Theory, Total Credit = 01 (12 Lectures)

1. Personal efficiency and yoga
2. Importance of Yoga in Sport

Unit No. 3 Practical Total Credit -01 (24 Lectures)

1. Prayer
2. Asanas

A. Meditative Asanas

Padmasana

Vajrasana

A. Sitting Postures

Gomukhasana

Pashchimottanasana

Vakrasana

B. Supine Postures

Halasana

Karnapidasana

C. Prone Postures

shalbhasana

Dhanurasana

Sarpasana

D. Standing Postures

Utkatasana

Hastapadasana

Chakrasana

E. Relaxative Postures

Shavasana

Yognidra

3. Kriya

Nauli chalan

Vasttradhuti

Danda dhuti

4. Pranayama

Shitali

Shitkari

Bhastrika With Kumbhaka

1:4:2 Brhamari

5. Omakarchanting- 11 time

6. Meditation – Patanjali 30 minutes

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

Mapping of Program Outcomes with Course Outcomes

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

Subject: Yoga

Course: Applied Yoga– VI

Course Code: UAYOG- 361

*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 | 3 | |
| CO 3 | | | 3 | | | | | 3 |
| CO 4 | | | | | | 3 | | |
| CO 5 | 3 | | | | | | | |
| CO 6 | | | | 3 | 3 | | | |
| CO 7 | 3 | 3 | | | | | | |

Justification for the Mapping**PO1: Research-Related Skills:**

CO5: Developing and maintaining a regular prayer practice for spiritual and mental grounding contributes to research-related skills by fostering introspection, emotional resilience, and focused attention, enhancing an individual's capacity for reflective thinking and potentially informing areas of study related to the intersections of spirituality and mental well-being.

CO7: Applying selected kriyas, pranayama techniques, Omkar chanting, and meditation for stress reduction, improved focus, and enhanced overall well-being, including spiritual growth, in correspondence with research-related skills involves exploring and understanding the potential scientific underpinnings and empirical evidence supporting the effectiveness of these practices for holistic health.

PO2: Effective Citizenship and Ethics:

CO1: Students integrating yoga principles into their professional lives, enhancing performance and well-being, align with effective citizenship and ethics by fostering a mindful and balanced approach to work, contributing positively to workplace culture, and promoting overall individual and collective success.

PO3: Social Competence:

CO3: Recognizing and implementing yoga techniques to enhance personal efficiency contributes to improved productivity and effectiveness, fostering social competence by promoting individual well-being and positively impacting the broader social and professional environment.

PO4: Disciplinary Knowledge:

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, stress management, and mental clarity, enhancing an individual's capacity to navigate various aspects of life effectively.

PO5: Personal and Professional Competence:

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, stress management, and mental clarity, enhancing an individual's capacity to navigate various aspects of life effectively.

PO6: Self-Directed and Lifelong Learning:

CO2: Understanding and applying yogic practices for promoting health and well-being during the aging process exemplifies self-directed and lifelong learning by actively seeking knowledge and adapting holistic approaches to ensure continued personal development and vitality in later stages of life.

CO2: Demonstrating proficiency in spiritual health practices, including Dhyana, Dharana, and Samadhi, for a holistic and balanced life exemplifies self-directed and lifelong learning by actively engaging in practices that nurture inner well-being and personal growth, contributing to a lifelong journey of spiritual exploration and development.

PO7: Environment and Sustainability:

CO2: Understanding and applying yogic practices for promoting health and well-being during the aging process exemplifies self-directed and lifelong learning by actively seeking knowledge and adapting holistic approaches to ensure continued personal development and vitality in later stages of life.

PO8: Critical Thinking and Problem Solving:

CO3: Recognizing and implementing yoga techniques to enhance personal efficiency contributes to improved productivity and effectiveness, fostering social competence by promoting individual well-being and positively impacting the broader social and professional environment.