



Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
(Autonomous)
(Affiliated to Savitribai Phule Pune University, Pune)
CBCS Syllabus
(Faculty of Humanities)
For the
Bachelor of Arts Programme (B.A.)
Semester-III
For Department of Psychology and Yoga

Tuljaram Chaturchand College of Arts Science and Commerce, Baramati.
Choice Based Credits System Syllabus (NEP 2024 Pattern)

To be implemented from academic year 2025-2026

Preamble

The revised SYBA syllabus has been proposed with utmost care and consideration to maintain continuity in the flow of information between the SYBA and TYBA levels. Taking into account the prerequisites and current trends in the field of Psychology, some of the modules have been upgraded and modified. The syllabus is designed to enhance students' theoretical understanding and to raise awareness of recent developments in Psychology in India, along with the application of these theories. This course aims to enrich students' minds and develop a multidimensional understanding of the topics. It seeks to explore new areas of learning, foster competencies in students, and open up various avenues for self-discovery, academic growth, and employment opportunities.

Students will be encouraged to understand real-life issues and actively participate in programs and practices within the social context. The use of ICT, mass media, and web-based sources is highly recommended to make the teaching-learning process more interactive and engaging.

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

Board of Studies (BOS) In Yoga		
Sr. No	Name	Designation
1	Dr. Vijaykumar B. Shinde	Chairman
2	Dr. Shirish K. Shitole	Member (Expert From other university)
3	Dr. Rajendra R. Waman	Member (Expert from SPPU, Pune)
4	Dr. Bhupender Singh	Member (Expert From other university)
5	Mr. Sandip Shinde	Member (Representative From Industry)
6	Mrs. Smita B. Shah	Member (Meritorious Alumni)
7	Dr. Ramchandra D. Jagtap	Member
8	Dr. Jyotiram N. Awate	Member
9	Dr. Ganesh M. Dhame	Member
10	Dr. Datta V. Londhe	Member
11	Mr. Dattatray B. Khomane	Member
12	Ms. Gunashri Raskar	Student Representative (Post Graduation)
13	Mr. Prashant Taur	Student Representative (Under Graduate)

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce,
Baramati (Autonomous)
Department of Yoga

Course & Credit Structure for S.Y.B.A. Yoga (NEP 2024 Pattern)
w. e. f. June 2025

Sem	Course Type	Course Code	Course Title	Theory / Practical	Credits
III	Minor	YOG -205-MN	Physiology And Yoga	Theory	04
	Open Elective (OE)	UOG-206-OE	Darshne	Theory	02
	Co- Curricular Course (CC)	YOG-211-CC	Meditation For Health	Theory	02
	Total Credits Semester-III				08

Name of the Programme	: B.A. Subject	: YOGA
Program Code	: UAYO	
Class	: S.Y.B.A.	
Semester	III	
Course Type	: MINOR	
Course Name	: ANATOMY and YOGA	
Course Code	: YOG-205-MN	
No. of Lectures	: 60	
No. of Credits	: 4	

A) Course Objectives

After the completion of this course students will gain.

1. Demonstrate knowledge of the fundamental anatomy of the human body.
2. Describe the anatomical features and processes of the digestive system.
3. Explain the structure and functions of the circulatory systems.
4. Identify the components and functions of the nervous system.
5. Explore the anatomical structures and functions of the digestive, circulatory, and nervous systems.
6. Practice various yogaasanas (postures) to enhance physical flexibility, strength, and balance.
7. Learn pranayama (breathing exercises) techniques to regulate breath and energy flow.

B) Course Outcome

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

CO1): Understand the basic anatomy of the human body.

CO2): To develop Personality of the learners at all levels.

CO3): To impart the knowledge of yoga practices.

CO4):To motivate yoga as a profession.

CO5) Analyze the structure and functions of the nervous system.

CO6) Examine the structure and functions of the digestive system.

CO7) Explore the components and functions of the circulatory system.

Topics&LearningPoints**UNIT-I Basic Anatomy:****(30Lectures)**

The Human Body
 Digestive system
 Circulatory System
 Nervous System

UNIT-II Practical:**(30Lectures)**

Asane
 Pranayam
 Patanjali Meditation

★ Evaluation Procedures:

Assessment will be of two types: Continuous Internal Assessment and Semester End Assessment.

➤ U.G.Courses

Continuous Internal Assessment will have 40% weightage and Semester End Assessment will carry 60% weightage.

REFERENCES:

Gore, M. M. (2010). *Anatomy and physiology of yogic practices*. New Age Books New Delhi.
 Sarapte, M. (2001). *Manavi sharirkriyashastra*. Harshad Publications Nanded .

Mapping of Program Outcomes with Course Outcomes

CLASS:S.Y.B.A.(SEMESTER-III)
COURSE:MINOR

SUBJECT:YOGA
COURSECODE:YOG-205-MN

*Weightage: 1=weak or low relation, 2=moderate or partial relation, 3=strong or direct relation

ACORRELATIONALMATRIXTABLE

	Programme Outcomes(POs)						
Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	3						
CO2		3					
CO3	3	3		3			
CO4						3	
CO5				3		3	
CO6					3	3	
CO7					3		3

Justification for the Mapping

1. **PO1 Critical and Creative Thinking:** CO1 - PO1: Understanding basic anatomy involves critical thinking skills in analyzing and evaluating the structure and functions of the human body.
2. **PO2 Communication Skill:** CO2 - PO2: Developing personality through yoga practices requires effective communication skills to express thoughts and ideas clearly and confidently.
3. **PO3 Multicultural Competence:** CO3 - PO1, PO3, PO4: Imparting knowledge of yoga practices involves critical and creative thinking, multicultural competence to honor diversity, and research skills to understand and articulate yoga principles.
4. **PO4 Research Skills:** CO4 - PO6: Understanding basic anatomy involves critical thinking skills in analysing and evaluating the structure and functions of the human body.
5. **PO5 Environmental awareness:** CO5 - PO4, PO6: Analysing the structure and functions of the nervous system requires research skills and problem-solving abilities to understand the neural mechanisms involved in yoga practices.
6. **PO6 Problem-solving Abilities:** CO6 - PO5, PO6: Examining the structure and functions of the digestive system involves environmental awareness to promote healthy living and problem-solving abilities to address digestive issues through yoga.
7. **PO7 Collaboration and Teamwork:** CO7 - PO5, PO7: Exploring the components and functions of the circulatory system involves environmental awareness to promote cardiovascular health and collaboration and teamwork to implement yoga practices effectively.

This matrix illustrates how each course outcome aligns with one or more program outcomes, demonstrating the integration of yoga principles with critical thinking, communication, problem-solving, environmental awareness, multicultural competence, and collaboration skills.

SYLLABUS (CBCS as per NEP 2020) FOR S.Y.B.A. (w.e. from June, 2025)

Name of the Programme	: B.A. Subject : YOGA
Program Code	: UAYOG
Class	: S.Y.B.A.
Course Type	: OPEN ELECTIVE
Course Name	: YOG PRANALI
Course Code	: YOG-206-OE
No. of Lectures	: 30
No. of Credits	: 2

A) Course Objectives

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

CO1. Introduce students to different types of yoga practices and traditions.

CO2. Explore the principles and practices of Rajyoga for spiritual development.

CO3. Understand Dnyan yoga and Bhakti yoga as paths to knowledge and devotion.

CO4. Examine Karmayoga philosophy and its application in daily life.

CO5. Learn the physical postures and techniques of Hatha yoga.

CO6. Study the teachings and practices of Swami Charandasas.

CO7. Explore the Eight Limbs of Yoga through Ashtanga yoga.

B) Course Outcomes

After the completion of this course students will gain:

1. Gain knowledge of various yoga traditions and their philosophical underpinnings.
2. Apply principles of Rajyoga to enhance mental clarity and inner peace.
3. Cultivate a deeper understanding of Dnyanyoga and Bhakti yoga for spiritual growth.
4. Implement principles of Karmayoga to achieve selflessness and service-oriented living.
5. Develop proficiency in Hathayoga postures and techniques for physical well-being.
6. Understand the teachings of Swami Charandasas and the relevance to modern life.
7. Practice the Eight Limbs of Yoga as outlined in Ashtanga yoga for holistic development.

Topics& Learning Points

Unit No.	Unit Title and Topics	No. of Clock Hours
1	Different Types of Yogpranali Rajyog	07
2	Dnyanyog Bhaktiyog, Karmyog	08
3	Hathyog	07
4	Swami Charandasas Ashtangyog	08

★ Evaluation Procedures:

Assessment will be of two types: Continuous Internal Assessment and Semester End Assessment.

➤ UG Courses

Continuous Internal Assessment will have 20% weightage and Semester End Assessment will carry 30% weightage.

References

- 1) Omanand Tirth, S. (1990). *Patanjal yogdarshan*. Geeta Press Gorakhpur
- 2) Vartak, P. V. (1986). *Patanjal yog*. Vartakashram Pune
- 3) Geeta Press. (2000). *Bhagwat Geeta*. Geeta Press Gorakhpur
- 4) Jha, P. (1989). *Yog parichaya*. Gupta Prakashan. New Delhi

Mapping of Program Outcomes with Course Outcomes**CLASS: S.Y.B.A.(SEMESTER-III)****SUBJECT: YOGA****COURSE: OPEN ELECTIVE****COURSECODE: YOG-206-OE**

*Weightage:1=weak or low relation,2= moderate or partial relation,3=strong or direct relation

ACORRELATIONALMATRIXTABLE

	Programme Outcomes(POs)						
Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	3						
CO2						3	
CO3			3				
CO4				3			
CO5		3					
CO6						3	

CO7							3
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Justification for the Mapping

1. **PO1 Critical and Creative Thinking:** CO1: Introducing students to different types of yoga practices and traditions requires critical and creative thinking to analyze and understand various philosophies and practices within yoga. Mapped to PO1: Critical and Creative Thinking, as it involves the ability to analyze and evaluate different yoga practices and traditions.
2. **PO2 Communication Skill:** CO2: Exploring the principles and practices of Rajyoga for spiritual development involves understanding complex philosophical concepts and applying them to personal growth. Mapped to PO6: Problem-solving Abilities, as it requires addressing complex philosophical and spiritual challenges through innovative approaches.
3. **PO3 Multicultural Competence:** CO3: Understanding Dnyanyoga and Bhaktiyoga as paths to knowledge and devotion involve multicultural competence to appreciate diverse cultural and religious perspectives. Mapped to PO3: Multicultural Competence, as it requires knowledge and respect for different cultural and religious beliefs.
4. **PO3 Multicultural Competence:** CO4: Examining Karmayoga philosophy and its application in daily life involves research skills to critically analyze and synthesize philosophical concepts and apply them practically. Mapped to PO4: Research Skills, as it requires the ability to analyze, synthesize, and articulate philosophical concepts.
5. **PO5 Environmental awareness:** CO5: Learning the physical postures and techniques of Hatha yoga involves communication skills to effectively convey and demonstrate these techniques to others. Mapped to PO2: Communication Skill, as it involves presenting complex information in a clear and concise manner.
6. **PO6 Problem-solving Abilities:** CO6: Studying the teachings and practices of Swami Charandasas requires problem-solving abilities to interpret and apply these teachings to modern challenges. Mapped to PO6: Problem-solving Abilities, as it involves addressing complex societal challenges through innovative approaches.
7. **PO7 Collaboration and Teamwork:** CO7: Exploring the Eight Limbs of Yoga through Ashtanga yoga involves collaboration and teamwork to support and motivate each other in practice. Mapped to PO7: Collaboration and Teamwork, as it involves working effectively with others in a group setting.

This matrix illustrates how each course outcome aligns with one or more program outcomes, demonstrating the integration of yoga principles with critical thinking, communication, problem-solving, environmental awareness, multicultural competence, and collaboration skills.

SYLLABUS (CBCS as per NEP 2020) FOR S.Y.B.A. (w. e. from June, 2025)

Name of the Programme	: B.A.
Subject	: YOGA
Program Code	: UAYOG
Class	: S.Y.B.A.
Semester	: III
Course Type	: CO-CURRICULAR
Course Name	: YOGA FOR PHYSICAL HEALTH: PRACTICAL
Course Code	: YOG-211-CC
No. of Lectures	: 30
No. of Credits	:2

A) Course Objectives

After the completion of this course students will gain:

1. Demonstrate proficiency in performing various standing yoga postures with correct alignment and posture.
2. Execute sitting yoga asanas with ease and stability, improving flexibility and mobility.
3. Apply Kriyas, Pranayama, and meditation practices to enhance overall health and well-being.
4. Improve physical fitness levels; including strength, flexibility, and endurance, through regular yoga practice.
5. Utilize Pranayama techniques effectively to regulate breath and manage stress and anxiety.
6. Cultivate mental clarity, focus, and emotional balance through consistent meditation practice.
7. Experience holistic health benefits, including improved physical fitness, mental well-being, and spiritual growth, from engaging in a comprehensive yoga program.

B) Course Outcomes

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

- CO1. Introduce students to various standing yoga postures (asanas) including Tadasana, Trikonasana, etc.
- CO2. Teach students different sitting yoga asanas such as Padmasana, Vajrasana, etc. CO3. Familiarize students with Kriyas, Pranayama techniques, and meditation practices.
- CO4. Enhance students' physical strength, flexibility, and balance through yoga postures.
- CO5. Cultivate students' awareness of breath control and energy regulation through Pranayama.

CO6. Develop students' ability to concentrate and calm the mind through meditation techniques.

CO7. Promote holistic well-being by integrating physical, mental, and spiritual aspects of yoga practice

Teaching & Learning Points

UnitI. Prayer, Asana-Standing Posture

(10LECTURES)

- 1.Tadasan
- 2.Trikonasan
- 3.Vrukshasan
- 4.Padhastasan
- 5.Ardhkatichakrasan
- 6.Konasan
- 7.Utkatasan
- 8.Garudasana

UnitII. SittingAsana

(10LECTURES)

- 1) Padmasan
- 2) Vajrasan
- 3) Yogmudra
- 4) Pravatasan
- 5) Swastikasan
- 6)Ushtrasan
- 7) Vakrasan
- 8) Akarn Dhanurasan
- 9)Pashchhimottanasan
- 10)Ardh-Matchhyendrasan

UnitIII. Kriya, Pranayam and Meditation

(10LECTURES)

1. Kapalbhati
2. Bhramari
3. PatanjaliMeditation

★ EvaluationProcedures:

Assessment will be of two types: Continuous Internal Assessment and Semester End Assessment.

➤ UGCourses

Continuous Internal Assessment will have 20% weightage and Semester End Assessment will carry 30% weightage.

References

1. Omanand Tirth, S. (1990). *Patanjal yogdarshan*. Geeta Press Gorakhpur
2. Vartak, P. V. (1986). *Patanjal yog*. Vartakashram Pune
3. Geeta Press. (2000). *Bhagwat Geeta*. Geeta Press Gorakhpur
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Mapping of Program Outcomes with Course Outcomes

CLASS: S.Y.B.A.(SEMESTER-III)
COURSE: CO-CURRICULAR

SUBJECT: YOGA
COURSECODE: YOG-211-CC

*Weightage: 1= weak or low relation, 2= moderate or partial relation, 3= strong or direct relation

Course Outcomes	Programme Outcomes (POs)						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	3			3			
CO2		3					
CO3						3	
CO4						3	
CO5					3		
CO6	3					3	
CO7			3		3		3

Justification for the Mapping

1. **PO1 Critical and Creative Thinking:** CO1 - PO1, PO4: Introducing students to various yoga postures requires critical thinking to analyse and evaluate their benefits and applications.
2. **PO2 Communication Skill:** CO2 - PO2: Teaching different sitting yoga asanas involves effective communication skills to convey complex information clearly and concisely.
3. **PO3 Multicultural Competence:** CO3 - PO6: Familiarizing students with Kriyas, Pranayama techniques, and meditation practices enhances problem-solving abilities by addressing mental and emotional challenges.
4. **PO4 Multicultural Competence:** CO4 - PO6: Enhancing physical strength, flexibility, and balance through yoga postures develops problem-solving abilities by addressing physical challenges.
5. **PO5 Environmental awareness:** CO5 - PO5: Cultivating awareness of breath control and energy regulation through Pranayama promotes environmental awareness by fostering a deeper connection with the body and environment.
6. **PO6 Problem-solving Abilities:** CO6 - PO1, PO6: Developing concentration and calmness through meditation techniques enhances critical and creative thinking abilities to approach challenges from diverse perspectives.
7. **PO7 Collaboration and Teamwork:** CO7 - PO3, PO5, PO7: Promoting holistic well-being through yoga integrates multicultural competence, environmental awareness, and collaboration and teamwork skills.

