



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

(Empowered Autonomous)
(Affiliated to Savitribai Phule Pune University, Pune)

CBCS Syllabus

(Faculty of
Humanities)

For the
Bachelor of Arts Programme
(B.A.) Semester-VI
For Department of Yoga

Tuljaram Chaturchand College of Arts Science and Commerce, Baramati.
Choice Based Credits System Syllabus (2023Pattern)

To be implemented from academic year 2025-2026

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
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Board of Studies (BOS) In Psychology and Yoga		
Sr. No	Name	Designation
1	Dr. Vijaykumar Balbhim Shinde.	Chairman.
2	Dr. Ramdas Bhagwan Kolekar.	Vice Chancellor Nominee, subject Expert from SPPU, Pune.
3	Dr. Bhupender Singh.	Subject Expert from outside the Parent University.
4	Dr. Pratibha Savarkar.	Subject Expert from outside the Parent University.
5	Prof. Pranit Popat Wable.	Member.
6	Dr. Jyotiram Namdeo Awate.	Member.
7	Dr. Datta Vishwanath Londhe.	Member.
8	Prof. Dattatray Baban Khomane.	Member.
9	Prof. Swarali Bhalchanda Pol	Member.
10	Ms. Riya Bagade.	Representative from industry/corporate sector/allied areas.
11	Ms. Rajesha Khan.	Member of the College Alumni.
12	Ms. Pooja Pawar.	Student Representative (Under Graduation).
13	Mrs. Poornima jagtap.	Student Representative (Post Graduation).

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Department of Yoga

Course & Credit Structure for T.Y.B.A. Yoga (2023 Pattern) w. e. f. November 2025

Class	Pattern	Semester	Course Code	Course Title	Course Type	Credits
TYBA	2023	VI	YOG-361-MN	YOGA FOR HOLISTIC HEALTH	Practical	04
Total Credits						08

Name of the Programme: B.A.

Program Code: UAYO

Class: T.Y.B.A.

Semester: VI

Course Name: Yoga for Holistic Health.

Course Code: YOG-361-MN

No. of Lectures: 60

No. of Credits: 04

A) Course Objectives

To acquaint the students with:

- 1) Differentiate between Suryanamskar and Chandranamaskar, understanding the unique aspects and applications of each.
- 2) Analyze 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 education, 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

After the completion of this course students will gain.

- CO1. Students will be able to articulate the distinctions between Suryanamaskar and Chandranamaskar, understanding the unique aspects of each approach.
- CO2. Recognize the holistic impact of yogic practices on physical health, integrating principles for overall well-being.
- CO3. Apply yogic principles for mental health, understanding the psychological benefits and stress management techniques.
- CO4. Understand and appreciate the role of yoga in sports, recognizing its potential for enhancing performance and promoting mental resilience.
- CO5. Develop and maintain a regular prayer practice for spiritual and mental grounding.
- CO6. Demonstrate competence in performing various categories of asanas, understanding their physical, mental, and spiritual benefits.
- CO7. Apply selected kriyas, pranayama techniques, Omkar chanting, and meditation for stress reduction, improved focus, and enhanced overall well-being.

Topics & Learning Points**Unit No. 1 Practical: 1**

1. Sukshma Yoga.
2. Suryanamaskar

Total Credit = 01**Unit No. 2 Practical: 2**

1. Village Women Yoga
2. Chandranamaskar..

Total Credit = 01**Unit No. 3 Practical: 3****Total Credit = 02**

1. Prayer
2. Standing Asanas- Tadasan, Vrukshasan, Parvatasan, Virbhadrasan, Utkatasan.
3. Standing

Forward Bending**Asanas-** Trikonasan,

Padhastasan,

Ashvasanchalnasan,

Uttanasan.

4. Seated Asanas -

Padmasan,

Swastikasan,

Vajrasan,

5. Twisting Poses-

Ardh

Matsyendrasan,

Gomukhasan,

Vakrasan.Natrasan,

Dhanurasan, Spta

Vajrasan.

6. Up-Down**Bending Asanas-**

Viparit

Shalbhasan,

Nauksan,

Bhujangasan,

Ushtrasan,

Sarvangasan.

7. Balancing**Postures-** Mayurasan,

Shirhasan, Dandasan.

8. Relaxing**Asanas-**

Makarasan, Shavasan.

9. Pranayam-

Nadishodhan,

Bhramari, Bhastrika.

10. Omkar Chanting-**11. Panchakosh****Dhyan.**

Break up of the Internal & External Marks.

Evaluation pattern for Internal 40 Marks.

Sr. No.	Internal Evaluation	Total Marks
1.	Standing Asanas (Any 4)	20
2.	Suryanamaskar (12)	10
3.	Pranayam (Any 2)	10
	Total Marks	40

Evaluation pattern for External 60 Marks.

Sr. No.	External Evaluation	Total Marks
1.	Twisting Poses (Any 4)	20
2.	Up-Down Bending Asanas (Any 4)	20
3.	Chandranamaskar (16)	10
4.	Viva	10
	Total Marks	60

References:

1. Iyengar, B. K. S. (1966). Light on yoga. Schocken Books New Delhi.
2. Iyengar, B. K. S. (1998). Yoga for sports. HarperCollins Publishers. New Delhi.

Mapping of Program Outcomes with Course Outcomes

Class: TYBA (Sem. VI)

Subject: Yoga

Course Title Yoga for Holistic Health

Course Code: YOG-311-MN

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 Village Women Yoga and Sukshma 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, 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 athletic endeavors.

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

