



**Anekant 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**  
 (Empowered Autonomous)

<b>Board of Studies (BOS) In Psychology and Yoga</b>		
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**

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

**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 Suryanamaskar 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

Total Credit = 01

1. Sukshma Yoga.
2. Suryanamaskar

#### Unit No. 2 Practical: 2

Total Credit = 01

1. Village Women Yoga
2. Chandranamaskar..

#### 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.Natrajasan,  
Dhanurasan, Spta  
Vajrasan.

#### 6. Up-Down

#### Bending Asanas-

Viparit

Shalbhasan,  
Naukasan,  
Bhujangasan,  
Ushtrasan,  
Sarvangasan.

#### 7. Balancing

**Postures-** Mayurasan,  
Shirshasan, Dandasana.

#### 8. Relaxing

#### Asanas-

Makarasana, Shavasana.

#### 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

	Programme Outcomes (POs)							
Course Outcomes	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

