



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-V
For Department of Yoga

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

To be implemented from academic year 2026-2027

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

Board of Studies (BOS) In Psychology and Yoga		
Sr. No	Name	Designation
1	Dr. Vijaykumar B. Shinde	Chairman
2	Prof.Pranit Wable.	Member.
3	Dr. Jyotiram N. Awate.	Member.
4	Dr. Datta V. Londhe.	Member.
5	Prof.Dattatray B. Khomane.	Member.
6	Prof.Swarali B. Pol.	Member.
7	Mr.Pranit Wable	Member
8	Dr. Ramdas B. Kolekear.	Member (Expert from SPPU, Pune).
9.	Dr. Bhupender Singh.	Member (Expert from other university).
10	Dr. Pratibha Mehetre.	Member (Expert from other university).
11	Ms. Riya A. Bagade.	Representative from industry/corporate sector)
12	Ms. Rejasha Khan.	Member of College Alumni.
13	Ms. Pooja Pawar.	Student Representative (Under Graduation).
14	Mrs. Poornima Jagtap.	Student Representative (Post Graduation).

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Department of Yoga

Course & Credit Structure for T.Y.B.A. Yoga (2024 Pattern)

w. e. f. June 2026

Class	Pattern	Semester	Course Code	Course Title	Course Type	Credits
T.Y.B.A.	2024	V	YOG-307-MN	Bhagawad Geeta & Yoga	Theory	02
				Total Credits		02

Name of the Programme: B.A.

Program Code: UAYO

Class: T.Y.B.A.

Semester: V

Course Name: Bhagawad Geeta & Yoga

Course Code: YOG-307-MN

No. of Lectures: 30

No. of Credits: 02

A) Course Objectives

To acquaint the students with:

- 1) To understand the philosophical background of the Bhagawad Geeta & its significance in the development of Yoga.
- 2) To study the concept of Karma Yoga (Nishkam Karma) and understand the principles of selfless action & duty.
- 3) To analyze the dialogue between Arjuna & Krishna in relation to Dharma, righteous action, and moral decision-making.
- 4) To examine the core teachings of Dhyana Yoga (Meditation Yoga) as described in Chapter 6 of Bhagawad Geeta.
- 5) To understand the role of mind control (Chitta Shuddhi), concentration, and discipline in achieving spiritual growth through Dhyana Yoga.
- 6) To explore the relation between action (Karma) and meditation (Dhyana) in attaining inner balance, equanimity (Samatvam), and Self-realization.
- 7) To apply the principles of Karma Yoga and Dhyana Yoga in daily life for personality development, stress management, and ethical living.

B) Course Outcomes

After the completion of this course students will gain.

- CO1. Explain the historical background and philosophical significance of Bhagawad Geeta in the context of Yoga Philosophy.
- CO2. Describe the fundamental principles of Karma Yoga, including Nishkama Karma (Selfless action).
- CO3. Interpret the ethical and moral dilemmas discussed in the dialogue between Arjuna and Krishna, relating them to the concept of Dharma.
- CO4. Demonstrate understanding of the techniques and discipline of Dhyana Yoga as explained in Chapter 6 of Bhagawad Geeta.
- CO5. Analyze the role of mind control, concentration and detachment in achieving inner stability and growth.
- CO6. Apply the principles of Karma Yoga and Dhyana Yoga in personal life for stress management.
- CO7. Evaluate the relevance of Karma Yoga & Dhyana Yoga in promoting living & holistic development.

Topics & Learning Points

Unit No. 1 Karma Yoga (Path of Action)

Total lectures: 15.

1. Karma Yoga in daily life.
2. Nishkam Karma (Selfless action).
3. Etymology of Karma.
4. Concept of Klesha.

Unit No. 2 Dhyan Yoga (Path of Peace)

Total lectures: 15.

1. Roll of mind in meditation.
2. Chitta Vrutti
3. Etymology of meditation.
4. Difference between Dharana, Dhyan, Samadhi.

References:

1. Iyengar, B. K. S. (1966). Light on yoga. Schocken Books New Delhi.
2. Dr.Uday Kumthekar. (2007). Yogadarshana. Prasad Publications, Pune.
3. Ghaisas Guruji (1999) . Shrimad Bhagawad Geeta, Dharmik Prakashan Sanstha, Mumbai.
4. Bhagawad Geeta (1990), Gurudev Sri Sri Ravi Shankar, Sri Sri Publications Trust, Bangalore.

Mapping of Program Outcomes with Course Outcomes

Class: TYBA (Sem. V)

Subject: Yoga

Course: Bhagawad Geeta & Yoga.

Course Code: YOG-307-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	PO9	PO10
CO 1	3									
CO 2						3				3
CO 3						3			3	
CO 4					3					
CO 5								3		
CO 6					3					
CO 7		3								

Justification for the Mapping

PO1: Disciplinary knowledge:

CO1: Students articulating the distinctions between Karma Yoga and Dhyana 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 Dhyana Yoga & Karma Yoga 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 Karma Yoga & Dhyana Yog 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 in

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.

