



Date :- 01/08/2023

NOTIFICATION

Sub :- CBCS Syllabi of B. A. in Yogic Science (Sem. I & II)

Ref. :- Decision of the Academic Council at its meeting held on 26/07/2023.

The Syllabi of B. A. in Yogic Science (First and Second Semesters) as per **NATIONAL EDUCATION POLICY - 2020** and approved by the Academic Council as referred above are hereby notified for implementation with effect from the academic year 2023-24.

Copy of the Syllabi Shall be downloaded from the College Website
(www.kcesmjcollege.in)

Sd/-
Chairman,
Board of Studies

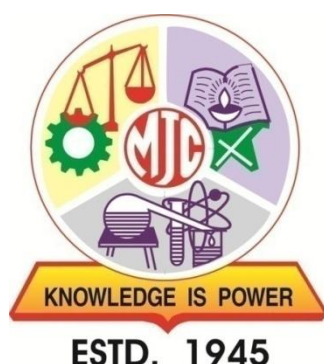
To :

- 1) The Head of the Dept., M. J. College, Jalgaon.
- 2) The office of the COE, M. J. College, Jalgaon.
- 3) The office of the Registrar, M. J. College, Jalgaon.

Knowledge is Power

Khandesh College Education Society's
Moolji Jaitha College, Jalgaon
An “Autonomous College”

Affiliated to
Kavayitri Bahinabai Chaudhari
North Maharashtra University, Jalgaon- 425001



STRUCTURE AND SYLLABUS

B. A. Honours/ Honours with Research (F. Y. B. A. Yogic Science)

**Under Choice Based Credit System(CBCS)
and
as per NEP-2020 Guidelines**

[w.e.f. Academic Year: 2023-24]

Preface

Yoga is an invaluable gift of ancient Indian tradition it embodies unity of mind and body, A Holistic approach about health and well being its result is harmony. To study and fulfil these aims M.J. College has adopted the Soham department of yoga and naturopathy.

The college has prepared the syllabus for UG of Yogic science. The syllabus aims to cultivate theoretical and practical knowledge of different fields among the students of yogic science. The contents of syllabus have been prepared to accommodate the fundamental aspect of various disciplines of yogic science and build the foundation for various applied sectors of yogic science. Beside this in first year the students will be aware with the skill related to yogic science which will enhance students personality and employability.

The overall curriculum of 3 / 4 year cover basic information of yogic science and its practices, yoga for fitness, yoga for health, yoga in sports, yoga for personality development, competitive aspect of Yoga. Since the curriculum is endowed with more practical that will run hand in hand with theory. The detailed syllabus of each paper is appended with the given readings.

Program Outcomes (PO) for B.A. (Yogic Science) Program:

Upon successful completion of the B. A. program, student will be able to:

PO No.	PO
1	Understand the basic concept and fundamental principles related to various arts branches.
2	Acquaint the deep knowledge and practice.
3	Relate scientific as well as ancient phenomena and their application in various aspects of life.
4	Analyse experiment data critically and systematically to draw conclusion
5	Develop various skills such as communication, leadership, teamwork, social health, research which will improve personality, spirituality
6	Develop interdisciplinary approach for providing better solutions and sustainable development.

Program Specific Outcome PSO (B.A. Yogic Science):

After completion of this course, students are expected to learn/understand the:

PSO No.	PSO
1	Definition of Yoga History and introduction to various branches of Yoga.
2	They get know about Ashtang Yog, Patanjali Yog Sutra, Hathyoga, shadang Yoga, saptang Yoga etc.
3	They will learn various yogic scriptures, ancient as well as modern literature.
4	Awareness will be created about maintaining physical, mental health and social wellbeing.
5	A practical study of yogic processes will lead to the development of an all-round personality.
6	They will aware of global employment in yogic science

Credit distribution structure for Three/ Four year Honors/ Honors with Research Degree Programme with Multiple Entry and Exit

Credit distribution structure for Three/ Four year Honors/ Honors with Research Degree Programme with Multiple Entry and Exit										
Level 1	Sem	Major (Core) Subjects		Minor Subjects (MIN)	GE/ OE	VSC, SEC (VESC)	AEC, VEC, IKS	CC, FP, CEP, OJT/Int, RP	Cumulative Credits/Sem	Degree/ Cumulative Cr.
		Mandatory (DSC)	Elective (DSE)							
4.5	I	DSC-1 (4T) DSC-2 (2T)	—	MIN-1 (4T)	OE-1 (2T)	SEC-1 (2T) SEC-2 (1P)	AEC-1 (2T) (ENG) VEC-1 (2T) (ES) IKS (1T)	CC-1 (2)	22	UG Certificate 44
	II	DSC-3 (4T) DSC-4 (2P) (IKS)	...	MIN-2 (4T)	OE-2 (2P)	SEC-3 (2T) SEC-4 (1P)	AEC-2 (2T) (ENG) VEC-2 (2T) (CI) IKS (1T)	CC-2 (2)	22	
	Cum. C _{4.5}	12	...	8	4	6	4+4+2	4	44	
Exit option: Award of UG Certificate in Major with 44 credits and an additional 4 credits core NSQF course/ Internship OR Continue with Major and Minor.										
5.0	III	DSC-5 (4T) DSC-6 (4P)	...	MIN-3 (4T)	OE-3 (4T)		AEC-3 (2T) (MIL)	CC-3 (2) CEP-1 (2)	22	UG Diploma 88
	IV	DSC-7 (4T) DSC-8 (4P)	...	MIN-4 (4T)	OE- 4 (4T)		AEC-4 (2T) (MIL)	CC-4 (2) FP/CEP -2 (2)	22	
	Cum. C _{5.0}	28	...	16	10	6	8+4+2	8+2+2	88	
Exit option: Award of UG Diploma in Major and Minor with 88 credits and an additional 4 credits core NSQF course/ Internship OR Continue with Major and Minor.										
5.5	V	DSC-9 (4T) DSC-10 (4T) DSC-11 (2P)	DSE-1 (4T) A/B	MIN-5 (2P)	...	VSC-1 (4T)	...	OJT/Int(2)	22	UG Degree 132
	VI	DSC-12 (4T) DSC-13 (4T) DSC-14 (2P)	DSE-2 (4T) A/B	MIN-06 (2P)	—	VSC-2 (4T)	...	OJT/Int(2)	22	
	Cum. C _{5.5}	48	08	20	10	8+6	8+4+2	8+2+2+4	132	
Exit option: Award of UG Degree in Major with 132 credits OR Continue with Major and Minor										
6.0	VII	DSC-15 (4T) DSC-16 (4T) DSC-17 (4T) DSC-18 (2P)	DSE-3 (4T) A/B	RM (2T)	—	...	...	OJT/Int (2)	22	UG Honors Degree 176
	VIII	DSC-19 (4T) DSC-20 (4T) DSC-21 (4T) DSC-22 (2P)	DSE-4 (4T) A/B	RM (2T)	—	...	...	OJT/Int (2)	22	
	Cum. C _{6.0}	76	16	20+4	10	8+6	8+4+2	8+2+2+8	176	
Four Year UG Honors Degree in Major and Minor with 176 credits										
6.0	VII	DSC-23 (4T) DSC-24 (4T) DSC-25 (2P)	DSE-3 (4T) A/B	RM (2T)	...	...	...	RP (6)	22	UG Honors with Research Degree 176
	VIII	DSC-26 (4T) DSC-27 (4T) DSC-28 (2P)	DSE-4 (4T) A/B	RM (2T)	...	...	...	RP (6)	22	
	Cum. C _{6.0}	68	16	20+4	10	8+6	8+4+2	8+2+2+8+12	176	
Four Year UG Honours with Research Degree in Major and Minor with 176 credits										

Sem- Semester, **DSC-** Department Specific Course, **DSE-** Department Specific Elective, **T-** Theory, **P-** Practical, **CC-**Cocurricular**RM-** Research Methodology, **OJT-** On Job Training, **FP-** Field Project, **Int-** Internship, **RP-** Research Project,

Multiple Entry and Multiple Exit options:

The multiple entry and exit options with the award of UG certificate/ UG diploma/ or three-year degree depending upon the number of credits secured;

Levels	Qualification Title	Credit Requirements		Semester	Year
		Minimum	Maximum		
4.5	UG Certificate	40	44	2	1
5.0	UG Diploma	80	88	4	2
5.5	Three Year Bachelor's Degree	120	132	6	3
6.0	Bachelor's Degree- Honours Or Bachelor's Degree- Honours with Research	160	176	8	4

F. Y. B. A. Yogic Science Course Structure

Semester	Course Module	Credit	Hours/ week	TH/ PR	Code	Title
I	DSC- 1	4	4	TH	YOG- DSC-111	Introduction of Yoga – I
	DSC- 2	2	4	PR	YOG- DSC- 112	Primary Yoga Practices – I
	MIN- 1	4	4	TH	YOG- MIN-111	Introduction of Yoga – I
	SEC- 1	2	2	TH	YOG-SEC- 111	Yoga For Fitness - I
	SEC- 2	1	1	PR	YOG- SEC- 112	Yoga Fitness Practice- I
	AEC-1	2	2	TH	ENG-AEC-111	English
	CI/ES -1	2	2	TH	ES/VEC- 111	Environmental Studies
	IKS-1	1	1	TH	IKS-111	Indian Knowledge System
	CC-1	2	2		CC-111	NCC/NSS/ Sports/ Culture
II	DSC- 3	4	4	TH	YOG- DSC- 121	Introduction of Yoga – II
	DSC- 4	2	4	PR	YOG- DSc- 122	Primary Yoga Practices – II
	MIN- 2	4	4	TH	YOG- MIN- 121	Introduction of Yoga – II
	SEC- 3	2	2	TH	YOG- SEC- 121	Yoga For Fitness – II
	SEC- 4	1	1	PR	YOG- SEC- 122	Yoga Fitness Practice- II
	AEC-2	2	2	TH	ENG- AEC- 121	English
	CI/ES-2	2	2	TH	CI/VEC- 121	Constitution of India
	IKS-2	1	1	TH	IKS-121	Indian Knowledge System
	CC-2	2	2		CC- 121	NCC/NSS/ Sports/ Culture

DSC : Department-Specific Core course
DSE : Department-Specific elective
GE/OE : Generic/ Open elective
SEC : Skill Enhancement Course
MIN : Minor course
AEC : Ability Enhancement Course
VEC : Value Education Courses

ENG : English
ES : Environmental studies
CI : Constitution of India
IKS : Indian Knowledge System
CC : Co-curricular course
TH : Theory
PR : Practical

F. Y. B. A.
Yogic Science

SEMESTER – I

F. Y. B. A.**Semester – I****YOG -DSC-111: Introduction of Yoga – I (TH)****Total Hours: 60****Credits: 4****(60+40)**

Course objectives	- To impart the students with basic concepts of yoga. - To impart the students with basic concepts of origin & history of yoga. - To impart the basic knowledge & skills about asana & pranayama. - To familiarize the students with suryanamaskar & exercise.	
Course outcomes	After successful completion of this course, students are expected to: - Live life with discipline, honesty, kindness and integrity. - Lead to holistic health of the students. - Understand the difference between yoga & exercise. - Able to understand the basic principles about suryanamaskar & exercise	
Unit	Contents	Hours
I	- Yoga - Meaning & Definitions - Nature & Importance of Yoga - Principles of Yogashastra - Misconceptions related with Yoga	15
II	- Origin of Yoga, History & Development of Yogashastra - Various Streams of Yoga (Bhaktiyoga, Dnyan, Karma, Rajyoga,) - Introduction of Ashtangyoga - Ethical/moral dimension of Yama Niyama	15
III	- Importance of Prayer & Worship in Yoga practice - Difference between Yoga & Exercise - Rules & Regulations for Yogasana Practitioners - Rules & Regulations for Pranayama Practitioners	15
IV	- Importance of Suryanamaskar - Importance of Micro Exercise & Preparatory Movements - Concept, Defination, Classification, Benefits & Precautions of Asana. - Concept, Defination, Benefits & Precautions of Pranayama.	15
Study Resources	- Kolhatkar k.k. patanjali Yog Darshan,(2003), Aditya pratishtan, Pune - Bharambe B.M. Patanjali Yog Darshan,(2007),Bhakti sadhana Foundation, Jalgaon. - Bharambe B.M. Sampurna Bhagwadgita,(2007),Bhakti sadhana Foundation, Jalgaon. - Deokule V.G, Hathpradeepika,Adarsh Vidhyarthi prakashan, Pune. - Deokule V.G, Gherandsamhita,(2001)T.R.Enterprises, Pune - Saraswati swami Niranjananand, Gherand samhita, (2004), Yog Publications Trust,Munger ,Bihar. - Basavreddi Dr. Ishwar & Pathak Dr.Satyaprakash, Hathyog ke adhar evam Prayog, (2011), Morarji Desai Rashtriya Yog Sansthan, New Delhi. - Varnekar Dr.S.B, Pragyabharti Samagra Yog darshan,Janardhan Swami Yogabhyasi Mandal, Nagpur.	

**F. Y. B. A.
Semester – I**

YOG-DSC-112: Primary Yoga Practices – I (PR)

Total Hours: 60

Credits: 2

(30+20)

Course Objectives	• To inform the students about various Yogasanas. • To inform the students about Breathing technique • To inform the students about Basic pranayama Practices.	
Course Outcomes	After successful completion of this course, students are expected to: • Get to Know About Surya Namaskar and Yogasana. • Learn the technique of yogic breathing • Develop interest in yoga practice. • Help in overall development of students.	
Unit	Contents	Hours
I	• Omkar Sadhana, Prayer, Guruvandna, Patanjali Naman, Shantipath, • Micro Exercise • Suryanamskar	15
II	• Yogasana – Supine Position : Viparit Karani, Sarvangasana, Ardh Halasana, Halasana, Matsyasana, Pavanmuktasana, Shavasana • Yogasana- Prone Position: Purna Shalabhasana, Saral hasta Bhujangasana, Dhanurasana, Makarasna	15
III	• Yogasana - Sitting Position: Ardh Matsyendrasna, Ushtrasana, Ugrasana, Shashankasana • Yogasana- Standing position: Veerasana, Trikonasana, Tadasana, Vrukshasan	15
IV	• Fast Breathing Type 1 to 6 • Deep breathing (1:1 & 1:1.5) • Yogic Breathing - Abdominal Breathing, Chest breathing, Clavicle Breathing • Pranayama- Anulom Vilom, Shitali, Suryabhedan, Bhramari	15
Study Resources	• Mandlik, Vishvas (2008), Yogapravesh, Third Edition, Yoga Chaitana Prakashan Vibhag, Nashik. • Hathayoga Pradipika of Swatmarama - Kaivalyadhama, Lonavala • Gherandasamhita - Bihar School of Yoga, Munger, Bihar. • Gharote, M. L. (1982), Guidelines for Yogic Practices, Medha publication, Lonavala. • Saraswati Swami Satyananda,(1989), Aasan Pranayam Mudra Bandha, Bihar school of Yoga Munger, Bihar • Mandalik, Dr. Vishawas, Yoga parichay, Yoga Chaitanya prakashan, Nashik • Chikode, Dr. Ranjeet (2013), Yogajivan, Riya Publications, Kolhapur • Iyankgar, Dr. B. K. S.(2010), Yoga Sarvansathi, Rohan Prakashan, Pune. • Jain, Dr. Kiran (2008), Swarvansathi Praathmik Yogasadhna, Yoga Krida Prabodhini, Nashik • Saraswati Swami Satyananda, (2007), Suryanamskar, Yoga publications Trust, Yoga Munger, Bihar • Saraswati Swami Satyananda, (2005), Yoganidra, Yoga publications Trust, Yoga Munger, Bihar • Saraswati Swami niranjananada (2004), Gherand Samhita, Yoga	

	publications Trust, Yoga Munger, Bihar • Trilok, Rajiv jain (2015), Sampurn Yoga Vidya, Manjul Publications House, Bhopal. • Zha Swami Digambarji & Dr. Pitambar, (2011), Hathapradipika, kaivalyadham, Shri manmadhav yoga manidr Samiti, Lonavala. • Gore, M. M. (2018), Anatomy & physiology of Yogic practices, kaivalyadham Lonavala, 5th edition. • Tiwari, O. P., Aasana Why & How? Kaivalyadham, lonavala.	
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F. Y. B. A.**Semester – I****YOG -MIN-111: Introduction of Yoga – I (TH)****Total Hours: 60****Credits: 4****(60+40)**

Course objectives	- To impart the students with basic concepts of yoga. - To impart the students with basic concepts of origin & history of yoga. - To impart the basic knowledge & skills about asana & pranayama. - To familiarize the students with suryanamaskar & exercise.	
Course outcomes	After successful completion of this course, students are expected to: - Live life with discipline, honesty, kindness and integrity. - Lead to holistic health of the students. - Understand the difference between yoga & exercise. - Able to understand the basic principles about suryanamaskar & exercise	
Unit	Contents	Hours
I	- Yoga - Meaning & Definitions - Nature & Importance of Yoga - Principles of Yogashastra - Misconceptions related with Yoga	15
II	- Origin of Yoga, History & Development of Yogashastra - Various Streams of Yoga (Bhaktiyoga, Dnyan, Karma, Rajyoga,) - Introduction of Ashtangyoga - Ethical/moral dimension of Yama Niyama	15
III	- Importance of Prayer & Worship in Yoga practice - Difference between Yoga & Exercise - Rules & Regulations for Yogasana Practitioners - Rules & Regulations for Pranayama Practitioners	15
IV	- Importance of Suryanamaskar - Importance of Micro Exercise & Preparatory Movements - Concept, Defination, Classification, Benefits & Precautions of Asana. - Concept, Defination, Benefits & Precautions of Pranayama.	15
Study Resources	- Kolhatkar k.k. patanjali Yog Darshan,(2003), Aditya pratishtan, Pune - Bharambe B.M. Patanjali Yog Darshan,(2007),Bhakti sadhana Foundation, Jalgaon. - Bharambe B.M. Sampurna Bhagwadgita,(2007),Bhakti sadhana Foundation, Jalgaon. - Deokule V.G, Hathpradeepika,Adarsh Vidhyarthi prakashan, Pune. - Deokule V.G, Gherandsamhita,(2001)T.R.Enterprises, Pune - Saraswati swami Niranjananand, Gherand samhita, (2004), Yog Publications Trust,Munger ,Bihar. - Basavreddi Dr. Ishwar & Pathak Dr.Satyaprakash, Hathyog ke adhar evam Prayog, (2011), Morarji Desai Rashtriya Yog Sansthan, New Delhi. - Varnekar Dr.S.B, Pragyabharti Samagra Yog darshan,Janardhan Swami Yogabhyasi Mandal, Nagpur.	

F. Y. B. A.**Semester – I****YOG -SEC-111: Yoga For Fitness – I (TH)****Total Hours: 30****Credits: 2****(30+20)**

Course objectives	- To Inform students about fitness. - Providing information about yoga, and sports essential for fitness. - Explain the importance of Yogasana and Pranayama for fitness. - Providing guidance on nutrition and balanced diet for fitness.	
Course outcomes	After successful completion of this course, students are expected to: - Get information about fitness. - Get information about yoga and sports necessary for fitness. - Know the importance of Yogasana and Pranayama for fitness. - Gain knowledge about nutrition and balanced diet for fitness.	
Unit	Contents	Hours
I	- Meaning & Definition of physical Fitness - Concept of physical Fitness - Objectives of physical Fitness - Principles of physical Fitness	8
II	- Components of physical Fitness - Benefits of physical Fitness - Fitness through Physical Activities - Fitness through Sports	7
III	- Fundamental Principles of Yoga & Fitness Training - importance of Asana for Physical Fitness - importance of Pranayama for Physical Fitness - Role of Yoga in mental Fitness	8
IV	- Role of Yoga for physical Fitness - Importance & Purpose of Fitness - Fitness Equipments - Introduction to Balanced Diet for Fitness	7
Study Resources	- kumar Dr.Rajesh, 2017, sharirik fitness aur yog, khel sahitya Kendra, 7/26, ansari road, dariyaganj, new delhi-110002. - Gharote Dr.M.L, yog evam sharirik shiksha, kaivalyadham aashram, lonavala, pune - Ghi Dr. Ganesh Shanker, Health for all through Yoga - Tiwari O.P. : Asana why & how ? Pub. Kaivlyadham, Lonavala. - Authors Guide (2013) ACSM's Health Physical Fitness Assessment Manual, USA: ACSM Publications. - Collins, R.D., & Hodges P.B.(2001) A Comprehensive Guide to Sports Skill Tests and Measurment (2nd edition) Lanham: Scarecrow Press. - Inc Jenson, Clayne R and Cynt ha, C.Hirst (1980) Measurement in physical Education and Athletics, New York, Macmillan Publising Co.Inc. - Kansal D.K.(1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications. - Krishnamurthy (2007), Test, Measurement and Evaluation in Physical Education and Sports, New Delhi; Ajay Varma Publication.	

	• Yobu, A (2010), Test. Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; friends Publications • QCI Level I,II,III Guidebooks	
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F. Y. B. A.**Semester – I****YOG-SEC-112: Yoga Fitness Practices – I (PR)****Total Hours: 30****Credits: 1****(15+10)**

Course Objectives	• Practicing prayer and Omkar Sadhana by the students. • Practicing Surya Namaskar and Yogasanas from the point of view of Fitness. • Pranayama and Shuddhikriya to be studied by the students for the purpose of physical and mental Fitness	
Course Outcomes	After successful completion of this course, students are expected to: • Knowledge of Omkar sadhana and prayer will be imparted. • Practical knowledge of Yogasana and Pranayama essential for Fitness will be acquired. • Students will use Pranayama and Shuddhikriya for physical and mental health.	
Unit	Contents	Hours
I	• Omkar Sadhana, Prayer, Guruvandna, Patanjali Naman, Shantipath Chanting • Micro Exercise • Suryanamskar Practice	7
II	• Yogasana – Supine Position : Viparit Karani, Sarvangasana, Halasana, Matsyasana, shavasana • Yogasana- Prone Position: Saralhasta Bhujangasana, Naukasana, Dhanurasna, Makrasana	8
III	• Yogasana - Sitting Position: Ardhmatsyendrasana, Gomukhasana, Pashchimottanasana, Shashankasana, • Yogasana- Standing position: Garudasana, Natarajasana, Tiryak tadasana	8
IV	• Shatkarma : Kapalbhathi, Tratak • Pranayama- Anulom Vilom, Bhastrika, Sitkari, Bhramari	7
Study Resources	• Mandlik, Vishvas (2008), Yogapravesh, Third Edition, Yoga Chaitana Prakashan Vibhag, Nashik. • Hathayoga Pradipika of Swatmarama - Kaivalyadhama, Lonavala • Gherandasamhita - Bihar School of Yoga, Munger, Bihar. • Gharote, M. L. (1982), Guidelines for Yogic Practices, Medha publication, Lonavala. • Saraswati Swami Satyananda,(1989), Aasan Pranayam Mudra Bandha, Bihar school of Yoga Munger, Bihar • Mandalik, Dr. Vishawas, Yoga parichay, Yoga Chaitanya prakashan, Nashik • Chikode, Dr. Ranjeet (2013), Yogajivan, Riya Publications, Kolhapur • Iyankar, Dr. B. K. S.(2010), Yoga Sarvansathi, Rohan Prakashan, Pune. • Jain, Dr. Kiran (2008), Swarvansathi Praathmik Yogasadhna, Yoga Krida Prabodhini, Nashik • Saraswati Swami Satyananda, (2007), Suryanamskar, Yoga publications Trust, Yoga Munger, Bihar • Saraswati Swami Satyananda, (2005), Yoganidra, Yoga publications Trust, Yoga Munger, Bihar • Saraswati Swami niranjananada, (2004), Gherand Samhita, Yoga	

	publications Trust, Yoga Munger, Bihar • Trilok, Rajiv jain (2015), Sampurn Yoga Vidya, Manjul Publications House, Bhopal. • Zha Swami Digambarji & Dr. Pitambar, (2011), Hathapradipika, kaivalyadham, Shri manmadhav yoga manidr Samiti, Lonavala. • Gore, M. M. (2018), Anatomy & physiology of Yogic practices, kaivalyadham Lonavala, 5th edition. • Tiwari, O. P., Aasana Why & How? Kaivalyadham, lonavala..	
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F. Y. B. A.
Yogic Science

SEMESTER – II

F. Y. B. A.

Semester – II

YOG -DSC-121: Introduction of Yoga – II (TH)

Total Hours: 60

Credits: 4

(60+40)

Course objectives	• To explain the importance of following Yama Niyama. • Introducing Chaturanga Yoga, Shadanga Yoga, Saptanga Yoga, and Yoga Sutras text. • To introduce Bhagawadgeeta and important concepts in Bhagawadgeeta. • To explain the importance of Yoga for student's personal life and social wellbeing	
Course outcomes	After successful completion of this course, students are expected to: • Realize the importance of following Yama Niyama. • Chaturanga Yoga, Shadanga Yoga, Saptanga Yoga, and Yoga Sutras will be introduced. • Bhagawadgeeta and its important concepts will be introduced • Get to Know the importance of yoga in student's social and personal life	
Unit	Contents	Hours
I	• Objectives of Yoga Education • Yoga for Personality Development • Knowledge of Five Yama & its significance • Knowledge of Five Niyama & its significance	15
II	• Introduction of Charturang Yoga • Introduction of Shadang Yoga • Introduction of Saptang Yoga • Introduction of Patanjali Yogasutra	15
III	• Introduction of Bhagawadgeeta • Appropriate place for Yoga According to various Yogic text • Concept of Nishkam Karmayoga • Importance of Yogic Diet	15
IV	• Role of Yoga in Education • Role of Yoga in Student life • Role of Yoga in Health • Role of Yoga in Social life	15
Study Resources	• Kolhatkar k.k. patanjali Yog Darshan,(2003), Aditya pratishtan, Pune • Bharambe B.M. Patanjali Yog Darshan,(2007),Bhakti sadhana Foundation, Jalgaon. • Bharambe B.M. Sampurna Bhagwadgita,(2007),Bhakti sadhana Foundation, Jalgaon. • Deokule V.G, Hathpradeepika,Adarsh Vidhyarthi prakashan, Pune. • Deokule V.G, Gherandsamhita,(2001)T.R.Enterprises, Pune • Saraswati swami Niranjananand, Gherand samhita, (2004), Yog Publications Trust,Munger ,Bihar.	

	• Basavreddi Dr. Ishwar & Pathak Dr.Satyaprakash, Hathyog ke adhar evam Prayog, (2011), Morarji Desai Rashtriya Yog Sansthan, New Delhi. • Varnekar Dr.S.B, Pragyabharti Samagra Yog darshan,Janardhan Swami Yogabhyasi Mandal, Nagpur. • Vinod Dr. Samprasad,Yog ani Man, (2009), Anmol Prakashan , Pune. • Vinod Dr. Samprasad, Dhyan ek darshan v margadarshan, (2007), Anmol Prakashan , Pune.	
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F. Y. B. A.
Semester – II

YOG-DSC-122: Primary Yoga Practices – II (PR)

Total Hours: 60

Credits: 2

(30+20)

Course Objectives	- To inform the students about various Prayers & Yogasanas. - To inform the students about Suryanamskar & Breathing technique - To inform the students about Basic pranayama Practices.	
Course Outcomes	After successful completion of this course, students are expected to: - Know prayers, Surya Namaskar and Yogasana. - Learn the technique of Yogic breathing - Develop interest in Yoga practices. - Help in overall development of students.	
Unit	Contents	Hours
I	- Omkar Sadhana, Prayer, Guruvandna, Patanjali Naman, Shantipath Chanting - Preparatory movements Practice - Suryanamskar Practice	15
II	- Yogasana – Supine Position : Ekpad uttanpadasana, Dwipad uttanpadasana, Naukasana, Pavanmuktasana, Shavasana - Yogasana - Prone Position: Ardha Shalabhasana, Purna Shalabhasana, Vakrahasta Bhujangasana, Saralhasta Bhujangasana, Viparita Naukasana. Makarasana	15
III	- Yogasana - Sitting Position: Padmasana, Vajrasana, Swastikasana, Parvatasana, Vakrasana Type-1&2, Aakarana Dhanurasana Type-1&2 - Yogasana- Standing position: Vrikshasana, Tadasana, Tiryak Tadasana, Dhruvasana	15
IV	- Fast Breathing Type 1 to 6 - Deep breathing (1:1.5 & 1:2) - Yogamudra – Padmasana Yogamudra Type 1 & 2, - Vajrasana Yogamudra Type 1 & 2 - Shatkarma – Kapalabhati, Bindu Tratak - Pranayama – Sitkari, Suryabhedha, Bhramari	15
Study Resources	- Mandlik, Vishvas (2008), Yogapravesh, Third Edition, Yoga Chaitanya Prakashan Vibhag, Nashik. - Hathayoga Pradipika of Swatmarama - Kaivalyadhama, Lonavala - Gherandasamhita - Bihar School of Yoga, Munger, Bihar. - Gharote, M. L. (1982), Guidelines for Yogic Practices, Medha publication, Lonavala. - Saraswati Swami Satyananda,(1989), Asana Pranayam Mudra Bandha, Bihar school of Yoga Munger, Bihar - Mandalik, Dr. Vishwas, Yoga parichay, Yoga Chaitanya prakashan, Nashik - Chikode, Dr. Ranjeet (2013), Yogajivan, Riya Publications, Kolhapur	

	• Iyankgar, Dr. B. K. S.(2010), Yoga Sarvansathi, Rohan Prakashan, Pune. • Jain, Dr. Kiran (2008), Swarvansathi Praathmik Yogasadhna, Yoga Krida Prabodhini, Nashik • Saraswati Swami Satyananda, (2007), Suryanamskar, Yoga publications Trust, Yoga Munger, Bihar • Saraswati Swami Satyananda, (2005), Yoganidra, Yoga publications Trust, Yoga Munger, Bihar • Saraswati Swami niranjananada, (2004), Gherand Samhita, Yoga publications Trust, Yoga Munger, Bihar • Trilok, Rajiv jain (2015), Sampurn Yoga Vidya, Manjul Publications House, Bhopal. • Zha Swami Digambarji & Dr. Pitambar, (2011), Hathapradipika, kaivalyadham, Shri manmadhav yoga manidr Samiti, Lonavala. • Gore, M. M. (2018), Anatomy & physiology of Yogic practices, kaivalyadham Lonavala, 5th edition. • Tiwari, O. P., Aasana Why & How? Kaivalyadham, lonavala..	
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F. Y. B. A.

Semester – II

YOG -MIN-121: Introduction of Yoga – II (TH)

Total Hours: 60

Credits: 4

(60+40)

Course objectives	• To explain the importance of following Yama Niyama. • Introducing Chaturanga Yoga, Shadanga Yoga, Saptanga Yoga, and Yoga Sutras text. • To introduce Bhagawadgeeta and important concepts in Bhagawadgeeta. • To explain the importance of Yoga for students, personal life and social wellbeing	
Course outcomes	After successful completion of this course, students are expected to: • Realize the importance of following Yama Niyama. • Chaturanga Yoga, Shadanga Yoga, Saptanga Yoga, and Yoga Sutras will be introduced. • Bhagawadgeeta and its important concepts will be introduced • Know the importance of yoga in student's social and personal life	
Unit	Contents	Hours
I	• Objectives of Yoga Education • Yoga for Personality Development • Knowledge of Five Yama & its significance • Knowledge of Five Niyama & its significance	15
II	• Introduction of Charturang Yoga • Introduction of Shadang Yoga • Introduction of Saptang Yoga • Introduction of Patanjali Yogasutra	15
III	• Introduction of Bhagawadgeeta • Appropriate place for Yoga According to various Yogic text • Concept of Nishkam Karmayoga • Importance of Yogic Diet	15
IV	• Role of Yoga in Education • Role of Yoga in Student life • Role of Yoga in Health • Role of Yoga in Social life	15
Study Resources	• Kolhatkar k.k. patanjali Yog Darshan,(2003), Aditya pratishtan, Pune • Bharambe B.M. Patanjali Yog Darshan,(2007),Bhakti sadhana Foundation, Jalgaon. • Bharambe B.M. Sampurna Bhagwadgita,(2007),Bhakti sadhana Foundation, Jalgaon. • Deokule V.G, Hathpradeepika,Adarsh Vidhyarthi prakashan, Pune. • Deokule V.G, Gherandsamhita,(2001)T.R.Enterprises, Pune • Saraswati swami Niranjananand, Gherand samhita, (2004), Yog Publications Trust,Munger ,Bihar.	

	• Basavreddi Dr. Ishwar & Pathak Dr.Satyaprakash, Hathyog ke adhar evam Prayog, (2011), Morarji Desai Rashtriya Yog Sansthan, New Delhi. • Varnekar Dr.S.B, Pragyabharti Samagra Yog darshan,Janardhan Swami Yogabhyasi Mandal, Nagpur. • Vinod Dr. Samprasad,Yog ani Man, (2009), Anmol Prakashan , Pune. • Vinod Dr. Samprasad, Dhyan ek darshan v margadarshan, (2007), Anmol Prakashan , Pune.	
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F. Y. B. A.
Semester – II
YOG -SEC-121: Yoga For Fitness – II (TH)

Total Hours: 30

Credits: 2

(30+20)

Course objectives	• Emphasize the importance of fitness. • Teaching Yama-Niyama for mental Fitness. • Explain the difference between Yoga practice and exercise. • To emphasize on flexibility for Fitness	
Course outcomes	After successful completion of this course, students are expected to: • Know the importance of fitness. • Understand Yama-Niyama for mental Fitness • Get to Know the difference between yoga practice and exercise • Understand the importance of flexibility for Fitness	
Unit	Contents	Hours
I	• Importance of Fitness for Healthy Life • Factors Affecting on Fitness and Health • Role of Yoga in Maintaining Health & Wellness	7
II	• Yoga for Healthy Spine • Importance of Yama for Mental Fitness • Importance of Niyama for Mental Health	8
III	• Importance of prayer for Mental Health and Wellness • Importance of Meditation for Mental Fitness • Difference between other Exercises and Yogic Practices	7
IV	• Health related Fitness Component • Cardiovascular endurance • Muscular strength & endurance • Flexibility & Body Composition	8
Study Resources	• Mandlik, Vishvas (2008), Yogapravesh, Third Edition, Yoga Chaitana Prakashan Vibhag, Nashik. • Hathayoga Pradipika of Swatmarama - Kaivalyadhama, Lonavala • Gherandasamhita - Bihar School of Yoga, Munger, Bihar. • Gharote, M. L. (1982), Guidelines for Yogic Practices, Medha publication, Lonavala. • Saraswati Swami Satyananda,(1989), Aasan Pranayam Mudra Bandha, Bihar school of Yoga Munger, Bihar • Mandalik, Dr. Vishawas, Yoga parichay, Yoga Chaitanya prakashan, Nashik • Chikode, Dr. Ranjeet (2013), Yogajivan, Riya Publications, Kolhapur • Iyankgar, Dr. B. K. S.(2010), Yoga Sarvansathi, Rohan Prakashan, Pune. • Jain, Dr. Kiran (2008), Swarvansathi Praathmik Yogasadhna, Yoga Krida Prabodhini, Nashik • Saraswati Swami Satyananda, (2007), Suryanamskar, Yoga publications Trust, Yoga Munger, Bihar	

	• Saraswati Swami Satyananda, (2005), Yoganidra, Yoga publications Trust, Yoga Munger, Bihar • Saraswati Swami niranjananada, (2004), Gherand Samhita, Yoga publications Trust, Yoga Munger, Bihar • Trilok, Rajiv jain (2015), Sampurn Yoga Vidya, Manjul Publications House, Bhopal. • Zha Swami Digambarji & Dr. Pitambar, (2011), Hathapradipika, kaivalyadham, Shri manmadhav yoga manidr Samiti, Lonavala. • Gore, M. M. (2018), Anatomy & physiology of Yogic practices, kaivalyadham Lonavala, 5th edition. • Tiwari, O. P., Aasana Why & How? Kaivalyadham, lonavala....	
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F. Y. B. A.**Semester – II****YOG-SEC-122: Yoga Fitness Practices – II (PR)****Total Hours: 30****Credits: 1****(15+10)**

Course Objectives	• Practicing prayer and Omkar Sadhana by the students. • Practicing Surya Namaskar and Yogasanas from the fitness point of view. • Pranayama and Shuddhikriya to be studied by the students for the purpose of physical and mental fitness	
Course Outcomes	After successful completion of this course, students are expected to: • Knowledge of Omkar sadhana and prayer will be imparted. • Practical knowledge of Yogasana and Pranayama essential for fitness will be acquired. • Use Pranayama and Shuddhikriya for physical and mental health.	
Unit	Contents	Hours
I	• Yogasana – Supine Position : Kandharasana, Pavanmuktasana, Sarvangasana, Matsyasana, Shavasana. • Yogasana - Prone position: Tiryak Bhujangasana, Dhanurasana, Makarasana	8
II	• Yogasana - Sitting position: Marjari Aasana, Ushtrasana, Janushirasana. • Yogasana - Standing position: Utaktasana, Ugrasana	7
III	• Mudra : Dnyanmudra, Shanmukhi Mudra, kaki Mudra • Pranayama : Anolom Vilom, Shitali, Bhramari	7
IV	• Omkar Sadhana • Mantra Chanting • Yoganidra • Meditation	8
Study Resources	• Mandlik, Vishvas (2008), Yogapravesh, Third Edition, Yoga Chaitana Prakashan Vibhag, Nashik. • Hathayoga Pradipika of Swatmarama - Kaivalyadhama, Lonavala • Gherandasamhita - Bihar School of Yoga, Munger, Bihar. • Gharote, M. L. (1982), Guidelines for Yogic Practices, Medha publication, Lonavala. • Saraswati Swami Satyananda,(1989), Aasan Pranayam Mudra Bandha, Bihar school of Yoga Munger, Bihar • Mandalik, Dr. Vishawas, Yoga parichay, Yoga Chaitanya prakashan, Nashik • Chikode, Dr. Ranjeet (2013), Yogajivan, Riya Publications, Kolhapur • Iyankgar, Dr. B. K. S.(2010), Yoga Sarvansathi, Rohan Prakashan, Pune.	

	• Jain, Dr. Kiran (2008), Swarvansathi Praathmik Yogasadhna, Yoga Krida Prabodhini, Nashik • Saraswati Swami Satyananda, (2007), Suryanamskar, Yoga publications Trust, Yoga Munger, Bihar • Saraswati Swami Satyananda, (2005), Yoganidra, Yoga publications Trust, Yoga Munger, Bihar • Saraswati Swami niranjananada, (2004), Gherand Samhita, Yoga publications Trust, Yoga Munger, Bihar • Trilok, Rajiv jain (2015), Sampurn Yoga Vidya, Manjul Publications House, Bhopal. • Zha Swami Digambarji & Dr. Pitambar, (2011), Hathapradipika, kaivalyadham, Shri manmadhav yoga manidr Samiti, Lonavala. • Gore, M. M. (2018), Anatomy & physiology of Yogic practices, kaivalyadham Lonavala, 5th edition. • Tiwari, O. P., Aasana Why & How? Kaivalyadham, lonavala..	
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