

**SES's L.S.RAHEJA COLLEGE OF ARTS AND COMMERCE  
(AUTONOMOUS)**



**Syllabus of Yogic Aasanas and Meditation under NEP 2020 vertical (CC)  
with effect from 2024-25.**

**Sub Committee of Co-Curricular Courses**

**HoD/Sr. Person of the Department: Dr. Akshata Kulkarni**

**Date of approval by the BoS: 26/04/2024**

**Approved by the Academic Council on: 29/04/2024**

**Ratified by the Governing Body on: 06/05/2024**



<b>Programme: All First Year Programmes</b>			<b>Semester : I &amp;II</b>		
<b>Course : Yogic Aasanas and Meditation</b>			<b>Code: : Varies with Programme</b>		
<b>Academic Year: 2024-2025</b>			<b>Batch: 2024-2027</b>		
<b>Teaching Scheme</b>			<b>Evaluation Scheme</b>		
<b>Lectures</b>	<b>Practical</b>	<b>Tutorials</b>	<b>Credits</b>	<b>Internal Continuous Assessment (ICA) (weightage)</b>	<b>Term End Examinations (TEE) (weightage)</b>
<b>15</b>	<b>15</b>	<b>Nil</b>	<b>02</b>		

<b>Particulars</b>	<b>%</b>
Participation and Attend Yogic Sessions	40
Project presentation and Competition organisation	20
Viva-Voce/Assignment	20
Participation in any Yoga Competition	20

## Semester I

<b>Learning Objectives :</b>	<ul style="list-style-type: none"> <li>To impart some knowledge about the healing power of Yoga through practice of Yoga.</li> <li>To provide a practical knowledge on different yogic practices.</li> <li>To give a glimpse of ancient Yoga Philosophy.</li> </ul>
<b>Learning Outcomes :</b>	<ul style="list-style-type: none"> <li>Students will understand importance of Yoga to their daily life</li> <li>Yogic Asana and meditation helps to develop their holistic approach towards the life</li> <li>Students will Understand Ancient yogic asana and modern yoga through yoga philosophy</li> </ul>
<b>Pedagogy:</b>	<ul style="list-style-type: none"> <li>Interactive Practical as well as Theory lectures and discussions</li> <li>Group Sports activities</li> <li>Project work and Presentation</li> <li>Participation in various Intercollegiate Yoga competition</li> </ul>

**Detailed Syllabus: (per session plan)**

**Each lecture session would be of one hour duration (60 hours of practical and Theory sessions).**

<b>Module</b>	<b>Module Content</b>	<b>Module Wise Pedagogy Used</b>	<b>Module Wise Duration</b>
I	<b>Meaning and History of Yoga</b> <ul style="list-style-type: none"> <li>General Introduction of Yoga: Meaning, Definition, importance of yoga</li> </ul>	<ul style="list-style-type: none"> <li>Interactive lectures and Group Discussion</li> </ul>	60 Hours

	<ul style="list-style-type: none"> <li>• Fundamental concepts , Nature , Types, Scope of Yoga</li> <li>• Different between Yogic Exercise And Non-Yogic Exercise</li> <li>• Asanas as Preventive Measures</li> <li>• Treatment and Alternative Therapy (<i>Physical, Cognitive, Physiological, Psychological dimensions</i>)</li> <li>• Misconceptions related with Yoga</li> </ul>	<ul style="list-style-type: none"> <li>• Presentation by Yoga Instructor and Students</li> <li>• Assignments</li> </ul>	
II	<p><b>Practical Session</b></p> <ul style="list-style-type: none"> <li>• Ashtang yoga and types of yoga</li> <li>• Types of Suryanamaskar and Technique of Pranayam</li> <li>• Benefits of Yoga</li> <li>• Sessions conducted by students</li> </ul>	<ul style="list-style-type: none"> <li>• Practical Session as well theory session</li> <li>• Session conduct by students</li> <li>• Yogic Asana Competition organised by students for students</li> </ul>	

## Semester II

<b>Learning Objectives :</b>	<ul style="list-style-type: none"> <li>• To increase the knowledge of the students about Yoga and to make students aware about the holistic development through Yoga.</li> <li>• To increase the professional efficiency in the field of Yoga.</li> <li>• To make students familiarize with concepts of Health, Fitness, Yoga.</li> <li>• To educate students regarding various career opportunities in the yoga</li> </ul>
<b>Learning Outcomes :</b>	<ul style="list-style-type: none"> <li>• Students acquire knowledge of yogic practice for healing</li> <li>• Students will familiarized with the field of yoga and fitness</li> <li>• Students will educate regarding various career opportunities in the yoga an fitness</li> </ul>
<b>Pedagogy:</b>	<ul style="list-style-type: none"> <li>• Interactive Theory and Practical lectures and discussions</li> <li>• Project work and Presentation</li> <li>• Participation in various Intercollegiate yoga competition</li> </ul>

### Detailed Syllabus: (per session plan)

Each lecture session would be of one hour duration (60 hours of practical and Theory sessions).

Module	Module Content	Module Wise Pedagogy Used	Module Wise Duration
I	<p><b>Nature of Yoga</b></p> <ul style="list-style-type: none"> <li>• Nature of Yoga in various scriptures: Vedas, Upanishads, Bhagwad Gita, Yoga Vashistha, Jainism, Buddhism, Sankhya Shastra, Vedanta, Tantra Shastra, Ayurveda.</li> </ul>	<ul style="list-style-type: none"> <li>• Interactives lectures and Group Discussion</li> <li>• Presentation by Yoga Instructor and Students</li> </ul>	60 Hours

	<ul style="list-style-type: none"> <li>• General Principles of Yogic Practices and Specific Principal of Yogic Kriya, Mudra , Bandh ,Asana , Pranayama and Meditation</li> <li>• Preventive Measure (<i>NCDs, Mental Illness, Stress Management, Anger Management, Academic Performance</i>),</li> <li>• Yoga – Advantages and Disadvantages</li> </ul>	<ul style="list-style-type: none"> <li>• Assignments</li> <li>•</li> </ul>	
II	<p><b>Practical Session</b></p> <ul style="list-style-type: none"> <li>• Asana ( Standing/ Sitting/Supine/ Prone)</li> <li>• Pranayama</li> <li>• Meditation</li> <li>• Sessions conducted by students</li> </ul>	<ul style="list-style-type: none"> <li>• Practical Session as well theory session</li> <li>• Session conduct by students</li> <li>• Yogic Asana Competition organised students for students</li> </ul>	

## REFERENCE BOOKS

8. Arihant Publication – NTA UGC
9. Gharote, M.L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama
10. Nimbalkar. Sadashiv(2004), Yoga for Health and Peace.- 6th Ed., Yoga Vidya Niketan, Mumbai.,.
11. Dr. Gharote M. L.(2007); Guideline for Yogic Practices – 2nd Ed., The Lonavala Yoga Institute (India), Lonavala.
12. Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.
13. University of Mumbai Yogic asana Syllabus

## QUESTION PAPER PATTERN

Written Test based on the retention power of the student on the topics taught

1. Attending all Yoga Sessions Conducted by Yoga Instructor and Organising Yoga Competition for Students (20 M)
  2. Project Presentation/ Viva-Voce/ Assignment (20 M)
- B) Participation any yoga competition (10 M)
- C) Self Rating Test at the Entry and Exit Level (NO MARKS)