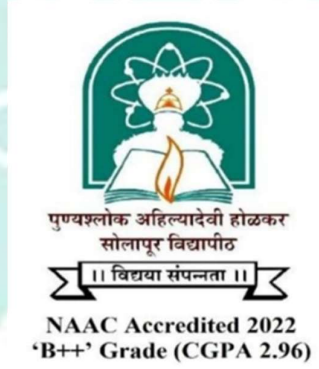


**PUNYASHLOK AHILYADEVVI HOLKAR
SOLAPUR UNIVERSITY, SOLAPUR.**



**NAME OF FACULTY:
INTERDISCIPLINARY STUDIES UNDER –
PHYSICAL EDUCATION**

NEP 2020 Compliant CO-Curriculum (CC)

Subject: (CC-206) Yoga Education

(B.A., B.Com., B.Sc., B.B.A., B.C.A., and all Non AICTE offered UG Programs)

With effect from 2024-25

Punyshlok Ahilyadevi Holkar Solapur University, Solapur
Syllabus
(According to NEP 2020)

Faculty of Interdisciplinary Studies Under - Physical Education
(B.A., B.Com., B.Sc., B.B.A., B.C.A., and all Non AICTE offered UG Programs)

With effect from June 2024-25

Sem.	Paper Code	Title of the Paper	Semester Exam				Total Credits
			UA		CA	Total	
			Th	Pr			
II	CC-206	Yoga Education	15	15	20	50	2


Evaluation Pattern (2 Credit Paper)

Nature of Assessment	Total Marks	Minimum Passing Marks
CA	20	08
Theory UA	15	06
Practical UA	15	06

सोलापूर विद्यापीठ



NAAC Accredited 2022
 B++ Grade (CGPA-2.76)

 <p>पुण्यश्लोक अहिल्यादेवी होळकर सोलापूर विद्यापीठ ॥ विद्यया संपन्नता ॥ NAAC Accredited 2022 'B++' Grade (CGPA 2.96)</p>	<p>Punyashlok Ahilyadevi Holkar Solapur University, Solapur.</p> <p>Faculty of Interdisciplinary Studies Under – Physical Education (Semester-II) NEP 2020 Complaint Curriculum</p> <p>Vertical: Co-Curriculum (CC) YE-II Paper Code: CC-206 Paper Name: Yoga Education</p>
<p>Teaching Schem</p> <p>Lectures: 02 Hours /Week, 02 Credits (01+01) (Th. 01 Hrs., Prac. 01 Hrs.)</p>	<p>Examination Schem</p> <p>UA: 30 Marks Theory: 15 Marks Practical: 15 Marks CA: 20 Marks</p>

Course Preamble:

The Yoga Education program aims to provide a comprehensive understanding of yoga principles, practices, and philosophies, cultivating physical, mental, and spiritual well-being. This holistic program prepares students to become informed practitioners and inspiring instructors, integrating yoga's transformative power into their lives and communities.

Course Objective:

Upon completing this Yoga Education course, students will be able to:

1. Demonstrate a comprehensive understanding of yoga philosophy and its application in daily life.
2. Practice and teach various yoga asanas, pranayama and meditation.
3. Integrate breath awareness and control into daily activities.
4. Develop greater body awareness, flexibility, strength & balance.
5. Cultivate mental clarity, focus and emotional well being through meditation and mindfulness practices.

Course Outcome

By the end of this course, students will be able to:

1. Explain the fundamental principles of yoga.
2. Describe the benefits and contraindications of various yoga asanas, pranayamas, and meditation techniques.
3. Identify and explain the different types of yoga asanas (e.g., standing, sitting, inversions)

Program Outcomes

Upon completing the Yoga Education program, students will:

1. Embody the principles of yoga, fostering self-awareness and personal growth.
2. Develop effective teaching skills, adapting yoga for diverse needs.
3. Cultivate a lifelong commitment to yoga practice and continuous learning.
4. Integrate yoga philosophy into daily life, promoting compassion, self-acceptance, and mindfulness.
5. Contribute to the growth of yoga communities, sharing knowledge and inspiration.

Section I (Theory)

Hours: 01/ Week, Credits: 01 (Marks: UA: 15 & CA: 20 Marks)

Unit 1: Introduction of Yoga	No. of Lectures: 01	Weightage: 07 to 08 Marks
1.1 Meaning, Definition and Need & Importance of yoga. 1.2 Aims and Objectives of Yoga.		
Unit 2: Asanas and Pranayamas	No. of Lectures: 01	Weightage: 07 to 08 Marks
2.1 Types of Asanas & Pranayamas. 2.2 Benefits of Asanas and Pranayamas		

Section II (Practical)

Hours: 01/ Week, Credits: 01 (Marks: 15)

Unit 1: Yoga Asanas	No. of Lectures: 01	Weightage: 07 to 08 Marks
1.1 Basic Standing Postures / Suryanamaskar ◆ Tadasana ◆ Virabhadrasana ◆ Vruksasana ◆ Trikonasana 1.2 Seated Postures ◆ Padmasana ◆ Vajrasana ◆ Paschimottanasana ◆ Garudasana		
Unit 2: Pranayamas and Meditation	No. of Lectures: 01	Weightage: 07 to 08 Marks
2.1 Pranayamas ◆ Anulom-Vilom ◆ Shitali ◆ Shitkari ◆ Bhramari 2.2 Meditation ◆ Om Chanting / Omkar		

Practical Exam	15 Marks
<ul style="list-style-type: none">• Two Asana of Student's choice• Two Asana of Examiner's choice• Five Suryanamaskar• Any one Pranayama	04 Marks 04 Marks 05 Marks 02 Marks
College Assessments (CA)	20 Marks
Internal Assessment/Home Assignment/Unit Tests, Oral & Tutorial /Record Book.	20 Marks

<ul style="list-style-type: none"> • Scheme Of Examination: • Examination will be conducted at End of the Semester. 	
Theory Paper (1 Credit)	Total: 15 Marks
Q. 1: Multiple choice questions (04 MCQs x 1 mark)	04 Marks
Q. 2: Write short notes (Any Three x 2 marks)	06 Marks
Q. 3: Long Answer Questions (Any One x 5 marks)	05 Marks
Practical Examination Conducted: (1 Credit) (One Inspection Day & One Days Examination)	Total: 15 Marks
<ul style="list-style-type: none"> a) A Batch of 20 students for Practical period & Examination b) One Organizer (Internal Subject Teacher) c) Two Examiners Appointed by Organizer / University. d) Peons - Two Peons for Ground Marking, Water Supply, Equipment Supply and Collecting, etc. 	

Books Recommended:	
1.	Light on Yoga-Iyengar, B.K.S. (2012).
2.	History of Yoga-Vivian Worthington, Routledge & Kegan Paul Ltd. London, 1982.
3.	Asanas-Kuvalayannanda, Kaivalyadam, Lonavala.
4.	योग आणि आरोग्य - डॉ. धनंजय मुंढे.
5.	योगाभ्यास मार्गदर्शन म. ल. घरोटे: मेघा पब्लिकेशन लोणावळा.
6.	प्राणायम - बी. सी. आयंगर ओरीजिनल लोग्मा ली. मुंबई.
7.	योग परिचय - विश्वास मंडलिक

॥ विशया संपन्नता ॥

SVAC Accredited 2022

B-1 - Grade (C GPA-2.00)