

Program: ALL PROGRAMS				Semester: III	
Course: YOGA LEVEL II Academic Year: 2024-2025 Batch: 2024-2028				Code:	
Teaching Scheme				Evaluation Scheme	
Lecture	Practical	Tutorial	Credit	Internal Assessment (ICA) (weightage)	Continuous Term Examinations (TEE) (weightage)
15	30	Nil	02	30	20
<p>Yoga: Yoga is a holistic science that integrates body, mind, and spirit into harmony. It not only brings all-around good health and wellness, it develops mindfulness making the body aware of the present moment leading to a state of happiness and peace. Strengthening the body physically, mentally, and emotionally, it helps to restore balance within and in relation to others and the environment. Yoga is a physical, mental, and spiritual exercise that originated in ancient India with the goal of achieving a state of perfect spiritual awareness and calm while focusing on the Super Soul. Yoga is appropriate for most people, regardless of age or physical condition. Because of the gentle nature of our approach to exercise, even people with physical limitations can benefit from a Yoga regimen.</p>					
<p>Learning Objectives: To eradicate misconceptions and misunderstandings about Yoga 2. To acquaint students with the tenets of Patanjali-Yoga 3. To provide the theoretical structure for the practice of Yoga 4. To sensitise the learners about the advantages of taking up Yoga and to bring out how yoga enables to lead Quality-Life of Purity and Integrity</p>					
<p>Course Outcomes: The participants will be able to – 1. Understand true meaning of Yoga. 2. Explore various applications of Yoga 3. Develop ethico-spiritual perspective.</p>					
<p>Pedagogy:</p> <ol style="list-style-type: none"> 1. Techniques such as Reviews, Analysis of Cases to promote critical thinking & to create motivated and independent learners. 2. Group activities such as Role plays, group assignments to enable learners to work together in a social environment and learn through sharing of individual information & experience. 3. Discussion of real-life problem active learning. 4. Flipped Classroom approach to enhance learner engagement. 					
Each lecture session would be of one-hour duration (45 sessions) : 15 Lectures + 30 Practical					

Module	Module Content	Module Wise Duration (hrs.)
I	<p>General Introduction of Yoga:</p> <ul style="list-style-type: none"> • Meaning, Definition, Nature of Yoga, importance of yoga, Misconceptions related with Yoga. <p>Nature:</p> <ul style="list-style-type: none"> • Nature of Yoga in various scriptures: Vedas, Upanishads, Bhagwad Gita, Yoga Vashistha, Jainism, Buddhism, Sankhya Shastra, Vedanta, Tantra Shastra, Ayurveda. <p>Types of Yoga: Jnana Yoga, Bhakti Yoga, Karma Yoga, Hatha Yoga, Raja Yoga.</p>	7
II	<p>Introduction of various Yogis:</p> <ul style="list-style-type: none"> • Maharishi Patanjali, Gorakshanath, Maharishi Dayananda Saraswati, Swami Vivekananda, Sri Aurobindo, Maharishi Raman, Swami Kuvalyananda. <p>Brief about Yoga texts: General introduction to the texts of yoga - Pantajal Yoga Sutras, Shrimad Bhagvat Geeta, Hatha Yoga Pradipika, Gherand Samhita.</p>	8

PRACTICAL

Unit	Topic	No. of Hours
Unit I	<p>Yogic suksmavyayama Uccharana-sthalatatha Vishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tatha-dhriti shakti-vikasaka (for developing will power); Smarana shakti-vikasaka (for improving the memory); Medha shakti-vikasaka (for improving the intellect and memory); Netra shakti-vikasaka (for the eyes); Kapola shakti-varadhaka (for the cheeks); Karna shakti-varadhaka (for the ears); Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii), Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja- bandha shakti-vikasaka, Kohini shakti-vikasaka, Bhuja-valli shakti-vikasaka, Purna-bhujashakti-vikasaka (for the arms), Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Kara-tala shakti-vikasaka, Anguli-mula shakti-vikasaka (for the fingers), Anguli-shakti-vikasaka (for the fingers), Vaksha-sthala shakti-vikasaka (for the chest) (1), Vaksha- sthala shakti-vikasaka (for the chest) (2), Udara shakti-vikasaka (for the abdomen) (i) to(x); Kati shakti-vikasaka (for the waist) (i) to (v), Muladhara-chakra-suddhi (for the rectum), Upasthatatha-svadhithana-chakra-suddhi (for the genital organs), Kundalini shakti-vikasaka (for the kundalini), Jangha shakti-vikasaka (for the thighs) (i) & (ii), Jangha shakti-vikasaka (for the thighs) (ii) , Janu shakti-vikasaka (for the knees), Pindali shakti-vikasaka (for the calves), Pada-mula shakti-vikasaka, Gulpha-pada-pristha-pada- tala-shakti-vikasaka (for the ankles and the feet), Padanguli shakti-vikasaka (for the toes)</p>	15

Unit II	Yogic sthulavyayama Rekha-gati (Walking in a Straight line), Hrid-gati (Injanadaur – the Locomotive Exercise), Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body)	15
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Suggested Readings

- Hath Yoga Pradipika - Kaivalyadham
- Asana, Pranayama, Mudra, Bandha

Evaluation Pattern

Weightage to Semester End Examination and Internal Continuous Assessment will be 60:40 respectively.

For courses carrying 2 credits Courses carrying 2 credits shall be evaluated for total of 50 marks, which means 20 marks Semester End Examination and 30 marks for Internal Continuous Assessment.

1. For Semester End Examination, the question paper pattern shall be as follows:

Maximum Marks: 20

Duration: 40 m

End Semester Examination: Paper pattern (Bloom's Taxonomy will be followed)

Q1. Answer any Two out of the following Three questions. (20)

Prepared by,
Ms. Geeta Desai

Approved by,
Dr. Parag Ajagaonkar
Principal

Program: ALL PROGRAMS				Semester: IV	
Course: YOGA LEVEL III Academic Year: 2024-2025 Batch: 2024-2028				Code:	
Teaching Scheme				Evaluation Scheme	
Lecture	Practical	Tutorial	Credit	Internal Assessment (ICA) (weightage)	Continuous Term Examinations (TEE) (weightage)
15	30	Nil	02	30	20
<p>Yoga: Yoga is a holistic science that integrates body, mind, and spirit into harmony. It not only brings all-around good health and wellness, it develops mindfulness making the body aware of the present moment leading to a state of happiness and peace. Strengthening the body physically, mentally, and emotionally, it helps to restore balance within and in relation to others and the environment. Yoga is a physical, mental, and spiritual exercise that originated in ancient India with the goal of achieving a state of perfect spiritual awareness and calm while focusing on the Super Soul. Yoga is appropriate for most people, regardless of age or physical condition. Because of the gentle nature of our approach to exercise, even people with physical limitations can benefit from a Yoga regimen.</p>					
Internal Component					
Practical /Assignment: 30 Marks					
<p>Learning Objectives: To eradicate misconceptions and misunderstandings about Yoga 2. To acquaint students with the tenets of Patanjali-Yoga 3. To provide the theoretical structure for the practice of Yoga 4. To sensitise the learners about the advantages of taking up Yoga and to bring out how yoga enables to lead Quality-Life of Purity and Integrity</p>					
<p>Course Outcomes: The participants will be able to – 4. Understand true meaning of Yoga. 5. Explore various applications of Yoga 6. Develop ethico-spiritual perspective.</p>					
<p>Pedagogy:</p> <p>5. Techniques such as Reviews, Analysis of Cases to promote critical thinking & to create motivated and independent learners. 6. Group activities such as Role plays, group assignments to enable learners to work together in a social environment and learn through sharing of individual information & experience. 7. Discussion of real-life problem active learning.</p>					

8. Flipped Classroom approach to enhance learner engagement.

Each lecture session would be of one-hour duration (45 sessions) : 15 Lectures + 30 practical

Module	Module Content	Module Wise Duration (hrs.)
I	<p>Prana Types of Prana: Pran, Apan, Udaan, Samaan, Vyaan Functions of these five Prana.</p> <p>Mantra yoga Types of mantras and their impact on spiritual development.</p> <p>Kundalini yoga The seven chakras ,their structure, sound of mantras which activate them , yogasan which activates them,</p> <p>The Five Koshas Annamaya kosha (food sheath), Pranamaya kosha (energy sheath), Manomaya kosha (mental sheath), Vijnanamaya kosha intellectual sheath), Anandamaya kosha (bliss sheath)</p>	7
II	<p>Biomolecules Nutrition: Meaning and Objectives, Elements of Diet: Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibers Balanced diet, Role of Diet for Spiritual Development.</p> <p>Yogic management of common Respiratory disorders– Bronchitis, Rhinitis, Sinusitis, Br. Asthma. Yogic management of Gastro-Intestinal disorders – Constipation, Indigestion, Hyperacidity, Ulcer, Flatulence, Gastritis, etc.</p> <p>Yogic management of common disorders of the Blood Blood pressure , its regulation, controlling thickening of the blood.</p>	8

Suggested Readings:

- Antomy & physiology for Nursees- Jaypee Brothers
- Antomy & Physiology-Ross & wilson
- Antomy & Physiology-C. Gyton
- Human Antomy - grays
- Human Antomy -M.LyesPrives
- Humanphysiology - Chakravti , Ghosh and sahana
- Basic physiology– E.D. Amour Fred
- Swasthya Shiksha Avam Sharir Vigyan- H.K. Sharma
- Health for all through Yoga- Dr. Ganesh Shanker Ghi
- Manvav Sarir Dipika- Dr. Mukund Swarup Verma
- Yoga Avam Swasthya – Raaj Publication Patoyala

PRACTICAL		
Unit	Topic	No. of Hours
Unit I	Asana : <ol style="list-style-type: none"> 1. Suryanamaskar with Mantras 2. Padmasan 3. Siddhasan 4. Swastikasan 5. Vajrasana 6. Yogamudrasan 7. Simhasan 8. Veerasan 9. Gomukhasan 10. Ardhamatsyendrasan 11. Marjariasan 12. Mandukasan 13. Shashankasan 14. Bhujangasan 15. Ushtrasan 16. Tadasan 17. Triyaktadasan 18. Katichakrasan 19. Dhruvasan 20. Utkatasan 	15
Unit II	Pranayama: Preparatory aspects of Prananyam: Correct abdominal breathing in Savasana and Meditative pose with 1.1 & 1.2 ratio <ul style="list-style-type: none"> ● Deep breathing – Abdominal breathing – Yogic breathing ● Nadishodhan Pranayam ● Surya Bedan Pranayam ● Chandra Bedan Pranayam ● Bhramri Prayanam 	15

Suggested Readings

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11. Discussion of real-life problem active learning.
12. Flipped Classroom approach to enhance learner engagement.

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Module	Module Content	Module Wise Duration (hrs.)
I	Meaning and definition of the word Upanishads Importance of Upanishads Advaita, Duality and Triatism theory of Upanishads. General introduction of the Upanishads mentioned in Yoga, the subject described in the Upanishads, the nature of yoga according to the Shvetaswaropnishad, a suitable place for practicing yoga, the symptom of yoga accomplishment. Yoga elements in the upanishads – Ishoupnishad, Kenoupnishad, in the context of Kathopnishad.	7
II	Karma, types of karma, karma indulgence, karma-renunciation, karma-vipaka, purusharthachatushtaya. Vidya-Avidya knowledge and destruction. The nature and subject of the senses, the relation between mind and senses. Brief history of naturopathy, fundamental of naturopathy, Root cause of disease, acute and chronic stages of disease, theory of foreign poison, theory of emergence, ways to increase vitality.	8

Suggested Readings:

- Upanishad Spiritual Science - Dr. Ishwar Bharadwaj
- Upanishad Collection Publisher Motilal Banarsidas Indian Philosophy - Acharya Baldev Upadhyay Various Dimensions of Indian Culture Dr. Arun Jaiswal Kalyan (Yoga Tattvank) - Geeta Press Gorakhpur
- Kalyan (Yogank) - Geeta Press Gorakhpur Introduction to Upanishads- Theosophical Society of India, Adyar] Madras, 1976).

PRACTICAL

Unit	Topic	No. of Hours
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Unit I	Asana : <ol style="list-style-type: none"> 1. Uttanpadasan 2. Garudasan 3. Natrajasan 4. Vatayanasan 5. Trikonasan 6. Hasta Uthanasan 7. Padhastasan 8. Shalbhasan 9. Matsyasan 10. Dhanurasan 11. Chakrasan 12. Paschimottonasan 13. Janu Shirasan 14. Halasan 15. Naukasan 16. Sarvagasan 17. Balasan 18. Makarasan 19. Shavasan 20. UttanMandukasan 	15
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