

Program: B.COM.				Semester: II	
Course: Philosophy of Yoga Academic Year: 2023-2024 Batch: 2023-2027				Code:	
Teaching Scheme				Evaluation Scheme	
Lecture	Practical	Tutorial	Credit	Internal Continuous Assessment (ICA) (weightage)	Term End Examinations (TEE) (weightage)
30	Nil	Nil	02	20	30
Internal Component					
Class Test (Duration 20 Mins)			Projects / Assignments		
10 Marks			10 Marks		
Learning Objectives:					
<ul style="list-style-type: none"> (i) To eradicate misconceptions and misunderstandings about Yoga (ii) To acquaint students with the tenets of Patanjali-Yoga (iii) To provide the theoretical structure for the practice of Yoga (iv) 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 					
Learning Outcomes:					
<ul style="list-style-type: none"> 1. Understand true meaning of Yoga. 2. Explore various applications of Yoga 3. Develop ethico-spiritual perspective 					
Pedagogy:					
<ul 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. 					

Detailed Syllabus: (per session plan)**Session Outline For: Foundation Course****Each lecture session would be of one-hour duration (30 sessions)**

Module	Module Content	Module Wise Pedagogy Used	Module Wise Duration (hrs)	Module Wise Reference Books
I	Introduction to Yoga: (a) Misconceptions of Yoga and Upanishadic concept of Yoga (b) Definition and Meaning of Yoga in Bhagavadgita- "Samattvam Yoga Uchyate"(equanimity is yoga) and "Yogah Karmasu Kaushalam" (dexterity in action is yoga)	Reviews, Analysis of Cases, Discussion, Guest lectures, Videos		1.Chatterji, D. &. (n.d.). <i>Introduction to Indian Philosophy</i> . 2.Radhakrishanan, D. S. (n.d.). <i>Indian Philosophy</i> .
II	Kinds or varieties of Yoga: (a) Jnana-Yoga, Karma-Yoga, Bhakti-Yoga (b) Mantra yoga, Hatha Yoga Kundalini Yoga.	Role plays, group assignments , Lecture, videos		1.Suren, A. (1992). <i>Encyclopaedia of Yoga Vol.I&II</i> -. Meerut: Saru Publishing House 2.Chatterji, D. &. (n.d.). <i>Introduction to Indian Philosophy</i>
III	Patanjala-Yoga: (a) Yogashchittavruttnirodhah-chitta and Vrutti (mental modifications) (b) Pramana, Right knowledge Viparyaya, (wrong knowledge) Vikalpa, (verbal			1.Iyengar, B. .. (n.d.). <i>Light on Yogasutras of Patanjali</i> .

	delusion) Nidra, (sleep) Smruti; (memory) Klishta – Aklishta (painful & nonpainful) Five kinds of Kleshas (Afflictions)			
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References:

Chatterji, D. &. (n.d.). *Introduction to Indian Philosophy* .

Iyengar, B. .. (n.d.). *Light on Yogasutras of Patanjali*.

Kale, B. (2007). *Yogasana For Tejswi Life*. Kolahapur : Sidhigiri gulkul foundation.

Karel Werner, K. (1977). *Yoga and Indian Philosophy*. Delhi: MLBD.

M.R.Yardi. (1979). *The Yoga Sutra of Patanjali*. Pune: Bhandarkar Oriental Research Institute.

Radhakrishnan, D. S. (n.d.). *Indian Philosophy*.

Rajarshi, S. (1995). *Yoga The Ultimate Attainment*. Jaico Pub. House.

Saraswati-, S. (1984). *Patanjala Raja Yoga*. In S. S. Saraswati. N.Delhi: S. Chand & Co.

Suren, A. (1992). *Encyclopaedia of Yoga Vol.I&II-*. Meerut: Saru Publishing House-.

**Any other information: Website references can be used for the current information
Note: latest edition may be used**

Details of Internal Continuous Assessment (ICA)

20 MARKS (Internal Exam)	
10 marks	Assignment/Presentation
10 marks	Class test

- Assessment consists of one class test of 10 marks. The class test consists of five short answer type questions of 2 marks each or objective type questions 1 or 2 marks each.
- Assignment of 20 marks will be assigned in the second week of the term.
- Assignment topic must be registered and approved by the subject teacher.
- Students can select any topic from the given lists of Broad topics.

List of broad topics for Assignments:

1. Yoga Metaphysics 2. Yoga Epistemology 3. Yoga Ethics 4. Yoga Cosmology 5. Yoga Theology 6. Yoga and Psychology

End Semester Examination: Paper pattern

Q1. Answer any two out of the following three questions (10)
Q2. Answer any two out of the following three questions (10)
Q3. Write Short notes on any Two of Three (10)

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Principal

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