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| **\*Program: B.COM.(Management and Finance)** | **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** |
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| **Internal Component** |
| **Class Test (Duration 20 Mins)****10 Marks** | **Projects / Assignments****10 Marks** |

 |
| **Learning Objectives:**1. 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
 |
| **Learning Outcomes:**1. Understand true meaning of Yoga.
2. Explore various applications of Yoga
3. Develop ethico-spiritual perspective
 |
| **Pedagogy:**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)** |

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| **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  | **10** | 1.Chatterji, D. &. (n.d.). *Introduction to Indian Philosophy .* 2.Radhakrishanan, D. S. (n.d.). *Indian Philosophy.*  |
| II | **Kinds or varieties of Yoga:** (a) Jnana-Yoga,Karma-Yoga, Bhakti-Yoga (b) Mantra yoga, Hatha Yoga Kundalini Yoga. | Group assignment,Lecture, videos,Guest lectures | **10** | 1.Suren, A. (1992). *Encyclopaedia of YogaVol.I&II-.* Meerut: Saru Publishing House2.Chatterji, D. &. (n.d.). *Introduction to Indian Philosophy* |
| III | **Patanjala-Yoga:** 1. Yogashchittavruttinirodhah-chitta and Vruttis (mental modifications)
2. Pramana, Right knowledge Viparyaya, (wrong knowledge) Vikalpa, (verbal delusion) Nidra, (sleep) Smruti; (memory) Klishta – Aklishta (painful & nonpainful) Five kinds of Kleshas (Afflictions)
 | Group assignment,Lecture, videos,Guest lectures | **10** | 1.Iyengar, B. .. (n.d.). *Light on Yogasutras of Patanjali.* |

**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.

Radhakrishanan, 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 YogaVol.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)**

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| **20 MARKS (Internal Exam)** |
| 10 marks | Assignment/Presentation  |
| 10 marks | Class test (2 class tests of 10marks each and average of 2 tests will be considered) |

* The class test consists of five short answer type questions of 2 marks each or objective type questions 1 or 2 marks each.
* 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** t**opics 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** (Bloom’s Taxonomy will be followed)

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| Q1. Answer any **two** out of the following three questions. (10) |
| Q2. Answer any **two** out of the following three questions. (10) |
| Q5. Write Short notes on any Two out of Three (10) |

Prepared by,       Approved by,

Ms. Geeta Desai                  Dr. Parag Ajagaonkar

                                                                                                               Principal

Signatures:

Ms. Geeta Desai                                  Dr. Namita Nimbalkar Mr. Aditya Shastri

Chairperson (HOD) VC Nominee Industry Expert

Dr. Jitendra Tiwari                       Dr. Veena Vohra

Subject Expert                      Subject Expert

Ms. Vidula Worlikar

PG Alumnus

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| **Program: B.COM.** | **Semester: III** |
| **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** |
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| **Internal Component** |
| **Class Test (Duration 20 Mins)****10 Marks** | **Projects / Assignments****10 Marks** |

 |
| **Learning Objectives:**1.To eradicate misconceptions and misunderstandings about Yoga2.To acquaint students with the tenets of Patanjali-Yoga 3.To provide the theoretical structure for the practice of Yoga4.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:****1.** Understand true meaning of Yoga.2. Explore various applications of Yoga3. Develop ethico-spiritual perspective |
| **Pedagogy:**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)** |

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| **Module** | **Module Content** | **Module Wise Pedagogy Used** | **Module Wise****Duration** **(hrs)** | **Module Wise Reference Books** |
| I | **Indian Philosophy and Sānkhya Darshana**1.Introduction to Indian Philosophy : some major concepts involved in Indian Philosophy ; background of the Six Āstika Darshanas Topic 2: Sānkhya as a Darshana : its metaphysics; dualistic nature – Prakrti and Purusa; the Gunas; its theory of Causation : Satkāryavāda; its theory of evolution  | Reviews, Analysis of Cases,Discussion, Guest lectures, Videos  | **10** | 1. Chatterji, D. &. (n.d.). *Introduction to Indian Philosophy**2.*Radhakrishanan, D. S. (n.d.). *Indian Philosophy.*  |
| II | **Dimensions of Yoga:**1.Introduction to „Yogasūtram; Patañjali‟s Yogadarshana, a continuation of Sānkhya metaphysics; Patañjali‟s „Yoga‟, a multidimensional concept;2.Spiritual dimension: -Purusa, Principle of Consciousness; its nature; its Kaivalyam3. Psychophysiological dimension: Definition of „yoga‟; concepts of Chitta, Vrtti, Nirodha; types of vrttis problem: vrttis cause obstacles; solution, Concepts of Samādhi | group assignment,Lecture, videos, Guest Lectures | **10** | 1.Kale, B. (2007 ). *Yogasana For Tejswi Life.* Kolahapur : Sidhigiri gulkul foundation.2.M.R.Yardi. (1979). *The Yoga Sutra of Patanjali.* Pune: Bhandarkar Oriental Research Institute. |
| III |   **Antaranga and Bahirangasadhana: (Internal and external disciplines)** (a) Yamas-Niyamas and their ethico-spiritual significance (b) Techniques of Asana and Pranayama- results and benefits(C) Common Yoga Protocol (Practical) by Aayush. | group assignment,Lecture, videos, Guest Lectures | **10** | 1.Saraswati-, S. (1984 ). Patanjala Raja Yoga. In S. S. Saraswati. N.Delhi: S. Chand & Co.2.Suren, A. (1992). *Encyclopaedia of YogaVol.I&II-.* Meerut: Saru Publishing House-. |

**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.

Radhakrishanan, 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 YogaVol.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)**

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| **20 MARKS (Internal Exam)** |
| 10 marks | Assignment/Presentation  |
| 10 marks | Class test (2 class tests of 10marks each and average of 2 tests will be considered) |

* The class test consists of five short answer type questions of 2 marks each or objective type questions 1 or 2 marks each.
* 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** t**opics for Assignments:**

1.Yoga and Health 2. Yoga and Education 3. Yoga and Gender 4. Yoga and Relation with Science

5. Yoga and Humanism

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

|  |
| --- |
| Q1. Answer any **two** out of the following three questions. (10) |
| Q2. Answer any **two** out of the following three questions. (10) |
| Q5. Write Short notes on any Two out of Three (10) |

Prepared by,       Approved by,

Ms. Geeta Desai                  Dr. Parag Ajagaonkar

                                                                                                               Principal

Signatures:

Ms. Geeta Desai                                  Dr. Namita Nimbalkar Mr. Aditya Shastri

Chairperson (HOD) VC Nominee Industry Expert

Dr. Jitendra Tiwari                       Dr. Veena Vohra

Subject Expert                      Subject Expert

Ms. Vidula Worlikar

PG Alumnus

|  |  |
| --- | --- |
| **Program: B.COM.** | **Semester: IV** |
| **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** |
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| **Internal Component** |
| **Class Test (Duration 20 Mins)****10 Marks** | **Projects / Assignments****10 Marks** |

 |
| **Learning Objectives:**1. 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
 |
| **Learning Outcomes:**1. Understand true meaning of Yoga.
2. Explore various applications of Yoga
3. Develop ethico-spiritual perspective
 |
| **Pedagogy:**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 | **Concept of God and Meditation in Yoga:**1.**Concept of God in Patañjali‟s system:** description of „Īśvara‟ as a “Purusa Vishesa”; attributes attached; 2. **Meditation:** Kinds of meditation, Reflection (Swadhaya)  | Reviews, Analysis of Cases,Discussion, Guest lectures, Videos  | **10** | 1.Rajarshi, S. (1995). *Yoga The Ultimate Attainment.* Jaico Pub. House.2.Iyengar, B. .. (n.d.). *Light on Yogasutras of Patanjali.* |
| II | **Asana and Pranayama:** 1**. Process of** **Pranayama** 1. Pooraka 2.Rechaka 3.Khumbaka 4.Alternate noshil breathing sagarbha „OM‟ pranayama. 2.**Pranayama** : Benefits of Pranayama, Nadishuddi and Pranayama, Duration and time for Pranayama Practice, Gradation of Pranayama, Yukta and Ayukta Pranayama, Nadishuddi3. **Asanas** 1. Tadasana 2. Trikonasana 3. Ekpadasana 4. Utkatasana 5. Pratnasana 6. Bujangasana 7. Chakrasana 8. Vajrasana 9. Sukasana 10. Savasana | group assignments,Lecture, videos, Guest lectures |  | 1.M.R.Yardi. (1979). *The Yoga Sutra of Patanjali.* Pune: Bhandarkar Oriental Research Institute.2.Saraswati-, S. (1984 ). Patanjala Raja Yoga. In S. S. Saraswati. N.Delhi: S. Chand & Co. |
| III | **Application of Yoga:** (1**) Value and Virtue model of Yoga.** Anitya bhavana and Reflection Practice , Personality development through Yoga. 2. **Chanting of and Meditation** on Om / Pranava; Īśvarapranidhāna 3.**Mystical dimension**: Attainment of Siddhis and Vibhutis; | Lecture, videos, Guest lectures | **10** | 1.Kale, B. (2007 ). *Yogasana For Tejswi Life.* Kolahapur : Sidhigiri gulkul foundation.2.Rajarshi, S. (1995). *Yoga The Ultimate Attainment.* Jaico Pub. House. |

**References:**

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

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Suren, A. (1992). *Encyclopaedia of YogaVol.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 (2 class tests of 10marks each and average of 2 tests will be considered) |

* The class test consists of five short answer type questions of 2 marks each or objective type questions 1 or 2 marks each.
* 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** t**opics for Assignments:**

1. Yoga and Secularism 2. Traditional Philosophies of Yoga (eg, Patanjali) 3. Modern Philosophies of Yoga (eg. Vivekananda, Aurobindo, Jnaneshwar) 4. Yoga as Philosophy of Embodiment 5. Corporate Yoga

**End Semester Examination: Paper pattern**

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| --- |
| Q1. Answer any **two** out of the following three questions. (10) |
| Q2. Answer any **two** out of the following three questions. (10) |
| Q5. Write Short notes on any Two out of Three (10) |

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Subject Expert                      Subject Expert

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