



SYMBIOSIS COLLEGE OF ARTS & COMMERCE

An Autonomous College | Under Savitribai Phule Pune University

Reaccredited 'A+' with 3.51 CGPA For Third Cycle By NAAC | College with Potential for Excellence

Bachelor's Degree			First Year		Second Year		Third Year		Master's Degree		First Year		Second Year	
Semester (Tick the relevant semester)✓			I	II	III	IV	V	VI	Semester (Tick the relevant semester) ✓		I	II	III	IV
Program	Special Subject	Program Code							Program	Program Code				
BCOM	✓								MCOM					
BA									MA Economics					
BCOM Honours	✓								MA English					
BA Honours									MA Psychology					
Name of the Board of Studies (BOS)			B.Com (Interdisciplinary)											
Name of the faculty/s preparing syllabus			Mrs. Vaishali Chetan Vaidya											
Name of the faculty/s reviewing syllabus			Dr.Hilda David											
COURSE TITLE			Yoga Theory and Practices											
Paper Number (In case of Specialization)														
Course Code:														
Number of Credits:			3											
Date of BOS when Course was approved			18.03.2021											
% of Course Revision			100 %				50 % to 99 %				Less than 50			

(Tick the relevant %) ✓			%
			✓
Date of Implementation of Revised/Changed Course:	2020-2021		
Course Learning Outcomes:			
On successful completion of the module students will be able to:			
CO 1: Describe different Yoga Styles and Schools			
CO 2: Explain real Yoga philosophy, its underlying principles and methodology and yoga as a way of life			
CO 3: Practice Sun Salutation, different Yoga Asana and Omkar Chanting and learning its practical application			
CO 4: Illustrate importance of breath control and its practical application and Learning basic Pranayam techniques (I Describe Different Yoga Styles and Schools			
CO 5: Adopting Yogic Lifestyle (Aahar and Vihar) and Meditation techniques.			
About the course	This course will introduce students to the ancient science of Yoga. They will learn history, basic principles, concepts, applications and numerous benefits of practicing Yoga. They will learn to do Shuddhi Kriyas. (Purification Processes) Course also includes Pranayam and Meditation		
Teaching Methodology :	The pedagogy of the course includes classroom teaching as well as practical sessions which will enable students to understand Yoga as a science and its applications in life to achieve success, progress and enrichment in life.		
Detailed syllabus			
Unit	CONTENTS OF THE COURSE		No. of Lectures
1	Introduction to Yoga <ul style="list-style-type: none">History, Philosophy and PrinciplesDifferent Yoga SchoolsHatha Yoga		2
2	The Science of Yoga <ul style="list-style-type: none">Eight Step Yoga Path (Ashtanga Yog by Patanjali)Yog SutrasImportance of Prayer		2
3	Basic Yoga <ul style="list-style-type: none">Preparation for Yoga practicePreparatory MovementsSun SalutationDifferent Asanas involved in Sun Salutation.Yogasana Pre-positions		6
4	Yoga Asanas: <ul style="list-style-type: none">Yogasana TheoryYogasana in Prone Position Cobra Pose, Locust Pose, Bow Pose, Boat Pose, Crocodile Pose,		15

	<ul style="list-style-type: none"> ● Yogasana in Supine Position Raised leg pose, Inverted Pose, Shoulder Stand Pose, Fish pose, Horse Gesture, Plough Pose, Boat Pose, Gas Release Post ● Yogasana in Sitting Position Auspicious Pose, Lotus Pose, Surrender Pose, Mountain Pose, Twisted Pose, Forward Bend Pose, Lotus Pose Gesture, Perfect Pose, Vajrasana, Vajrasana Gesture, Bound Lotus Pose, Lifted Lotus Pose, Half Spinal Twist, Stretched Bow Pose. ● Yogasana in Standing Position Warrior Pose, Triangle Pose, Tree Pose, Ugrasana, Mridang Bandh, Garudasan 	
5	Introduction to Pranayam <ul style="list-style-type: none"> ● Normal Breathing, Deep Breathing, Fast Breathing ● Pranayam Mudra ● Nadi Shudhi Pranayam, Ujjayi Pranayam, Bhramari Pranayam 	10
6	Shuddhi Kriya (Purification Procedures) <ul style="list-style-type: none"> ● Kapalbhathi ● Agnisar ● Nasagra Drushti ● Tratak 	4
7	Mudra (Handyoga)	1
8	Yogic Lifestyle <ul style="list-style-type: none"> ● Daily Routine ● Diet 	1
7	Yoga for Students <ul style="list-style-type: none"> ● Yog Nidra ● Omkar 	2
8	Meditation	2
	Total Number of Lectures	45
Projects / Field work as part of continuous assessment:		
Internship for Students if any: Not Applicable		
Suggested Reference Books: <ol style="list-style-type: none"> 1. Light on Yog Sutras of Patanjali – By B. K. S. Iyengar – Publisher Thorsons, 2002 2. Demystifying Patanjali: The Yoga Sutras: The Wisdom of Paramhansa Yogananda as Presented by his Direct Disciple, Swami Kriyananda - Crystal Clarity Publishers, 2012 3. Yoga: Theory And Practice, 2003 By: Kaul, h. Kumar. Publisher: Brpc Ltd., New Delhi 4. The Illustrated light on yoga, By: Iyengar Bks. Publisher: N. Delhi Harper Collins, N. Delhi. 5. Yoga For Everybody By: Joshi Bharati. Publisher: New Delhi Rupa 2003 6. Yoga For Sports: A Journey Towards Health and Healing By: Iyengar BKS. Publisher: Westland 2015 		

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| 7. | Yoga Mythology : 64 Asanas and Their Stories By: Pattanaik Devdutt.Harper Collins 2019 |
| 8. | Yog Nidra, 6th edition – by Swami Satyandranath Saraswati – Bihar School of Yoga, 2009 |