

**PUNYASHLOK AHILYADEVII HOLKAR  
SOLAPUR UNIVERSITY, SOLAPUR.**



**Faculty of Interdisciplinary Studies**

**Syllabus of Physical Education**

**B.A. Part-II Sem. III & IV**

**With effect from June-2023-24**

## **Preamble**

Physical Education is a form of one of the most effective means of education imparted through physical exercises, recreational activities, and sports. It is an integral part of education. Mere participation in it gives the outcomes. These outcomes are both instant and have strong carry-over values in life. The children as well as the adults and the old enjoy physical activities & sports and gets benefit in the form of stronger muscles and bones, increased energy, coordination level and most importantly the decreased risk of developing chronic diseases.

UNESCO in its General Conference in 1978 was convinced that everyone should be free to develop and preserve his or her physical, intellectual, and moral powers. Physical Education and Sports should consequently be assured and guaranteed for all human beings. Physical Education is now a regular feature in primary and secondary schools and is gaining popularity in higher education. The course opted for this is elective as well as the core at the college and the university level in India.

The graduate-level course in Physical Education and Sports contains subjects varying from foundation of Physical Education, History of Physical Education, Organization and administration of physical education and sports to Health education, Recreation in physical education, Research in physical education, Yoga, Anatomy, Physiology, Kinesiology, Officiating & coaching, Test & Measurement, Nutrition, Rehabilitation, Psychology, Sports Training, Sports Biomechanics, Methods of Teaching, etc. which are aimed to give thorough knowledge and skills to the students. Students perusing physical education courses are fit to join the jobs as physical trainers, coaches, game officials, referees, umpires, curators, gym trainers, lifeguards, personal trainers, etc. During their course of education, the students also develop the expertise to establish their own businesses as entrepreneurs in the field of sports, fitness, recreation, adventure sports, camping, event management, etc.

**PUNYASHLOK AHILYADEVI HOLAKAR SOLAPUR UNIVERSITY, SOLAPUR.**

**PROPOSED REVISED SYLLABUS (SEMESTER PATTERN)**

**FOR B.A. II- PHYSICAL EDUCATION**

B.A. Part II (Physical Education)

1. **TITLE:** Revised syllabus (semester pattern) CBCS Under Faculty of Education.
2. **YEAR OF IMPLIMENTATION:** Revised syllabus will be implemented From June 2023-24.
3. **DURATION:** B.A. Part II- Two Semesters (one year).
4. **PATTERN OF EXAMINATION:** Semesters.
  - A) **THEORY EXAMINATION:** At the end of semester as per Solapur University Rules.
  - B) **PRACTICAL EXAMINATION:** i) In first and Second Semesters (Paper no. III & IV) (Paper no. V & VI).  
There will be Conduct of external practical and related mark sheet submitted by external examiner.
5. **MEDIUM OF INSTRUCTION:** English/ Marathi
6. **STRUCTURE OF COURSE:** B.A. part –II

Two semesters (Sem III and IV) Four papers

Sr. No.	Paper No.	Semester	Course Title	Distribution of marks			
				Theory	Practical	Internal Work	Total
1.	III	III	History of Physical Education	20	20	10	50
2.	IV	III	Organization and administration of physical education and sports.	20	20	10	50
3.	V	IV	Development of physical education and sports.	20	20	10	50
4.	VI	IV	Organization and administration of Meets and Tournaments	20	20	10	50

## 7. SCHEME OF TEACHING:

Sr. No.	Paper No.	Semester	Course Title	Period/Paper		
				Theory	Practical	Total
1.	III	III	History of Physical Education	2	2	4
2.	IV	III	Organization and administration of physical education and sports.	2	2	4
3.	V	IV	Development of physical education and sports.	2	2	4
4.	VI	IV	Organization and administration of Meets and Tournaments	2	2	4

## 8. SCHEME OF EXAMINATION:

**A) THEORY:** The theory exam shall be at the end of each semester.

All theory papers (No. III, IV, V and VI) shall carry 20 marks.

**B) PRACTICAL:** The practical exam shall be at the end of each semester.

All practical papers (No. III, IV, V and VI) shall carry 20 marks.

**C) INTERNAL:** Internal Examination shall carry 10 marks.

Evaluation of the performance of the students in theory shall be on the basis of semester examination as mentioned above.

There are three separate heads for passing i.e. Theory and Practical In theory and Practical minimum 8 marks out of 20 and Internal examination minimum 4 marks out of 10 is required for passing in each head.

## Annexure-I

## CHOICE BASED CREDIT SYSTEM S.Y.B.A.

## SEMESTER- III

## SCHEME OF EXAM

Paper No.	L/P	Credit	Total Mark Par Paper	UA		CA	
				Theory and Practical		Max.	Min.
				Max.	Min.	Max.	Min.
<b>Physical Education Paper No.III</b>	<b>60</b>	<b>4</b>	<b>50 40/10</b>	<b>40 20 (Theory) 20 (Practical)</b>	<b>16 08/ 08</b>	<b>10</b>	<b>4</b>
<b>Physical Education Paper No. IV</b>	<b>60</b>	<b>4</b>	<b>50 40/10</b>	<b>40 20 (Theory) 20 (Practical)</b>	<b>16 08/ 08</b>	<b>10</b>	<b>4</b>
<b>Yoga (IDS) Paper Sem-III</b>	<b>60</b>	<b>4</b>	<b>50 40/10</b>	<b>40 20 (Theory) 20 (Practical)</b>	<b>16 08/ 08</b>	<b>10</b>	<b>4</b>

**Note:** 1. 25 Mark per credit.

2. Total no of hours required to earn two credits points for each theory course 60 hrs. For semester where has to 120 hrs. For each practicum course.

## Annexure-I

## CHOICE BASED CREDIT SYSTEM S.Y.B.A.

## SEMESTER- III

## SCHEME OF EXAM

Paper No.	L/P	Credit	Total Mark Par Paper	UA		CA	
				Theory and Practical Max.	Min.	Max	Min
<b>Physical Education Paper No. V</b>	<b>60</b>	<b>4</b>	<b>50 40/10</b>	<b>40 20 (Theory) 20 (Practical)</b>	<b>16 08/ 08</b>	<b>10</b>	<b>4</b>
<b>Physical Education Paper No. VI</b>	<b>60</b>	<b>4</b>	<b>50 40/10</b>	<b>40 20 (Theory) 20 (Practical)</b>	<b>16 08/ 08</b>	<b>10</b>	<b>4</b>
<b>Yoga IDS Paper Sem-IV</b>	<b>60</b>	<b>4</b>	<b>50 40/10</b>	<b>40 20 (Theory) 20 (Practical)</b>	<b>16 08/ 08</b>	<b>10</b>	<b>4</b>

**Note:** 1. 25 Mark per credit.

2. Total no of hours required to earn two credits points for each theory course  
60 hrs. For semester where has to 120 hrs. for each practicum course.

**Punyashlok Ahilyadevi Holkar Solapur University, Solapur.**

B. A. Part-II Semester III (Theory)

**Physical Education (Optional)**

**Paper III : History of Physical Education**

**Total Credits:** 4 (2+2)

(Theory 20 + Practical 20 + Internal Work 10)

---

**Course Outcomes:**

**After successful completion of this course, the students will be able to:**

- Understand and explain elements of physical education in primitive societies.
- Understand the Physical Education in ancient India.
- Understand the nature and concept of ancient Olympic game.
- Understand development of physical Education in various countries.

---

**A) Theory: 20 marks**

**B) Practical: 20 marks**

**C) Internal Examination: 10 marks**

---

**A) Theory Content of Syllabus**

**Lectures: 60**

**Module I : Physical Education in Ancient Times**

- a) Elements of Physical Education in Primitive Societies with reference to Aims, Promotions, Programmes and methods of Physical Education.
- b) Physical Education in Ancient India –  
Periods:-
- i. Advent of Aryans 1500 BCE to 600 BCE (Early Period)
  - ii. Epic Age 1000 BCE to 600 BCE
  - iii. Buddhist Period. 563 BCE to 483 BCE
- According to activities such as Archery, Wrestling, and Yoga etc.

**Module II : Physical Education in India**

- a) Development of Physical Education in India :
- i. Mughal Period.
  - ii. Maratha Period
  - iii. British Period.
- b) Development of Physical Education in Maharashtra.
- i. Period of Nationalism : 1920 onwards
  - ii. Modern Period : 1937 onwards

### **Module III: Reflections of physical education in Olympic Games**

- a) Ancient Olympic Games (Aim & Nature) :-
  - i. Legendary origin,
  - ii. significance of the games,
  - iii. eligibility for participation, conduct of events, awards,
  - iv. Decline of ancient Olympics.
  
- b) Modern Olympic Games (Aim & Nature) :-
  - i. Revival of the Olympic Games.
  - ii. Controlling body.
  - iii. Olympic flag, Olympic torch.
  - iv. Eligibility criteria, venues, events, awards.
  - v. Opening and closing of ceremony.



**Punyashlok Ahilyadevi Holkar Solapur University, Solapur.**

B. A. Part-II Semester III (Theory)

**Physical Education (Optional)**

**Paper IV : Organization and Administration of Physical Education and Sports.**

**Total Credits:** 4 (2+2)

(Theory 20 + Practical 20 + Internal Work 10)

---

**Course Outcomes:**

**After successful completion of this course, the students will be able to:**

- Understand Organization and conduct of program in physical education.
  - Understand conduct of sports events, equipment and facilities, budget making etc.
  - Understand the Principles of Organization and Administration and their Professional service.
  - Understand administrative policies and the means of establishing these.
- 

**A) Theory Content of Syllabus**

**Lectures: 60**

**Module I: The Nature and Philosophy of Organization and Administration**

- a) Nature of Organization and administration–
  - i. Meaning, Definition and Concept of Organization and Administration
  - ii. Need and Importance of Organization and Administration
- b) Philosophy of organization and administration -
  - i. Principles of Organization in Physical Education and Sports.
  - ii. Principles of Administration in Physical Education and Sports.

**Module II: Sports Equipments**

- a) Policies of purchases of Sports Equipments.
- b) Care and Maintenance of Sports Equipments.

**Module III: Organizing and Planning a Quality Physical Education Program**

- a) Meaning and Definition of quality Physical Education program.
- b) Benefits of a Quality Physical Education Program.
- c) Essential Components of quality Physical Education program.

**Punyashlok Ahilyadevi Holkar Solapur University, Solapur.**

B. A. Part-II Semester III (Practical)

**Physical Education (Optional)**

**Paper No. III & IV : PRACTICAL**

Practical: A Batch of 20 students

**Total Credits:** 08 (4 + 4)

(Theory 20 + Practical 20 + Internal Work 10)

---

**Guidelines:**

- There are two separate heads for passing i.e. Theory and Practical
  - There should be 20 students in single batch while conducting the Practical's. The concern College will make all necessary arrangement including ground marking, Water Supplier, Equipments, availability of sports equipments as well as supportive staff for the purpose.
  - The Practical will carry 40 marks. Divide into two papers even marks should give in paper No. 3 (*i. e. 39 marks divided into two papers as paper No. 3 - 20 marks, paper No. 4 - 20 marks*)
- 

**A) Athletics (Throw Event) 08 Mark**

**i) Discus Throw 08 Marks**

a) Performance 06 Marks

Men	Women	Marks
18 M.	15 M.	06 Marks
16 M.	14 M.	04 Marks
14 M.	13 M.	02 Marks

b) For Techniques & modern Styles 02 Marks

**B) Athletics (Middle Distance Run Event) 08 Mark**

**i) Middle Distance Run 08 Marks**  
**800 M. Running -**

a) Performance 06 Marks

Men	Women	Marks
2.40 Sc.	3.40 Sec.	06 Marks
2.45 Sc.	3.45 Sec.	04 Marks
2.50 Sc.	3.50 Sec.	02 Marks

b) For Knowledge of Rules & Regulations 02 Marks

**C) Indian Games** **08 Marks**

**i) Kho-Kho** **08 Marks**

a) Fundamental Skills 06 Marks

b) Knowledge of Rules & Regulations 02 Mark

**D) Indian Exercise** **08 Marks**

**i) Yongsan's (Any Four)** **04 Marks**

Padmasan, PadHastasan, Veerasan,  
Shalbhasan, Navkasan, Tadasan, Suptavajrasan.

**ii) Pranayam (Any Two)** **04 Marks**

Anulomvilom, Kapalbhati, Shitali, Chendrabhedan, suryabhedan

**E) Record Book** **08 Marks**

The Record Book will cover the following:

i) Brief History.

ii) Various Diagrams

iii) Names and Explanation of different events and Yongsan's.

**RESULT SHEET = (Practical Examination)****40 Marks**

BA Part II, Sem - III

Paper- No.- III &amp; IV

Exam no.	Roll no.	Name	Athletics (Throw Event)	Athletics (Middle Distance Run)	Indian Game	Indian Exercises	Record Book	Total	Paper	
									III	IV
			08	08	08	08	08	40		

**N.B.****1) Separate heads of passing.**

- Theory paper will be carry 20 marks and Minimum passing 08 Marks.
- Practical will be carry 20 marks and Minimum passing 08 Marks.
- Internal Examination will be carry 10 marks and Passing 04 Marks.  
(10 Mark- Unit Test / Home Assignment)

**2) Practical examination conducted:**

- Each batch of 20 students for Examination
- One organizer (Internal subject teacher)
- Two examiners appointed by University.
- Peons: Two peons for ground marking, water supply, and equipment  
Supply and collecting of materials.
- Result sheet (Practical)

**N.B. 3) Theory paper shall be of One hour's duration carrying 20 marks.**

**First question** Choose the correct alternative question will carry **04** marks (one marks each question).

**The second question** having been of short answer type questions and will **06** marks (any two out of Three).

**The third question** will be broad answer it will carry **05** marks (any one out of two). **The fourth question** will be broad answer question and will carry **05** marks. (No choice question)

**N.B. 4) Two periods for theory + two periods for Practical for a paper: per week.**

**Punyashlok Ahilyadevi Holkar Solapur University, Solapur.**

B. A. Part-II Semester IV (Theory)

**Physical Education (Optional)**

**Paper V : Development of Physical Education and Sports.**

**Total Credits:** 4 (2+2)

(Theory 20 + Practical 20 + Internal Work 10)

---

**Course Outcomes:**

**After successful completion of this course, the students will be able to:**

- To acquaint students regarding reflections of physical education.
  - To aware students about National History of Physical Education.
  - To develop skill of students in relation with application of Philosophy of physical education and Professional approach..
- 

**A) Theory Content of Syllabus**

**Lectures: 60**

**Module I: Different Institutions for Training of Physical Education in India**

- a) National Institutions -
  - i. Netaji Subhash National Institute of sports
  - ii. Lakshmi Bai National Institute of Physical Education
  - iii. Sports India
  - iv. Shree Hanuman Vyayam parsarak Mandal Amravaati, Maharashtra.
- b) Directorate of sports and youth services, Maharashtra state
  - i. Structure
  - ii. Functions

**Module II: Sports Awards in India**

- a) National Level Awards
  - i. Major Dhan Chand Khel Ratna Award
  - ii. Arjun Award
  - iii. Dronacharya Award
- b) State Level Awards( In Maharashtra)
  - i. Shiv Chhatrapati state sports Award.
  - ii. The Best Coach Award.

**Module III: Sports Personalities in India**

- i. Major Dhan Chand.
- ii. Khashaba Jadhav.
- iii. Pilavullakandi Thekkeparambil.Usha (P. T. Usha)
- iv. Abhinav Bindra.
- v. Mery kom

**Punyashlok Ahilyadevi Holkar Solapur University, Solapur.**

B. A. Part-II Semester IV (Theory)

**Physical Education (Optional)**

**Paper VI: Organization and Administration of Meets and Tournaments.**

**Total Credits:** 4 (2+2)

(Theory 20 + Practical 20 + Internal Work 10)

---

**Course Outcomes:**

**After successful completion of this course, the students will be able to:**

- To acquaint students regarding Organization and conduct of various competitions.
  - To aware students about conduct of sports events, equipment and facilities, budget making etc.
  - To develop skill of students regarding preparation of various play fields.
  - Emphasize need of well – defined administrative policies and the means of establishing these.
- 

**A) Theory Content of Syllabus**

**Lectures: 60**

**Module I: Meets and Tournaments**

- a) Importance of meets and tournaments.
- b) Methods of Tournaments –
  - i. Knock-out method.
  - ii. League method.
  - iii. Combination method.

*(To draw the lots, their merits and demerits)*
- c) Athletic Meet : Officials, various Committees, Opening ceremony, closing ceremony

**Module II: Organization and Administration of Competitions**

- a) Sports Competitions –
  - i. Inter-collegiate / Zonal Competitions of P. A. H. Solapur University.
  - ii. Inter-Zonal Competitions of P. A. H. Solapur University.
  - iii. Inter university sports competitions.
- b) Human resources for organization and administration of competitions.
  - i. Organization body.
  - ii. Finance committee
  - iii. Officials and committees.

**Module III: Play Ground Standards and Facilities**

- a) Preparation and Maintenance of Playgrounds.
- b) Gymnasium: Standards, Facilities and Maintenances.
- c) Lay-out of Play fields – Kabaddi, Kho-Kho, Volleyball, Handball, Cricket, Basket Ball.

**Punyashlok Ahilyadevi Holkar Solapur University, Solapur.**

B. A. Part-II Semester IV (Practical)

**Physical Education (Optional)**

**Paper No. V & VI : PRACTICAL**

Practical: A Batch of 20 students

**Total Credits:** 08 (4 + 4)

(Theory 20 + Practical 20 + Internal Work 10)

---

**Guidelines:**

- There are two separate heads for passing i.e. Theory and Practical
  - There should be 20 students in single batch while conducting the Practical's. The concern College will make all necessary arrangement including ground marking, Water Supplier, Equipments, availability of sports equipments as well as supportive staff for the purpose.
  - The Practical will carry 40 marks. Divide into two papers even marks should give in paper No. 3 (*i. e. 39 marks divided into two papers as paper No. 3 - 20 marks, paper No. 4 - 20 marks*)
- 

**A) Athletics (Jump Event) 08 Mark**

**i) High Jump 08 Marks**

a) Performance 06 Marks

Men	Women	Marks
1.30M.	1.10M.	06 Marks
1.25 M.	1.05M.	04 Marks
1.20M.	1.00M.	02Marks

b) For Techniques & modern Style 02 Marks

**B) Athletics (Middle Distance Run Event) 08 Mark**

**i) Middle Distance Running 08 Marks**

1500 M. Running

a) Performance 06 Marks

Men	Women	Marks
5.45 Sc.	7.00 Sec.	06 Marks
5.50 Sc.	7.10 Sec.	04 Marks
5.55 Sc.	7.20 Sec.	02 Marks

b) For Knowledge of Rules & Regulations 02 Marks

**C) Ball Game** **08 Marks**

**i) Hand Ball or Basket Ball**

- a) Fundamental Skills 03 Marks
- b) Knowledge of Rules & Regulations 03 Marks
- c) Ground Marking 02 Marks

**Kho-kho / Hand Ball / Basket Ball (Any One)**

**D) Indian Exercise** **08 Marks**

**Men** : 20 Surya Namaskar 08 Marks

**Women** : 12 Surya Namaskar 08 Marks

**E) Record Book** **08 Marks**



**RESULT SHEET = (Practical Examination)****40 Marks**

BA Part II, Sem - IV

Paper- No. V &amp; VI

Exam no.	Roll no.	Name	Athletics (High Jump)	Athletics (Middle Distance Run)	Ball Game	Indian Exercises	Record Book	Total	Paper	
									V	VI
			08	08	08	08	08	40		

**N.B.****1) Separate heads of passing.**

- d) Theory paper will be carry 20 marks and Minimum passing 08 Marks.
- e) Practical will be carry 20 marks and Minimum passing 08 Marks.
- f) Internal Examination will be carry 10 marks and Passing 04 Marks.  
(10 Mark- Unit Test / Home Assignment)

**2) Practical examination conducted:**

- f) Each batch of 20 students for Examination
- g) One organizer (Internal subject teacher)
- h) Two examiners appointed by University.
- i) Peons: Two peons for ground marking, water supply, and equipment  
Supply and collecting of materials.
- j) Result sheet (Practical)

**3) Theory paper shall be of One hour's duration carrying 20 marks.**

**First question** Choose the correct alternative question will carry **04** marks (one marks each question).

**The second question** having been of short answer type questions and will **06** marks (any two out of Three).

**The third question** will be broad answer it will carry **05** marks (any one out of two). **The fourth question** will be broad answer question and will carry **05** marks. (No choice question)

**4) Two periods for theory + two periods for Practical for a paper: per week.**

**References:**

1. E. F. Voltimen and A. A. E. Islinger – The Organization of Administration of Physical Education.
2. Jay B. Nash – The Administration of Physical Education.
3. Prin. P. M. Joseph – Organization of Physical Education – The Old Student's Association, T.I.P.E., Bombay.
4. Organization of Physical Education – by J. P. Thomas.
5. Administration of School Health and Physical Education Programme – by C. A. Bucher.
6. Williams J. F. and others – The Administration of Health and Physical Education – Philadelphia – W. B. Saunders Co.
7. Krishna murthy J., Administration and Organization of Physical Education and sports, commonwealth publishers, New Delhi, 2005.
8. Jayne Greenberg and Judy LoBianco, Organization and Administration of Physical Education. Humankinetics pages : 408 Binding : Taschenbuch, 2019

**Punyashlok Ahilyadevi Holkar Solapur University, Solapur.**

**B. A. Part-II Semester III (Theory)**

**YOGA STUDIES (IDS)**

**Total Credits:** 4 (2+2)

(Theory 20 + Practical 20 + Internal Work 10)

---

**Objective:**

**To enable the student teacher to :**

1. Acquaint with concept and definition of Yoga.
2. Understand the current misconceptions about Yoga.
3. Acquaint with survey & development of Yoga from Vedic period to modern period.
4. Practice different types of asana, mudra and pranayam

---

<b>A) Theory</b>	-	<b>20 marks</b>
<b>B) Practical</b>	-	<b>20 marks</b>
<b>C) Internal Examination</b>	-	<b>10 marks</b>

**Theory Topics (Semester – III)**

**(20 Mark)**

**Module I :** Concept and Definition of Yoga.

**Module II :** Current Misconceptions about Yoga.

**Module III :** Survey of development of yoga from Vedic period to Modern period.

**Module IV:** Philosophical Information of international day of yoga.

**Practical Work (Semester – III)**

A batch of 20 students for Practical Teaching and Examination

- A) Vajarasana, Padmasana, Bhujangasana, Vakrasana, Ardhashalabhasana, Gomukhasana, Dhanurasana, Paschimottanasana.
- B) Uddiyana Bandha, Jalandhar Bandha, Brahma Mudra, Dnyan Mudra, Ujjayai Pranayam (without kumbhak), Shitali Pranayam

**Practical Examination**

**(20 Mark)**

The practical examination shall be conducted as follows

- a) Two examiners appointed by the University and one Internal Organizer.
- b) Marking system and Performa

**1) Form section (A) of the Practical**1) One asana of student's choice **4 marks**2) One asana of Examiner's choice **4 marks****2) From section (B) of the practical**1) Any one Pranayam / Bandha / Mudra of student choice **4 marks**2) Any one Pranayam / Bandha / Mudra of Examiner choice **4 marks****C] Record Book****4 marks**

The record book will be assessed by Internal Examiner.

**Division of Marks**

Exam No	Roll no	Name	Section A		Section B		Record book	Total
			Student choice	Examiner choice	Student choice	Examiner choice		
			04	04	04	04	04	20

**N. B.****1) Separate heads of passing.**

a) Theory paper will be carry 20 marks and Minimum passing 08 Marks.

b) Practical will be carry 20 marks and Minimum passing 08 Marks.

a) Internal Examination will be carry 10 marks and Passing 04 Marks.

**2) Practical examination conducted:**

a) Each batch of 20 students

b) One organizer (Internal subject teacher)

c) Two examiners appointed by University.

d) Peons: Two peons for ground marking, water supply, and equipment Supply and collecting of materials.

e) Result sheet (Practical)

**3) Theory papers shall be of two hour's duration carrying 20 marks.**

First question will be Fill in the Blank and short answer type question will carry 04 marks. The second question having been of short answer type questions and will 06 marks.

The third question will be brief answer it will carry 05 marks. The fourth question will be of short note type question and will carry 05 marks.

**4) Two periods for Theory + Two periods for Practical for paper: per week.**

**Punyashlok Ahilyadevi Holkar Solapur University, Solapur.**

**B. A. Part-II Semester IV (Theory)**

**YOGA STUDIES (IDS)**

**Total Credits:** 4 (2+2)

(Theory 20 + Practical 20 + Internal Work 10)

---

**Objective:**

**To enable the student teacher to :**

1. Acquaint with Ashtanga yoga of Patanjali
  2. Understand the states & kinds of chitta and methods of their controls.
  3. Study the various techniques of Yoga like asana, Pranayam, Kriya, bandha, Mudra and their utility into day to day life.
  4. Practice different types of asanas, mudras and pranayam.
- 

**Theory Topics**

**(20 Mark)**

**Module I : Ashtanga Yoga of Patanjali.**

A) Yam, Niyam

B) Asana. Pranyam, Pratyahar, Dharana, Dhyan, Samadhi

**Module II:** States of Chitta, Kinds of Chittavrutts and Methods of their Controls.

**Module III:** Various techniques of Yoga like Asana, Pranayam, Kriya, Bandha, Mudra, and their utility into day to day life.

**Module IV:** Facilities of Ayush Ministry.

**Practical Work:**

A batch of 20 students for practical teaching and examination

A) Chakrasana (Lateral), Halasana, Matsyasana, Mayurasana, Shavasana, Sarvangasana, Swastikasana, Padahastasana.

B) Mul Bandha, Shinhamudra, Yoga mudra, Kapalbhathi Pranayam, Bhramari Pranayam, Bhastrika Pranayam .

**Practical Examination**

**(Mark-20)**

The practical examination shall be conducted as follows:

- a) Two examiners appointed by the University and one Internal Organizer
- b) Marking system and Performa

**1) Form section (A) of the Practical**

1) One Asanas of student's choice 04 marks

2) One Asanas of Examiner's choice 04 marks

**2) Form Section (B) of the Practical**

1) Any one Pranayam / Bandha / Mudra of student choice 04 marks

2) Any one Pranayam / Bandha / Mudra of Examiner choice 04 marks

**C] Record Book:**

04 marks

The record book will be assessed by Internal Examiner.

**Division of Marks**

Exam No	Roll no	Name	Section A		Section B		Record book	Total
			Student choice	Examiner choice	Student choice	Examiner choice		
			04	04	04	04	04	20

**N. B.****1) Separate heads of passing.**

a) Theory paper will be carry 20 marks and Minimum passing 08 Marks.

b) Practical will be carry 20 marks and Minimum passing 08 Marks.

b) Internal Examination will be carry 10 marks and Passing 04 Marks.

**2) Practical examination conducted:**

a) Each batch of 20 students

b) One organizer (Internal subject teacher)

c) Two examiners appointed by University.

d) Peons: Two peons for ground marking, water supply, and equipment Supply and collecting of materials.

e) Result sheet (Practical)

**3) Theory papers shall be of two hour's duration carrying 20 marks.**

First question will be Fill in the Blank and short answer type question will carry 04 marks. The second question having been of short answer type questions and will 06 marks. The third question will be brief answer it will carry 05 marks. The fourth question will be of short note type question and will carry 05 marks.

**4) Two periods for Theory + Two periods for Practical for paper: per week.**

**Books Recommended- Semester III and IV**

- 1) History of Yoga-Vivian Worthington, Routledge & Kegan Paul Ltd. London, 1982.
- 2) Asanas-Kuvalayannanda, Kaivalyadam, Lonavala.
- 3) योगाभ्यास मार्गदर्शन - म.ल.घरोटे: मेघा पब्लिकेशन लोणावळा
- 4) शुद्धी क्रिया - प्रयोज्ञा आणि प्रयोग ग दा.दातार
- 5) योग आणि आरोग्य - डॉ धनंजय मुंढे.
- 6) प्राणायम - बी.सी. आयंगर ;ओरीयन्टल लोग्मा ली.मुंबई.
- 7) योगाभ्यास सुखी जीवा - प्रा श्रीपाल जर्दे
- 8) आरोग्याची गुरुकिल्ली - डॉ धनंजय मुंढे.
- 9) योग परिचय - विश्वास मंडलिक