

**PUNYASHLOK AHILYADEVI HOLKAR
SOLAPUR UNIVERSITY, SOLAPUR.**



**NAME OF FACULTY:
INTERDISCIPLINARY STUDIES UNDER –
PHYSICAL EDUCATION**

NEP 2020 Compliant CO-Curriculum (CC)

Subject: (CC-406) Yoga Education

(For Semester- IV)

(B.A., B.Com., B.Sc., B.B.A., B.C.A., and all Non AICTE offered UG Programs)

With effect from 2025-26

Punyashlok Ahilyadevi Holkar Solapur University, Solapur
Syllabus
(According to NEP 2020)

Faculty of Interdisciplinary Studies under - Physical Education
(B.A., B.Com., B.Sc., B.B.A., B.C.A., and all Non AICTE offered UG Programs)


With effect from June 2025-26

Sem.	Paper Code	Title of the Paper	Semester Exam				Total Credits
			UA		CA	Total	
IV	CC-406	Yoga Education	Th	Pr			
			15	15	20	50	2

पुण्यश्लोक अहिल्यादेवी होळकर
सोलापूर विद्यापीठ

॥ विद्यया संपन्नता ॥

NAAC Accredited 2022
B++ Grade (CGPA-2.98)

 <p>पुण्यश्लोक अहिल्यादेवी होळकर सोलापूर विद्यापीठ ॥ विद्यया संयन्ता ॥ NAAC Accredited 2022 'B++' Grade (CGPA 2.96)</p>	<p>Punyashlok Ahilyadevi Holkar Solapur University, Solapur.</p> <p>Faculty of Interdisciplinary Studies Under – Physical Education (Semester-IV) NEP 2020 Complaint Curriculum</p> <p>Vertical: Co-Curriculum (CC) YE-IV Paper Code: CC-406 Paper Name: Yoga Education</p>
<p>Teaching Scheme</p> <p>Lectures: 02 Hours /Week, 02 Credits (01+01) (Th. 01 Hrs., Prac. 01 Hrs.)</p>	<p>Examination Scheme</p> <p>UA: 30 Marks Theory: 15 Marks Practical: 15 Marks CA: 20 Marks</p>

Course Preamble:

This second-level Yoga Education course extends the basic understanding of yoga towards lifestyle, pranayama, meditation, and sitting/standing postures for holistic development. It focuses on integrating yoga into daily routine, improving respiratory efficiency, postural stability, and mental focus.

Course Objective:

Upon completing this Yoga Education course, students will be able to:

1. Understand the role of yogic lifestyle, diet, and discipline in health promotion.
2. Learn the concepts and techniques of basic pranayama and their physiological benefits.
3. Explore the foundations of meditation and relaxation for emotional regulation.
4. Perform selected asanas in sitting and standing positions with correct technique and safety.

Course Outcome

By the end of this course, students will be able to:

1. Describe components of yogic lifestyle, including diet and daily routine, related to health.
2. Demonstrate basic pranayama techniques and explain their benefits for stress control.
3. Practice simple meditation and relaxation methods for concentration and calmness.
4. Perform selected sitting and standing asanas with proper alignment and breathing.
5. Integrate yoga practices into daily life for sustained well-being.

Program Outcomes

Upon completing the Yoga Education program, students will:

1. Develop holistic well-being through consistent yoga practice in daily life.
2. Apply yoga-based strategies (asana, pranayama, meditation) for stress management and productivity.
3. Understand basic philosophical and lifestyle dimensions of yoga relevant to modern society.
4. Demonstrate proficiency in key asanas and basic pranayama with awareness of posture and breath.

Section I (Theory)

Hours: 01/ Week, Credits: 01 (Marks: UA: 15 & CA: 20 Marks)

Unit 1: Yogic lifestyle and diet	No. of Lectures: 01	Weightage: 07 to 08 Marks
1.1 Concept of yogic lifestyle (yama, niyama in daily life, routine, sleep, habits). 1.2 Yogic concept of diet (satvik, rajasic, tamasic; basic guidelines for students' health).		
Unit 2: Pranayama and meditation basics	No. of Lectures: 01	Weightage: 07 to 08 Marks
2.1 Meaning and importance of pranayama; general precautions. 2.2 Introduction to meditation and relaxation (concept, types at basic level, benefits).		

Section II (Practical)

Hours: 01/ Week, Credits: 01 (Marks: 15)

Unit 1: Sitting asanas	No. of Lectures: 01	Weightage: 07 to 08 Marks
<ul style="list-style-type: none">• Vajrasana• Padmasana / Ardha Padmasana• Paschimottanasana• Ardha Matsyendrasana• Others of similar level as per teacher's discretion		
Unit 2: Standing asanas and pranayama	No. of Lectures: 01	Weightage: 07 to 08 Marks
<ul style="list-style-type: none">• Tadasana• Trikonasana• Virabhadrasana (simple variation)• Simple balancing posture (e.g., Vrikshasana)• Basic pranayama practice: Anulom- Vilom, Bhramari, and sectional breathing (one or two to be demonstrated and practiced)		

Practical Exam	15 Marks
<ul style="list-style-type: none">• Two Asana of Student's choice• Two Asana of Examiner's choice• Any one Pranayama	06 Marks 06 Marks 03 Marks
College Assessments (CA)	20 Marks
Internal Assessment/Home Assignment/Unit Tests, Oral & Tutorial /Record Book.	20 Marks

<ul style="list-style-type: none"> • Scheme Of Examination: • Examination will be conducted at End of the Semester. 	
Theory Paper (1 Credit)	Total: 15 Marks
Q. 1: Multiple choice questions (04 MCQs x 1 mark)	04 Marks
Q. 2: Write short notes (Any Three x 2 marks)	06 Marks
Q. 3: Long Answer Questions (Any One x 5 marks)	05 Marks
Practical Examination Conducted: (1 Credit) (One Inspection Day & One Days Examination)	Total: 15 Marks
<ul style="list-style-type: none"> a) A Batch of 20 students for Practical period & Examination b) One Organizer (Internal Subject Teacher) c) Two Examiners Appointed by Organizer / University. d) Peons - Two Peons for Ground Marking, Water Supply, Equipment Supply and Collecting, etc. 	

Books Recommended:	
1.	Light on Yoga-Iyengar, B.K.S. (2012).
2.	History of Yoga-Vivian Worthington, Routledge & Kegan Paul Ltd. London, 1982.
3.	Asanas-Kuvalayannanda, Kaivalyadam, Lonavala.
4.	योग आणि आरोग्य - डॉ. धनंजय मुंदे.
5.	योगाभ्यास मार्गदर्शन म. ल. घरोटे: मेघा पब्लिकेशन लोणावळा.
6.	प्राणायम - बी. सी. आयंगर ओरीयंटल लोग्मा ली. मुंबई.
7.	योग परिचय - विश्वास मंडलिक

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