

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



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

NEP 2020 Compliant CO-Curriculum (CC)

Subject: (CC-306) Yoga Education

(For Semester- III)

(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	
			Th	Pr			
III	CC-306	Yoga Education	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 संपन्नता ॥ 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-III) NEP 2020 Complaint Curriculum</p> <p>Vertical: Co-Curriculum (CC) YE-III Paper Code: CC-306 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:

Yoga is an ancient practice that harmonizes the mind, body, and spirit. It promotes physical and mental well-being through a holistic approach. This course aims to provide an understanding of yoga's significance in improving health, managing stress, and dispelling misconceptions while equipping learners with practical skills to perform various yoga asanas effectively.

Course Objective:

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

1. To introduce the foundational concepts of yoga and its impact on physical and mental health.
2. To explore the role of yoga in stress relief and overall well-being.
3. To address common misconceptions about yoga and provide insights into its philosophical background, including the significance of the International Day of Yoga.
4. To train students in performing specific yoga asanas in prone and supine positions for enhancing flexibility, strength, and relaxation.

Course Outcome

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

1. Explain the effects of yoga on physical and mental health.
2. Apply yoga techniques for effective stress management.
3. Identify and correct misconceptions related to yoga practices.
4. Perform yoga asanas in prone and supine positions with proper technique and alignment.
5. Appreciate the philosophical and global significance of yoga in modern times.

Program Outcomes

Upon completing the Yoga Education program, students will:

1. Develop Holistic Well-being: Integrate yoga practices into daily life to achieve physical, mental, and emotional balance.
2. Promote Stress Management: Utilize yoga techniques effectively for managing stress and enhancing overall productivity and focus.
3. Understand Philosophical Insights: Demonstrate a deep understanding of yoga's philosophy and its global relevance in fostering health and harmony.
4. Perform Practical Asanas: Exhibit proficiency in performing key yoga asanas, ensuring correct posture and alignment for maximum benefits.

Section I (Theory)

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

Unit 1: Yoga and Health:	No. of Lectures: 01	Weightage: 07 to 08 Marks
1.1 Effect of Yoga on Physical and Mental Health. 1.2 Yoga for Stress Relief.		
Unit 2: Yoga and Misconceptions	No. of Lectures: 01	Weightage: 07 to 08 Marks
2.1 Current Misconceptions about Yoga 2.2 Philosophical Information of international day of yoga.		

Section II (Practical)

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

Unit 1: Yoga Asanas in Prone Position	No. of Lectures: 01	Weightage: 07 to 08 Marks
<ul style="list-style-type: none">• Makarasana• Bhujangasana• Shalabhasana• Dhanurasana, etc.		
Unit 2: Yoga Asanas in Supine Position	No. of Lectures: 01	Weightage: 07 to 08 Marks
<ul style="list-style-type: none">• Shavasana• Matsyasana• Naukasana• Halasana• Pavan Muktasana, etc		

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: मेधा पब्लिकेशन लोणावळा.
6.	प्राणायम - बी. सी. आयंगर ओरीयंटल लोग्मा ली. मुंबई.
7.	योग परिचय - विश्वास मंडलिक

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