

As Per NEP 2020

University of Mumbai



Syllabus for Basket of VEC ELECTIVE

Board of Studies in Value Education

UG First Year Programme

Semester	I & II
Title of Paper	Yoga For Health And Wellness
Credits	2
From the Academic Year	2024-25

Sr. No	Heading	Particulars
1	<p>Description the course :</p> <p>Including but Not limited to :</p>	<p>Yoga For Health And Wellness</p> <p>Introduction: This course introduces the principles and practices of yoga, focusing on its physical, mental, and spiritual dimensions. It explores the historical roots, philosophical underpinnings, and modern relevance of yoga in promoting holistic health and well-being. The course aligns with NEP 2020's emphasis on holistic education, equipping students with life skills to manage stress, improve concentration, and enhance physical fitness.</p> <p>Relevance: Yoga is recognized globally for its potential to combat lifestyle diseases, reduce stress, and enhance productivity.</p> <p>Usefulness: This course fosters personal well-being, supports sustainable living, and contributes to professional development in fields like healthcare, fitness, and wellness tourism.</p> <p>Applications and Connections: Yoga integrates seamlessly with disciplines such as psychology, physiotherapy, sports science, and management. Practical sessions enhance understanding of anatomy, mindfulness, and fitness techniques applicable in personal and professional contexts.</p> <p>Demand and Job Prospects: The wellness industry, demands certified yoga instructors, wellness coaches, and corporate trainers. This course serves as a foundational step toward such roles.</p>
2	Vertical :	VEC Elective
3	Type :	Theory & Practical
4	Credit:	2 credits (1 credit = 15 Hours for Theory or 30 Hours of Practical work in a semester)
5	Hours Allotted :	45 HOURS
6	Marks Allotted:	50 Marks
9	Modules:-	

7	<p>Course Objectives:</p> <ol style="list-style-type: none"> 1. To understand the concepts, principles and philosophy of yoga. 2. To explore yoga's applications for mental and physical health. 3. To develop practical skills in yoga asanas, pranayama, and meditation. 4. To develop practical skills in bandhas, mudras and kriyas, pranayama, and meditation. 5. To connect yoga practices to personal, academic, and professional life. 6. To foster sustainable and mindful living practices. 7. To spread the message of positive health through Yogic practice 8. To provide a proper perspective and insight into various aspects of Yoga education to the learners 9. The aim is to integrate various aspects of life to create a balanced and healthy lifestyle
8	<p>Course Outcomes:</p> <ol style="list-style-type: none"> 1. Learners will be able to take care of their own physical , mental , emotional , social and spiritual health 2. Analyze the role of yoga in promoting holistic health and sustainable development. 3. Better Lifestyle Choices and Personal Transformation 4. Integration of Yoga in Daily Life 5. Application of yogic practices for stress management and improved focus.
	<p>1. Module 1: Introduction to yoga and yogic practice</p> <ul style="list-style-type: none"> • Subunit 1: History and Philosophy of Yoga <ul style="list-style-type: none"> ◦ Evolution of yoga: Ancient to modern times ◦ Philosophical underpinnings: Patanjali's Yoga Sutras ◦ Yoga and spiritual development • Subunit 2: Concepts, Benefits and Scientific principles of yoga <ul style="list-style-type: none"> ◦ Concepts and Misconceptions of yoga ◦ Physical and mental health benefits of yoga ◦ Application of scientific principles of yoga • Subunit 3: Suryanamaskar and Types of Yogasanas <ul style="list-style-type: none"> ◦ Suryanamaskar and its significance ◦ Chandranamaskar and its significance ◦ Hatha Yoga, Ashtanga Yoga, Kundalini Yoga • Subunit 4: Concept and application of Pranayama, Kriya , Bhandas and Mudras <ul style="list-style-type: none"> ◦ Techniques, benefits, precautions, contraindications of Pranayama ◦ Types and significance of Kriyas ◦ Types and significance of Bhandas and Mudras

	<p>Module 2: Practical applications (30 Hours = 1 Credit)</p> <p>Subunit: 1. Practical application of Suryanamaskar</p> <ul style="list-style-type: none"> ○ Practical application of Suryanamaskar ○ Practical application of Chandranamaskar <p>Subunit: 2 Practical application of Asanas</p> <p>A. In Standing Position:- Tadasana, Konasana, Kati-Chakrasana, Vrikshasana, Trikonasana, Utkatasana, Padaangushthasana.</p> <p>B. In Sitting Position: Padmasana, Swastikasana, Vajrasana, Mandukasana, Kurmasana, Simhasana, Janu-Sirsasana, Paschimottanasana, Vakrasana, Ardha-Matsyendrasana, Bhadrasana(Badh-Konasana), Gomukhasana.</p> <p>C. In laying on Back (Supine Position): Shavasana(Mritasana), Uttanpadasana, Pawanmuktasana, Ardha-Halasan, Setubandhasana, Sarvangasana, Matsyasana.</p> <p>D. In laying on abdomen (Prone Position): Makrasana, Sarpasana, Dhanurasana.</p> <p>Subunit: 3 Practical application of Pranayam, Kriyas , Bandhas and Mudras</p> <ul style="list-style-type: none"> A. Deep breathing- Abdominal & Diaphragmic breathing B. Anulom Vilom, Kapalabhati, Bhastrika & Bhramari C. Yogic breathing, Nadishodhan , Surya Bhedan, Sheetali, and Sheetkari D. Kriyas , Bandhas and Mudras <p>Subunit: 4: Practical application of Meditation and relaxation techniques</p> <ul style="list-style-type: none"> • Meditation Techniques • Relaxation Techniques
10	<p>Text Books:</p> <ul style="list-style-type: none"> • Acharya, Shri Ram Sharma : 108 Upanishads in three Volumes (Hindi) Shanti Kunj, Haridwar, 1978. • Dasgupta, S.N. : Yoga Philosophy in Relation to other Systems of Indian thought. University of Calcutta, 1924 • Dasgupta, S.N. : Hindu Mysticism, Motilal Banarsidass, Delhi 1927 • Fenerstein, George : The Yoga Tradition: It's History, Literature, Philosophy practice, Bhavana Books and Prints, 2002 • Goyandaka, Jayadayal : Shrimad Bhagavadgita Tattvavivechani, Geeta Press, Gorakhpur, 1961

	<ul style="list-style-type: none"> • Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979 • Pandit, M. P. : Introduction to Upanishads : Theosophical Society of India Adyar, Madras, 1976 • Radhakrishnan : The Principal Upanishads, George Allen and Unwin, London, 1953 • Radhakrishnan, S. : Indian Philosophy (Vol. I & II). George Allen and Unwin, London, 1971 • Raja, Kunhan C. : Some Fundamental Problems in Indian Philosophy. Motilal Banarasidas, Delhi, 1974 • Sharma, Chandradhar : A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 2000 • Sing, Lalan Prasad : Tantra, Its Mystic and Scientific Bases. Concept Publishing Company, Delhi, 1976 • Stace, W.T. : Mysticism and Philosophy. Macmillan and Co. London, 1961 • Stephen Sturges : The Yoga Book. Motilal Banarsidass, Delhi, 2004 • Bhat, Krishna K. : The Power of Yoga: SuYoga Publications Mangalore, 2006 • Swami Adidevananda : Sri Ramanuja Gita Bhasya. Sri Ramakrishna Math, Madras, 1993 • Swami Anant Bharati : Yoga Darshan-Yoga Prabhakar (Hindi). Swami Keshwananda Yoga Sansthan, Delhi, 1982 	
11	Reference Books: <ol style="list-style-type: none"> 1. Hath Yoga Pradipika- Kaivlyadham Lonavla 2. Gheranda Sanhita- Kaivlyadham Lonavla 3. Saral Yogasana- Dr. Ishwar Bharadwaj 4. Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati 5. Light on Yoga- BKS Iyengar 	
12	Internal Continuous Assessment: 40%	External, Semester End Examination Individual Passing in Internal and External Examination : 60%
13	Continuous Evaluation through: Quizzes, Class Tests, presentation, project, role play, creative writing, assignment etc.(at least 3)	Theory: MCQ , Descriptive test, Assignment (25 marks) Practical: Demonstrations of suryanamaskar, Various Yogasanas, Pranayama, Kriyas, Bandhas & Mudras , Relaxation techniques (25 marks)

14	<p>Format of Question Paper: for the final examination :</p> <p>Theory (25 marks) : MCQ-10 marks, Descriptive -10 marks and Assignment -05 marks</p> <p>Practical (25 marks): Demonstration of any 5 Asanas with breathing pattern (10 marks) Demonstration of any 3 Pranayamas and 2 Kriyas with explanation (10 marks) Demonstration of any 2 Bandhas and 3 Mudras with explanation (5 marks)</p>
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