

SHIVAJI UNIVERSITY, KOLHAPUR.

Modified and Revised Syllabus (CBCS)

of

B.A. Part - II

YOGA (IDS)

(Sem. III & IV)

(Introduction from June - 2019 onwards)

(Subject to the modification made from time to time)

SHIVAJI UNIVERSITY, KOLHAPUR.

YOGA (IDS)

B. A. PART - II

(Sem. III & Sem. IV)

YOGA (IDS)

Total Credit - 2

Total Marks - 50

Theory Examination - 25 marks

Total hours - 60 period

Practical Examination - 25 marks

(Per week 4 hrs.)

- 15 periods for one module, 30 periods for two modules.
 - 12 period for theory, 18 periods for practical.
 - 15.5 marks per modules.
 - Total passing in theory examination is minimum 9 marks.
 - Total passing in Practical examination is minimum 9 marks
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- Objectives
- Student knows about yoga.
- student Know the important of yoga in human life.
- Awareness of yoga for healthy life.

Semester - III

YOGA STUDIES (IDS)

Paper No. I

Introduction of Yoga

A) Theory - 25 Marks(One hours)

B) Practical - 25 Marks

Theory and Practical

Module 1: Concepts, Definitions of Yoga 12.5 Marks

Module 2 : Aim objective of Yoga

Module3 : Astang Yoga of Patangali 12.5 Marks

A) Yam, Niyam

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

Semester - IV

Paper No- II

Yoga Studies - IDS

Yoga for human life

Module 1 : A) Different Schools of Yoga 1) Mantra Yoga, 2) Hat Yoga, 3) Jap Yoga, 4) Raj Yoga.

B) Yogic Diet

Module 2 : Effect of Yogic exercises and Yoga on Vaiious system of the Human Body.

1) Muscular system, 2) Skeletal system 3) Respiratory system

4) Digestive system 5) Excretory system 6) Nervous system

Module 3 : Benefits of Yoga in Modern life.

B.A. - II

Practical

Yoga Studies (IDS)

Practical Semester - III

- A. Vajrasan, Padmasan, Vakrasan, Bhujangasan, ArdhashalbhasanViparilkarni, Mastysan, Padtlastasan etc.
- B. Shitalipranayan, kapalBhati pranayan, UdlyanBandu, Singh mudra
- C. Omkarsadhana
- D. Any one prayer

The practical examination shall be conducted as follows

- A. Examiners appointd and one Internal Examiner.
- B. Marking system and performa.

From Section (a) of the practical

Two Assans of student Choice - 04 Marks

Two Assans of Examiners Choice - 04 Marks



08 Marks

From section (B) of the Practical

08 Marks

From Section (C) of the Practical

Omkarsadhana

04 Marks

From section (D) of Practical

Any on prayer

05 Marks

Total - 25 Marks

Performa

Seprate Passing in Theory and Practical is essential

A- Theory paper - Minimum Passing 09 Marks

B- Practical - Minimum Passing 09 Marks

BA II

Semester IV (IDS) Yoga Studies

Practical

(A Batch of 20 student for Practical)

A) Assans - Swastikasan, Parvatasan, Pachimotanasan, Dhanurasan, Shalbhasan, Halasan, ShavasanChakrasan (lateral)

B) Shitkari - Pranayam, BhramaiPranyam, Jiva - Bandha- Muara

C) Any one prayer

D) Record Book

The practical Examination shall be conducted as follows

A. Two examiners appointed and one Internal Examiner

B. Marking system and performa

From section (a) of the practical

Two Assans of student Choice - 04 marks

Two Assans of Examiners Choice - 04 Marks

From section (B) of the practical

Any two student choice - 04 Marks

Any two Examiners choice - 04 Marks

From section © of the practical

Any one paler -

From section (D) of the practical

PROFORMA

Sr. No.	Roll No.	Exam No.	Name	Section (a)		Section (b)		Section (c) Student's Choice Asanas	Section (D) Student's Choice Asanas	Total
				Student's Choice Asanas	Examiner s Choice Asanas	Student's Choice Asanas	Student's Choice Asanas			
				4	4	4	4	4	5	25

Note : In consideration of the recommendations of the Educatio Policy, this paper should be kept open for any desirous student. This Inter- disciplinary subject may be prescribed for all the optional subjects of B.A. Degree Course.

Books Recommended

1. History of - Vivan Worthington, Routledge & Kegan Paul Ltd., London, 1982
2. Asanas - Kavalayanada, Kaivalyadhama, Lonavala.
3. Pranayama - Kuvalayananda, Kaivalyadhama, Lonavla.
4. भारतीय मानसशास्त्र के. के. कोल्हटकर, के. भि. ढवळे प्रकाशन.
5. योगभ्यास मार्गदर्शन म.ल. चरोटे, मेधा पब्लिकेशन्स, कैवल्यधाम, लोणावळा.
6. सर्वदर्शन संग्रह द. वा जोग.
7. शुध्दक्रिया प्रयोजन आणि प्रयोग ग. द. दातर, योगविद्याधाम, पुणे.

- N.B. : 1) Theory paper shall be of one hours duration carrying 25 marks- There will be THERR questions of the first two of which will be having internal option carrying 30 marks. The third question will be of short type question and will carry 20 marks.
- 2) The practial will carry 25 marks.
- a) Practical Examination shall carry 20 marks.
 - b) Record- book shall carry 5 marks.

Old Paper	New Paper
Semester - III Paper No- I Yoga Studies (IDS) Theory and Practical	Semester - III Paper No- I Yoga Studies (IDS) Theory and Practical
Semester - IV Paper No _ II YOGA STUDIES (IDS) Theory and Practical	Semester - IV Paper No _ II YOGA STUDIES (IDS) Theory and Practical

