

Academic Council Meeting No. and Date: 09, July 2, 2024
Agenda Number: 03 Resolution Number: 41/3.48



**Vidya Prasarak Mandal's
B. N. Bandodkar College of Science
(Autonomous), Thane**



**Syllabus for
Co-curricular Course
Yoga for Total Health**

[S. Y. BSc.]

Level 5.0
CHOICE BASED GRADING SYSTEM
Revised under NEP
From academic year 2024-2025

Preamble

This yoga co-curricular course aims to help students develop a healthy body and a peaceful mind. Through easy-to-learn yoga postures, breathing exercises, and relaxation practices, students will gain flexibility, strength, and improved focus. The course encourages positive habits, stress-free learning, and overall well-being. It also helps students understand the importance of a balanced lifestyle that supports both academic success and personal growth.

In addition, the course introduces students to the value of mindfulness, self-awareness, and emotional balance. By practicing regularly, students learn to manage stress, improve their breathing, and stay calm in challenging situations. The activities are designed to be inclusive and suitable for learners of all levels, allowing each student to progress at their own pace. This course not only promotes physical fitness but also nurtures patience, discipline, and a sense of inner peace. Ultimately, it supports students in building a healthier, more confident, and more focused approach to life.

**Ms. Sakshi R. Dandekar,
Coordinator of Yoga Committee,
VPM's B. N. Bandodkar College of Science (Autonomous), Thane**

Curriculum Structure for the Co-Curricular Course Programme S. Y. B. Sc.

SEMESTER – III			
Course Code	Co-Curricular Course	No. of Lectures in hrs.	Credits
23BU3CC607	Yoga for Total Health	45	02
	Total	45	02

CO-CURRICULAR COURSE CODE: 23BU3CC607		(02 Credits)	No. of in Hrs. 60			
Yoga for Total Health						
COURSE OUTCOME						
Students will be wanted to learn OR on completion of this course, students will be able to learn:						
CO1	Apply the principles of yoga to enhance flexibility, balance and stamina.	L-3				
CO2	Identify the basic yogic concepts and principles.	L-3				
CO3	Design the yoga sessions based on the capabilities.	L-6				
CO4	Evaluate the effectiveness of specific yoga practices.	L-5				
Grading will be as 3: High (>60%), 2: Moderate (40%-60%), 1: Low (<40%), 0: No mapping						
	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6
CO 1	0	0	0	0	3	0
CO 2	0	0	0	0	2	0
CO 3	0	0	0	0	3	0
CO4	0	0	0	0	3	0
Unit	Description					No. of Hours
(Lectures)	<p style="text-align: center;">Basics of Yoga</p> 1.1 Introduction to Yoga <ul style="list-style-type: none"> • Meaning and definition of Yoga • Benefits of Yoga for physical and mental health. 1.2 History and origin of Yoga 1.3 Types of Yoga: Hatha, Raja, Bhakti, Karma, Jnana 1.4 Types of diet. 1.5 Safety guidelines during practice.					15
(Practical)	<p style="text-align: center;">Yoga for Health and Wellness</p> 1. Yoga for flexibility and strength 2. Yoga for posture improvement. 3. Yogic cleansing practices. 4. Yoga for common lifestyle problems 5. Meditation and relaxation practices 6. Yoga to improve breathing. 7. Demonstration of Surya Namaskar sequence 8. Assessing public awareness and perception of yoga					30
	Total					45

REFERENCES	
23BU3CC607	
1.	Iyengar, B. K. S. (2013). <i>B.K.S. Iyengar yoga: The path to holistic health</i> (Revised ed.). DK.
2.	Kabat-Zinn, J. (1994). <i>Wherever you go, there you are: Mindfulness meditation in everyday life</i> . Hyperion.
3.	Patanjali. (1971). <i>Yoga-sutra of Patanjali</i> (G. D. Sastri & J. R. Ballantyne, Eds.). Indological Book House.
4.	Gunaratana, H. (2011). <i>Mindfulness in plain English</i> (2nd ed.). Wisdom Publications.

Evaluation Scheme

Semester	Course Type	Course Title	Credit	Total hrs.	Evaluation Scheme		
					1. (20 Marks)	2. (30 Marks)	Total Marks
III	Theory/Practical	Yoga for Total Health	02	45	Written Exam (MCQ)	Practical Exam (Demonstration)	50

VPM's B. N. Bandodkar College of Science (Autonomous), Thane

Curriculum Structure for the Undergraduate Degree Programme S.Y.B. Sc. Co-Curricular Course

SEMESTER – IV		Course imparts Employability (EM), Entrepreneurship (EN), Skill Development (SD)			Course integrates with Professional Ethics (PE), Gender Equity (GE), Human Value (HV), Environmental Sustainability (ES)			
Course Code	Major Course Title	EM	EN	SD	PE	GE	HV	ES
23BU3CC607	Yoga for Total Health	--	--	✓	--	--	✓	--