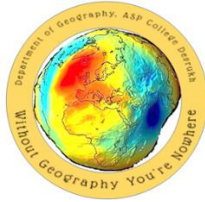




SKILL COURSE ON 'YOGA AND STRESS MANAGEMENT

Open for Second Year Graduate Student w.e.f. 2022-23



Approved by the Board of Studies in Commerce
And

Finalized by the Academic Council

DevrukhShikshanPrasarak Mandal's

Nya. TatyasahebAthalye Arts, Ved. S. R. Sapre Commerce, and
Vid. DadasahebPitre Science College (Autonomous), Devrukh.

Academic Council Item No: _____

Name of the Implementing Institute	:	Nya. Tatyasaheb Athalye Arts, Ved. S. R. Sapre Commerce, and Vid. Dadasaheb Pitre Science College (Autonomous), Devrukh. Tal.Sangmeshwar, Dist. Ratnagiri-415804,
Name of the Parent University	:	University of Mumbai
Name of the Programme	:	Bachelor of Commerce
Name of the Class to Which the course is Open	:	Second Year, Semester Fourth
No. of Credits	:	03
Title of the Course	:	Yoga and stress management
Course Code	:	UGCSK41
Passing Marks	:	40%
Nature of Course	:	Skill Course
Level	:	UG
Pattern	:	70:30
Status	:	Multidisciplinary- Open to all in the Third Year
To be implemented from Academic Year	:	2022-2023

Syllabus for Skill Course on Fine Arts and Marketing**(With effect from the academic year 2022-2023)****Title of the Course: Fine Arts and Marketing****COURSE CODE:****Credits - 03**

COURSE CONTENT			
Module No.	Content	Theory Lectures	Practical
1	Introduction of yoga Yoga meaning Aim Objectives Origin history	4	15
2	Introduction to yogic Sukshma Vyayam Sukshma Vyayam – A) Neck Movement, Givashakati Vikasak – (I, II, III, IV) B) Shoulder Movement – Bhuja Valli Shakti Vikasak, Purna Bhuja Shakti Vikasak C) Trunk Movement- Kati Shakti Vikasak (I, II, III, IV) D) Knee Movement – Jangha Shakti Vikasak, Janu Shakti Vikasak E) Ankle Movement – Pada – Mula Shakti Vikasak Gulpha- pada – prishtha – pada – Tala Shakti Vikasak Sthula Vyayam – - Sarvanga Pushti - Hrid Gati (Engine Daud) - Yogic Surya Namaskar Yogasana – - Tadasana, Vrikshasana, Ardha Chakrasana, Trikonasana - Sukhasana, Padmasana, Vajrasana, Parvatasana - Gomukhasana - Bhujangasana, Dhanurasana, Chaknasana, Setubandhasana - Sarvangasana, Viparitkarni, Hamasaki - Karn Pidasana, Pavanmuktasan Pranayama – - Concept of Puraka, Rechak and Kumbhak - Anulom Viloma / Nadi Shodhana - Bhramari - Sheetalee - Kapalbhathi - Suryabhedan and Chandrabhedan Pranayam -	04	15

3	Introduction to Tri Bandha and their Benefits Mudras and their health benefits Yoga and stress management	04	15
4	Bandha – - Jalandhara Bandha - Uddiyana Bandha - Mula Bandha Mudra – - Yogmudra - Viparitkarni Mudra - Hasta Mudra (10 Types of Hast Mudra)	04	15
		15	60

Practices Leading Dhyam Sadhana

- Pranav and Soham Dhyana
- Recitation of selected hymns and prayens from Vedas and Upanishad
- Yog Nidra

Practical Record: A journal of assignment need to be submitted by the student at the end of the semester.

After completing the course, the learner will be able to...		
Course Learning Outcome No.	Blooms Taxonomy	Course Learning Outcome
CLO-01	Remember	Remember terminologies in yoga
CLO-02	Understand	Understand techniques of yoga
CLO-03	Apply	Apply knowledge of yoga for mental and physical health
CLO-04	Analyze	Analyze process of yog
CLO-05	Evaluate	Evaluate various yoga technique
CLO-06	Create	Practice Yoga techniques

Required Previous Knowledge

No previous knowledge is necessary to start learning the course.

Access to the Course

The course is available for all the students admitted for Bachelor of Arts, Commerce, and Science and admitted in the Third year at UG as well as PG.

Forms of Assessment

The assessment will be in the form of a Continuous Assessment. Students completing the Course as per the direction of the concerned teacher and submitting the day to the practical file will be graded according to the quality of the work done by the student.

Grading Scale

The grading scale used is O to F. Grade O is the highest passing grade on the grading scale, and grade F is a fail. The Board of Examinations of the college reserves the right to change the grading scale.

SKILL COURSES- SCHEME OF EXAMINATION

A) Theory Component- 30 marks

a) Continuous Internal Assessment (CIA)- 10 marks

One 30 marks test shall be conducted for given semester and the marks obtained shall be converted to 10 marks. The duration for the test shall be of 1 hrs.

b) Semester End Assessment (SEA)- 20 marks

The semester End Examination of 50 marks and 2 hrs duration shall be conducted for each semester and the marks obtained shall be converted to 20 marks.

B) Practical Component- 70 marks

a) Continuous Internal Assessment (CIA)- 40 marks

1) Attendance- 10 marks

2) Journal/ workbook/assignment book- 20 marks

3) Viva- 10 marks

b) Semester End Assessment (SEA)- 30 marks

Semester End Examination comprises one practical/ project/presentation shall be conducted for each semester for 30 marks.

References:

- Ramesh Chandra(2020)- Patanjali Ashtangik Yog , V & S Publishers
- Kumar Ramesh- Yoga and Ayurveda for All, Gullybaba publication house private limited
- B.K.S. Ayyangar (2014) - Light on Yoga, Harper
- B.K.S. Ayyangar(2018)- Yoga for everyone, APA Publishers