

Bachelor of Commerce (BCOM)**Semester – II**

Course Code	UB2VACOM04	Title of the Course	Yog, Meditation And Fitness -I
Total Credits of the Course	02	Hours per Week	02

Course Objectives	1. To maintain physical fitness and wellness among the students
	2. To guide the students about the concept of health and happiness through Yog
	3. To guide the students about mental health
	4. To prepare the students to maintain the mental and physical health
	5. To guide the students to lead a happy life with Yog and meditation

Course Content

Unit	Description	Weightage (%)
1.	Yog :- Introduction and Basic concepts: Meaning, Definition, Importance and Types of Yog Origin and Development of Yog. Meaning, Concept, Steps and Importance of Ashthang Yog. How Yog is different from Physical exercise. Yog practice in daily life and its benefits. Benefits of Suryanamskar.	50%
2.	A. Yog & Meditation for Fitness: (Practical & Theory) <ul style="list-style-type: none"> • Music & Meditation, Omkar Mantra & Meditation, Benefits of Meditation B. Practical Aspect: (Practical & Theory) <ul style="list-style-type: none"> • Prayer, Suryanamskar with Mantra, Subtle Exercise • Pranayams: Anulom-Vilom, Bhramri Pranayam, 3SR Breathing Technique-practice and Benefits • Aasans with their names, Practical and Benefits: • Standing Position: Trikonasan, Tiryak Tadasan, Ardhchandrasan, Tadasan, Vrikshasan. • Sitting Position: Padmasan, Sukhasan, Vakrasan, Yogmudrasan, Ushtrasan, Paschhimotasan • Asana lying on the stomach: Bhujangasan, Dhanurasan, Makrasan, Balasan • Asana lying on the back: Markatasan Setubandhasan, Shalbhasan, 	50%

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GUJARAT INSTITUTIONAL RATING FRAMEWORK (4 STAR)AAA Reaccredited CGPA 3.56 – GRADE **A⁺** KCG-Dept of Edu.

Govt of Gujarat-April 2017

NAAC Reaccredited - CGPA 3.30 - GRADE **'A⁺'** UGC – MHRD, Govt of India – June 2022**Syllabus as per NEP 2020 with effect from the Academic Year 2023-2024**

	Pavanmuktasan, Ardhalasan. • Relaxation Position: Yog Nindra, Savasan	
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Teaching-Learning Methodology	Teaching learning methodology: Student Centric teaching learning methodology with practical and theory sessions with demonstration, group discussion and practical sessions along with traditional methods of teaching.
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Evaluation Pattern		
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Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written [Written 25%+ Practical 25%]	30%
2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance, Practical	20%
3.	External Examination [Written 25%+ Practical 25%]	50%

Course Outcomes:	
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1.	Students will increase in concentration & will power through Yog & Meditation
2.	Students will learn how to lead a balanced life.
3.	Students will understand the basic body system, root of diseases and remedies from Yog
4.	Students will experience the positive change in their life with the practices of Yog.
5.	Students will receive the grand Yog story of India.

Suggested References	
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Sr. No.	References
1	Yoga Sukshma Vyayama by Dharendra Brahmachari
2	Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati. Publisher: Yoga Publication Trust, Munger, Bihar,I
3	Karma Yoga, Bhati Yoga, Raja Yoga, Jnana Yoga by Swami Vivekananda
4	Yoga Sutras of Patanjali by Swami Satyananda Saraswati. Publisher: Yoga Publication Trust, Munger,Bihar,India
5	Hatha Yoga by Swami Sivananda.Publisher: The Divine Life Society, Uttarakhand, India

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6	Gheranda Samhita by Swami Nirjanananda Saraswati. Publisher: Yoga Publication Trust, Munger, Bihar, India
7	Essence of Yoga by Swami Shivananda Saraswati. Publisher: The Divine Life Society
8	Yoga and Kriya by Swami Shivaananda Saraswati. Publisher; Yoga Publication Trust, Munger, Bihar, India
On-line resources to be used if available as reference material	
On-line Resources	
http://lyu.ac.in/yoga/	
http://www.whenlifeisgood.com/iyengar-yoga-home-practice-sequences-a-resource-page	
