

**SES's L.S. RAHEJA COLLEGE OF ARTS AND COMMERCE
(AUTONOMOUS)**



BOARD OF STUDIES: AD HOC BOS – Co-curricular Courses

PROGRAMME: B.COM (DIGITAL BUSINESS)

SEMESTER: I

**NOMENCLATURE OF THE COURSE: Yogic Asanas and
Meditation**

NEP Vertical: Co – curricular courses

Credit: 2

(As Per Choice Based Credit System (under NEP 2020) with effect from the Academic Year 2025-26)



Programme:	B.COM (DIGITAL BUSINESS)
Nomenclature of the Course	Yogic Asanas and Meditation
Total Marks	50 marks
Semester:	I
Academic year	2025-26

LEARNING OBJECTIVES:

1. To impart some knowledge about the healing power of Yoga through practice of Yoga.
2. To provide a practical knowledge on different yogic practices.
3. To give a glimpse of ancient Yoga Philosophy.

COURSE OUTCOMES:

1. Students will understand importance of Yoga to their daily life
2. Yogic Asana and meditation helps to develop their holistic approach towards the life
3. Students will Understand Ancient yogic asana and modern yoga through yoga philosophy

Module	Course Content	Andragogy	No of Lectures
1	Meaning and History of Yoga <ul style="list-style-type: none"> • General Introduction of Yoga: Meaning, Definition, importance of yoga • Fundamental concepts , Nature , Types, Scope of Yoga • Different between Yogic Exercise And Non-Yogic Exercise • Asanas as Preventive Measures • Treatment and Alternative Therapy (Physical, Cognitive, Physiological, Psychological dimensions) Misconceptions related with Yoga 	<ul style="list-style-type: none"> • Interactive lectures and Group Discussion • Presentation by Yoga Instructor and Students • Assignments 	15
2	Practical Session <ul style="list-style-type: none"> • Ashtang yoga and types of yoga • Types of Suryanamaskar and Technique of Pranayam • Benefits of Yoga • Sessions conducted by students 	Practical Session as well theory session <ul style="list-style-type: none"> • Session conduct by students • Yogic Asana Competition organised by students for students 	15

SUGGESTED READINGS

1. Arihant Publication – NTA UGC
2. Gharote, M.L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama
3. Nimbalkar. Sadashiv(2004), Yoga for Health and Peace.- 6th Ed., Yoga Vidya Niketan, Mumbai.
4. Dr. Gharote M. L(2007); Guideline for Yogic Practices – 2nd Ed., The Lonavala Yoga Institute (India), Lonavala.
5. Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.
6. University of Mumbai Yogic asana Syllabus

QUESTION PAPER PATTERN

Written Test based on the retention power of the student on the topics taught

1. Attending all Yoga Sessions Conducted by Yoga Instructor and Organising Yoga Competition for Students (20 M)
2. Project Presentation/ Viva-Voce/ Assignment (20 M)
- B) Participation any yoga competition (10 M)
- C) Self Rating Test at the Entry and Exit Level (NO MARKS)

The above nomenclatures and syllabi has been approved by respective Board of studies, Academic council meeting held on 04-04-2025 and governing body meeting held on 02-05 2025.