



**Deccan Education Society's
Fergusson College (Autonomous)
Pune - 411004**

**Co-curricular Activities
guidelines as per
NEP-2020**

for

YOGA EDUCATION

**With effect from Academic Year
2023-2024**

Fergusson College (Autonomous), Pune
Proposed First Year Curriculum as per NEP 2020
Yoga Education (CC-105)

Teaching and Evaluation (Only for Yoga Education as Co-curricular courses)

Sem.	Subject Code	Title	No. of Hrs. per Week Total-60 Hrs.	Max. Marks	CE 40 %	ESE 60%	Credits
I	CC-105	YOGA EDUCATION-I	4 / 6	50	20	30	2
II	CC-155	YOGA EDUCATION-II	4 / 6	50	20	30	2
III	CC-	YOGA EDUCATION-III	4 / 6	50	20	30	2
IV	CC-	YOGA EDUCATION-IV	4 / 6	50	20	30	2

Admission Process

1. Student must be admitted for B. A. / B. Sc. / B. Voc. in Fergusson College.
2. Student must be enrolled in Yoga Education under NEP Guidelines of Fergusson College.
3. Student must participate 6 hours per week and complete a total 60 hours of practice.

Evaluation Process

1. Student must attend weekly yoga sessions conducted by the college in blended mode (Online& Offline).
2. Internal marks (out of 20) will be based on attendance, punctuality and participation in all indoor / outdoor activities, report writing and assignments.
3. External marks (out of 30) will be based on performing asanas and Pranayama (15 Marks), Viva (10 marks) + Journal (05 Marks).
4. End semester evaluation will be done by external examiner.
5. **Student is responsible to complete the required number of credits.**

COURSE OUTCOME: (CC-105)

Student should be able to:

- Understand the significance of developing personal and universal values through yoga.
- Apply the knowledge of yoga and design a sequence for daily routine.
- Demonstrate basic yogasanas to spread awareness in the society.

- 1. Yogasanas: 30**
Utthita Sthiti (Standing asanas), Upavishta Sthiti (Sitting asanas), Paschima Pratana (Forward bending asanas), Purva Pratana (Backward bending), Parivritta Sthiti (Lateral extension), Viparit Sthiti (Inversions), Udara Akunchanasan (Abdominal asana), Vishrantakaraka Asana (Restorative asana). Benefits and contraindications of basic yogasanas. Padmasadhana sequence of asanas.
- 2. Breathing and Relaxation Techniques: 15**
Energizing and Relaxing Pranayamas, Basic Yoga Nidra, Guided Meditations.
- 3. Skeletomuscular endurance building and strength training sessions: 10**
Warm ups, Flexibility Enhancing Stretches, Co-relation between Physiotherapy and Yoga, Sukshma Vyayam. Body Tightening Process, Core Strengthening Exercises, Outdoor Activities.
- 4. Visit to Yoga Centres and Social Outreach Activities: 05**
Ramamani Iyengar Memorial Yoga Institute, Triveni Ashram, Vipasana, Mediation Centre.

Yoga Education

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4. End semester evaluation will be done by external examiner.
5. **Student is responsible to complete the required number of credits.**

COURSE OUTCOME: (CC-155)

Student should be able to:

- Understand the essence of Yoga scriptures and practice Yogic techniques
- Apply the principles of Ayurvedic detoxification procedures for cleansing body and mind
- Apply the knowledge of ayurveda and design a sequence for daily diet routine.

- 1. Yogasanas: 15**
Suryanamaskars and its variations. Spine Strengthening Asanas, Padmasadhana Asanas with hoding of postures, various positions in Adomukha shvanasans and Urdhvamukha Shvanasan, Interlock in Uttanasana, Prasaritapadottasan, Ardha Chandrasan, Parivritt Trikonasan, Parivritt Parshvakonasan, Parivritt Ardha Chandrasan, Navasan, Urdhva Prasarit Padottaanasan, Suptapadangushtasan, Chatuspadasan, Halasan.
- 2. Breathing and Relaxation Techniques: 10**
Advanced Pranayamas - Benefits and Contraindications, Shavasana, Advanced Yoga Nidra, Guided Meditations.
- 3. Yogic techniques for detoxification: 10**
Principles of nature cure and healing. Nadipariksha and Principles of Panchakarma. Types of Fasting as per body types and its benefits. Jalneti, Sutraneti, Jalbasti. Foot Relexology by Kansya Thali, Mud / Wet Packs.
- 4. Ayurvedic Nutrition: 10**
Detox Diet, Right and wrong food combinations, Ayurvedic Recipes - Herbal Drinks, Juices and Smoothies, Salads, Soups, Full Course Meals. Diet plans for healthy living as per body types.
- 5. Outdoor activities and Visit to Yoga Centres: 10**
Sungazing, Tratak, Nature walk. Functional training workout sessions. Abs strengthening activities, Visits to Ramamani Iyengar Memorial Yoga Institute, Triveni Ashram, Vipassana, Mediation Centre.
- 6. Introduction to Ancient Scriptures on Yoga: 05**
Patanjali Yoga sutras, Hatha yoga pradipika, Gheranda Samhita

Resource Persons:

Dr. Meenakshi Suresh, Associate Professor, Fergusson College (Autonomous), Pune.
Dr. Amruta Godse, Yoga Instructor, Ramamani Iyengar Memorial Yoga Institute, Pune.
Mr. Aakash Varganti, Founder and Personal Trainer of Fitness Revolution.
Dr. Gayatri Suresh (MPT), Clinical Biomechanist.