

**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: II**

**NOMENCLATURE OF THE COURSE: Yogic Aasanas 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 Aasanas and Meditation
Total Marks	50
Semester:	II
Academic year	2025-2026

#### LEARNING OBJECTIVES:

- To increase the knowledge of the students about Yoga and to make students aware about the holistic development through Yoga.
- To increase the professional efficiency in the field of Yoga.
- To make students familiarize with concepts of Health, Fitness, Yoga.
- To educate students regarding various career opportunities in the yoga

#### COURSE OUTCOMES:

- Students acquire knowledge of yogic practice for healing
- Students will familiarized with the field of yoga and fitness
- Students will educate regarding various career opportunities in the yoga an fitness

Unit	Course Content	Andragogy	No of Lectures
I	Nature of Yoga • Nature of Yoga in various scriptures: Vedas, Upanishads, Bhagwad Gita, Yoga Vashistha, Jainism, Buddhism, Sankhya Shastra, Vedanta, Tantra Shastra, Ayurveda. • General Principles of Yogic Practices and Specific Principal of Yogic Kriya, Mudra , Bandh ,Asana , Pranayama and Meditation • Preventive Measure (NCDs, Mental Illness, Stress Management, Anger Management, Academic Performance), • Yoga – Advantages and Disadvantages	•Interactives lectures and Group Discussion •Presentation by Yoga Instructor and Students •Assignments	10
II	Practical Session • Asana ( Standing/ Sitting/Supine/ Prone) • Pranayama • Meditation • Sessions conducted by students	Practical Session as well theory session Session conduct by students Yogic Asana Competition organised students for students	10

## 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)