



**BACHLOR OF BUSINESS ADMINISTRATION – BBA (General) Semester –II**

<b>Course Code</b>	<b>UM02 VA BBA01</b>	<b>Title of the Course</b>	<b>YOGA, MEDITATION AND HAPPINESS</b>
<b>Total Credits of the Course</b>	<b>02</b>	<b>Hours per Week</b>	<b>02</b>

<b>Course Objectives</b>	1. To promote physical fitness and wellness among the students
	2. To impart basic knowledge of theory
	3. To create overall development of the students.

<b>Course Content</b>		
<b>Unit</b>	<b>Description</b>	<b>Weightage (%)</b>
<b>1.</b>	<b>INTRODUCTION OF YOGA</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Meaning, Concept, Definition of Yoga</li><li><input type="checkbox"/> Importance of Yoga</li><li>Types of Yoga</li><li><input type="checkbox"/></li></ul> <b>CONCEPT OF BODY AND MIND</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Concept of Body , Health &amp; Yoga and Wellness</li><li><input type="checkbox"/> Need of Stress Management in Modern time</li></ul>	<b>50 %</b>
<b>2.</b>	<b>MEDITATION</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Meaning, Concept, Definition of Meditation</li><li><input type="checkbox"/> Importance of Meditation</li><li><input type="checkbox"/> Types of Meditation</li></ul> <b>PRACTICAL ASPECT</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Surya Namaskar</li><li><input type="checkbox"/> 6 basic Pranayams (Omkar, Anulom, Vilom, Bhramari, Bhrastrika, Shitali, Kapalbhathi)</li><li><input type="checkbox"/> 15 basic Aasans with their names, practical.</li></ul>	<b>50 %</b>





**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.**

<b>Evaluation Pattern</b>		
<b>Sr.No.</b>	<b>Details of the Evaluation</b>	<b>Weightage</b>
1.	Internal Written(As per CBCSR.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance (As per CBCSR.6.8.3)	15%
3.	University Examination	70%

<b>Course Outcomes</b>	
1.	Students will learn basic concepts of health, Yoga and fitness.
2.	Students will learn how to manage stress.
3.	Students will understand need and importance of health, Yoga and fitness.
4.	Students will learn the asana, pranayam for fitness

<b>Suggested References</b>	
<b>Sr.No.</b>	<b>References</b>
1	Yogic Sukshma Vyayama by Dharendra Brahmachari
2	Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati.Publisher:Yoga Publication Trust,Munger,Bihar,India
3	Karma Yoga, BhathiYoga, RajaYoga, JnanaYoga 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
6	Gheranda Samhita by Swami Nirjanan and a Saraswati.Publisher:Yoga Publication Trust,Munger,Bihar, India
7	Essence of Yoga by Swami Shivan and a Saraswati. Publisher: The Divine Life Society
8	Yoga and Kriya by Swami Shivaananda Saraswati.Publisher: Yoga PublicationTrust, Bihar



On-line resources to be used if available as reference material

On-line Resources

[https://www.yogakloster.se/uploads/2/1/3/7/21370938/yogic\\_suksma\\_vyayama\\_73.pdf](https://www.yogakloster.se/uploads/2/1/3/7/21370938/yogic_suksma_vyayama_73.pdf)

[https://www.stillnessinyoga.com/wp-content/uploads/2019/09/Four-Chapters-on-Freedom-Commentary-on-Yoga-Sutras-Swami-Satyananda-Saraswati-\\_text.pdf](https://www.stillnessinyoga.com/wp-content/uploads/2019/09/Four-Chapters-on-Freedom-Commentary-on-Yoga-Sutras-Swami-Satyananda-Saraswati-_text.pdf)

[https://www.dlshq.org/download2/essence\\_yoga.pdf](https://www.dlshq.org/download2/essence_yoga.pdf)

[http://www.marijoga.lt/Yoga\\_and\\_Kriya\\_Swami\\_Satyananda\\_Saraswati.pdf](http://www.marijoga.lt/Yoga_and_Kriya_Swami_Satyananda_Saraswati.pdf)

