



BACHLOROFBUSINESS ADMINISTRATION –BBA(ITM)Semester–II

CourseCode	UM02VABBI01	Titleofthe Course	YOGA, MEDITATION AND HAPPINESS
Total Credits oftheCourse	02	Hoursper Week	02

Course Objectives	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.

CourseContent		
Unit	Description	Weightage (%)
1.	INTRODUCTION OF YOGA <input type="checkbox"/> Meaning, Concept, Definition of Yoga <input type="checkbox"/> Importance of Yoga <input type="checkbox"/> Types of Yoga	25%
2.	CONCEPT OF BODY AND MIND <input type="checkbox"/> Concept of Body <input type="checkbox"/> Concept of Health <input type="checkbox"/> Yoga and Wellness <input type="checkbox"/> Stress Management: What is Stress? How to manage stress? <input type="checkbox"/> Need of Stress Management in Modern time	25%
3.	MEDITATION <input type="checkbox"/> Meaning, Concept, Definition of Meditation <input type="checkbox"/> Importance of Meditation <input type="checkbox"/> Types of Meditation <input type="checkbox"/> Process and practice of meditation	25%
4.	PRACTICAL ASPECT <input type="checkbox"/> Surya Namaskar <input type="checkbox"/> 6 basic Pranayams (Omkar, Anulom, Vilom, Bhramari, Bhrastrika, Shitali, Kapalbhathi) <input type="checkbox"/> 15 basic Asanas with their names, practical and benefits of Standing Position: Tadasan, Garudasana, Padhasana, Surya Namaskar Sitting Position: Padmasana, Vjrasana, Shashankasana, Gaumukhasana, Bhadrasana Relaxation Position: Makarasana, Shavasana, Utthanpadasana, Pavanmuktasana, Halasana	25%





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.

Evaluation Pattern		
Sr.No.	Details of the Evaluation	Weightage
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%

Course Outcomes	
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

Suggested References	
Sr.No.	References
1	Yogic Sukshma Vyayam by Dharendra Brahmachari
2	Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati. Publisher: Yoga Publication Trust, Munger, Bihar, India
3	Karma Yoga, Bhakti 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
6	Gheranda Samhita by Swami Nirjananda 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 Shivananda Saraswati. Publisher: Yoga Publication Trust, Munger, Bihar, India
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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.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

http://www.marijoga.lt/Yoga_and_Kriya_Swami_Satyananda_Saraswati.pdf

