



Bachelor of Commerce (Bcom)
Semester - II

Course Code	UB02 VACOM 04	Title of the Course	YOG MEDITATION AND HAPPINESS
Total Credits of the Course	02	Hours per Week	02

Course Objectives	1.To maintain physical fitness and wellness among the students
	2.To guide the students about the concept of health and happiness through Yog.
	3. To guide the students about mental health.
	4. To prepare the students to maintain the mental and physical health
	5.To guide the students to lead a happy life with Yog and meditation

Course Content		
Unit	Description	Weightage (%)
1.	Ashthang Yog <ul style="list-style-type: none">• Meaning, Concept, steps and importance of Ashthang Yog• Roots and branches of Yog• How Yog is different from Physical exercise• Characteristics of Yogic person• Yog practice in daily life and its benefits	50%
2.	Music, Yog and Meditation for Happiness (practical and theory) <ul style="list-style-type: none">• Music and meditation• Omkar mantra and meditation• Benefits of meditation• Happiness, peace, personality development through meditation PRACTICAL ASPECT(practical and theory) <ul style="list-style-type: none">• Pranayams Ujjayi ,nadi shodhan pranayama,3SR Breathing Technique -practice and benefits• 18 Aasans with their names, practical and benefits of aasans Standing Position: Vir bhadrasan, Trikonasan.,Garudasan,Ardhchandrasan Sitting Position: Sukhasan, Lolasan.,Yog mudrasan, Ardh Matsyendrasan,Akarna Dhanurasan,Janu sirasan ,Paschhimottasan• RelaxationPosition:Bhujangasan.,Sarvangasan,Naukasan,matsyasan,Setubandhasan, Dhanurasan,Shalbhasan• Yog Nindra.	50%

Teaching-Learning Methodology	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.
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage (%)
1.	Internal Written (As per CBCS R.6.8.3)	25%
2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance , Practical (As per CBCS R.6.8.3)	25%
3.	University Examination	50%
Course Outcomes		
1.	Students will learn concepts of mudra, meditation and meditation.	
2.	Students will learn how to lead a balanced life.	
3.	Students will understand the basic body system,root of diseases and remedies from Yog	
4.	Students will experience the positive change in their life with the practice of Yog	

Suggested References	
Sr. No.	References
1	Yogic Sukshma Vyayma by Dharendra Brahmachari
2	Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati. Publisher: Yoga Publication Trust, Munger, Bihar, India
3	Karma Yoga, Bhati 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 Nirjanananda 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 Shivaananda Saraswati. Publisher: Yoga Publication Trust, Munger, Bihar, India
On-line resources to be used if available as reference material	
On-line Resources	
http://lyu.ac.in/yoga/	
https://www.whenlifeisgood.com/iyengar-yoga-home-practice-sequences-a-resource-page	





<https://www.verywellfit.com/essential-yoga-poses-for-beginners>

