



B. J. VANIJYA MAHAVIDYALAYA

(Autonomous)

(Grant-in-Aid)

(Affiliated to Sardar Patel University)

Vallabh Vidyanagar- 388 120, Dist. Anand, Gujarat, India

Accredited with CGPA of 2.78 on four-point scale at B++ Grade by NAAC

Syllabus as per the NEP 2020 with effect from December - 2024

Bachelor of Business Administration (General)

Semester – II

Course Code	UM02VABBA04	Title of the Course	Yoga, Meditation and Happiness
Total Credits of the Course	02	Hours per week	02

Course Objectives:	<ol style="list-style-type: none">1) To promote physical fitness and wellness among the students2) To impart basic knowledge of theory3) To create overall development of the students.
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Course Content		
Unit No.	Description	Weightage (%)
1)	Introduction of Yoga: <ul style="list-style-type: none">• Meaning, Concept, Definition of Yoga• Importance of Yoga• Types of Yoga Concept of Body and Mind: <ul style="list-style-type: none">• Concept of Body, Health & Yoga and Wellness• Need of Stress Management in Modern Time	50%
2)	Meditation: <ul style="list-style-type: none">• Meaning, Concept, Definition of Meditation• Importance of Meditation• Types of Meditation Practical Aspect: <ul style="list-style-type: none">• Surya Namaskar• 6 basic Pranayams (Omkar, Anulom, Vilom, Bhramari, Bhrastrika, Shitali, Kapalbhati)• 15 basic Aasans with their Names, Practical.	50%



Teaching-Learning Methodology	The course would be taught /learnt through ICT (e.g. Power Point Presentation, Audio-Visual Presentation), Lectures, Group Discussions, Quizzes, Assignments, Case Study and Browsing E- Resources.
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Internal and External Examination Evaluation

Sr. No.	Details of the Evaluation / Exam Pattern	50 Marks (%)	25 Marks (%)
1	Class Test (at least one)	15 (30%)	10 (40%)
2	Quiz (at least one)	15 (30%)	05 (20%)
3	Active Learning	05 (10%)	----
4	Home Assignment	05 (10%)	05 (20%)
5	Class Assignment	05 (10%)	----
6	Attendance	05 (10%)	05 (20%)
Total Internal (%)		50 (100%)	25 (100%)
Final Examination (%)		50 (100%)	25 (100%)

Sr. No.	Course Outcomes: Having completed this course, the learner will be able to
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

Sr. No.	Suggested References:
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, 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 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 Publication Trust, Bihar

Sr. No.	On-Line Resources available that can be used as Reference Material
1)	https://www.yogakloster.se/uploads/2/1/3/7/21370938/yogic_suksma_vyayama_73.pdf
2)	https://www.stillnessinyoga.com/wp-content/uploads/2019/09/Four-Chapters-on-Freedom-Commentary-on-Yoga-Sutras-Swami-Satyananda-Saraswati_text.pdf
3)	https://www.dlshq.org/download2/essence_yoga.pdf
4)	http://www.marijoga.lt/Yoga_and_Kriya_Swami_Satyananda_Saraswati.pdf