



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 Commerce (B. Com.)

Semester – II

Course Code	UB02VACOM04	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 maintain physical fitness and wellness among the students 2) To guide the students about the concept of health and happiness through Yoga. 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
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Course Content		
Unit No.	Description	Weightage (%)
1)	Ashthang Yog: <ul style="list-style-type: none"> • Meaning, Concept, Steps and Importance of Ashthang Yoga • Roots and Branches of Yoga • How Yoga is Different from Physical Exercise • Characteristics of Yogic Person • Yoga Practice in Daily Life and its Benefits 	50%
2)	Music, Yoga 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 <p>Standing Position: Vir Bhadrasan,</p>	50%



	<p>Trikonasan..Garudasan,Ardhchandrasan Sitting Position: Sukhasan, Lolasan.,Yog Mudrasan, Ardh Matsyendrasan,Akarna Dhanurasan, Janu Sirasan ,Paschhimottasan Relaxationposition:Bhujangasan.,Sarvangasan,Naukasan,Matsyasan,Setubandhasan, Dhanurasan, Shalbhasan</p> <ul style="list-style-type: none"> • Yog Nindra. 	
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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 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

Sr. No.	Suggested References:
1)	Yogic Sukshma Vyayama by Dharendra Brahmachari
2)	Asana Pranayama Mudra Banda by Swami Satyananda Sara Swati. 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

Sr. No.	On-Line Resources available that can be used as Reference Material
1)	https://www.whenlifeisgood.com/iyengar-yoga-home-practice-sequences-a-resource-page
2)	https://www.verywellfit.com/essential-yoga-poses-for-beginners