

**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY,
CHHATRAPATI SAMBHAJINAGAR.**



Circular No./SU./Compulsory/2-Credits/Curriculum-UG/NEP.2020/88/2024.

It is hereby inform to all concerned that, on the recommendation of Dean, Interdisciplinary Studies, and the Academic Council meeting held on 08 April, 2024 has accepted **minor changes in the Following Curriculum of as per the Norms of New Education Policy -2020 under the IKS, OJT, FP, CEP CC & RP as Compulsory Course of two Credits for all Faculties of Graduate Level** for the all Affiliated Colleges.

Sr. No.	Courses/Curriculum Name	
01.	B.A., B.Sc., B.Com., B.S.W. & B.F.A. etc.	First Year For Second Semester. 1. "Yoga Education" 2. "Sport and Fitness"

This is effective from the Academic Year 2024-2025 and onwards as appended herewith.

This Circular is also available on the University Website www.bamu.ac.in

All concerned are requested to note the contents of this circular and bring notice to the students, teachers and staff for their information and necessary action.

University Campus,
Chhatrapati Sambhajanagar.-431004.

Ref.No.SU/IKS/H&W/YE&SF/2024/27038-50
AC. AOB-I.No.-05

Date:- 06-05-2024.

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(Signature)
**Deputy Registrar,
Academic Section**

Copy forwarded with compliments to :-

- 1] The Principals, All affiliated Colleges, University Campus & Sub-Centers, Dharashiv, Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajanagar.
- 2] The Director of Recognized Institutions, Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajanagar.
- 3] The Director, Board of Examinations & Evaluation, Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajanagar.
- 4] The Librarian, University Library, Dr. Babasaheb Ambedkar Marathwada University,
- 5] The Director, University Network & Information Centre, UNIC, with a request to upload the Circular along with its enclosures on University Website.
- 6] The Public Relation Officer,
- 7] The Deputy Registrar, Post Graduate Section,
- 8] The In-charge, [E-Suvidha Kendra],
- 9] The Record Keeper,

Copy for information to :-

- 1] All Heads of Section, Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajanagar.
- 2] The P.A. to the Vice-Chancellor, Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajanagar.
- 3] The P.A. to the Pro. Vice-Chancellor, Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajanagar.
- 4] The P.A. to the Registrar, Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajanagar.

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**Dr Babasaheb Ambedkar Marathwada University
Chhatrapati Sambhajnagar.**

Co-curricular Course (CC-2)

Syllabus of Yoga Education

**Common Course for all the faculty of Second Semester
(02 Credits- 30 Hours)**

Course objectives:

1. Understand and perform skill of yogasanas.
2. To promote yoga as holistic health and human values.
3. Gain knowledge and benefits about pranayam and dhyam.
4. Increase the awareness regarding stress, healthy living and life style.
5. Increase the awareness of yogik diet, food and nutrition.

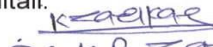
Unit I Theory:


- a) Introduction and definition of yog.
- b) Fundamental concept of yog, relationship of yog and health, physical fitness.
- c) Yogic Sukshma Vyayam, Patanjali ashtang yog Sutra, different types and benefit of asanas. (Minimum two in each pose)
- d) Surya namaskar and its benefits.
- e) Different types of Pranayam (minimum three) and their benefits.
- f) Dhyam and its importance.
- g) Importance of diet, food and nutrition.


Unit II Practical

- a) Prayer
- b) Sukshma vyayam and warm up.
- c) Practice of asanas like, Tadasan, Trikonasan, Ardhushtasan, Shashakasan, Bhujangasan, Shalabhasan, Setubandhasan, Pawanmuktasan, shawasan etc.
- d) Thoracic breathing & Abdominal breathing, Pranayam like Anulom Vilom, Kapalabhati, Bhramari & Shitali.
- e) Dhyam.


Prof. Dr. Uttam Kalwane



Dr. K.B. Zade


Dr. Shailesh Maknikar


Dr. Chamulata Rajekar
-Deshmule

Books recommended:

1. आनंदयोग, श्रीकृष्ण व्यवहारे, घंटाळी प्रकाशन, ठाणे. 1991
2. Light on yoga, B.K.S Iyengar, Harper Collins publisher, New Delhi, 2005.
3. Asana Pranayam mudra bandha, Swami Satyendra Saraswati, yoga publication trust, 1997.
4. Patanjaliyog Sutra, Swami Vivekanand, Geeta press Gorakhpur.
5. Pranayam Rahasya, Swami Ramdev, Divya Prakashan Patanjali yogpeeth Haridwar, 2009
6. भारतीय मानसशास्त्र पतंजली योगदर्शन, कृष्णाजी कोल्हटकर, आदित्य प्रतिष्ठान पब्लिकेशन. 2016
7. Yoga professionals official guide book for level 1., Quality council of India, Excel books, New Delhi, 2016.
8. Suryanamaskar, Saraswati Swami satyanand, Bihar school of yoga, Munger, 2006.
9. Yogik sukshma vyayam, Brahmchari Swami Dharendra, Dharendra yoga publications, New Delhi. 1986.
10. योग साधना एवं योगचिकित्सा रहस्य, स्वामी रामदेव, दिव्यप्रकाशन, पतंजलि योगपीठ हरिद्वार, 2018.

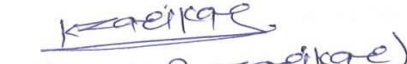

Prof. Dr. Uttam Kalwane



Dr. Sheilesh Maknitar



Dr. Charulata Rokkar
Deshmukh.


CDE. K.B. Kulkarni



**Dr. Babasaheb Ambedkar Marathwada University,
Chhatrapati Sambhajinagar**

Co-curricular Course (CC-II)

**Syllabus of Sports and Fitness
Common Course for all the faculty of Second Semester
(2 Credits-30 Hours)**

Course Objectives:

1. To inculcate good thinking and scientific temper among the student.
2. To develop physical fitness and sport participation awareness about the student.
3. To develop the leadership quality, self confidence and organizational.
4. To promote sports & fitness as holistic human values.
5. To make the students apply the theoretical knowledge into practicality through the assignments or practical projects.

Course Out Comes:

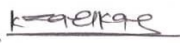
1. The students can awareness about physical fitness and sports participation.
2. To increase self confidence of students.
3. Develop sport attitude among the student.
4. The students will have the conceptual idea about health and fitness through sports and games.
5. The students will able to apply the theoretical knowledge into practicality through the assignments or practical projects.

UNIT- I Sports and Games (15 Hours)

1. Introduction to physical education, sports and games.
2. Indoor and outdoor sports and game event.
3. Track and field events.
4. Introduction to Asian Games, Commonwealth Games and Olympic Games.
5. Participation and achievement of Indian team in Olympic game, Asian game and Commonwealth games.

UNIT-II Sports & Physical Fitness (15 Hours)

1. Meaning and definition of Physical fitness.
2. Warm up exercise, Conditioning exercise and Cool down exercises.
3. Weight training exercise, Circuit training exercise, Interval training exercise
4. Types of Physical fitness activities.
5. Importance of Physical fitness in our daily life.
6. Brief study of the Sports and Game. (Any Two)
Cricket, Football, Table Tennis, Volleyball, Kho-Kho, Kabaddi, Athletics and Wrestling
(With reference to History of the Game, Equipment of the Game, Dimensions of the ground, Rules and Regulations of the Game, Basic Skills of the game, Techniques and Tactics of the Game)


(Dr. K.B. Zarekare)


Dr. Shailesh Maknikar

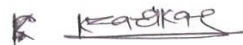

Prof. Dr. Uttam Kaldware

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Dr. Chamulata Rajekar - Deshmukh.

Reference:

1. Difiore, J. (1998). Complete guide to postnatal fitness. London: A & C Black.
2. Drew Ramsey, M.D. Eat To Beat Depression and Anxiety: Nourish Your Way to Better Mental Health in Six Weeks
3. Giam, C.K &The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
4. David Asprey Sharkey, B. J. Fast This Way (How To Lose Weight. Get Smarter, and Live Your Longest, Healthiest Life With the Bulletproof Guide to Fasting) by (1990).
5. Bessesen, D. H. (2008). Update on obesity. J Clin Endocrinal Metab. 93(6), 2027-2034.
6. Butryn, M.L., Phelan, S., & Hill, J. O.(2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity (Silver Spring). 15(12), 3091-3096.
7. Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a Meta analysis. Is J Obstet Gynecol, 197(3), 223-228.
8. DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. N Engl J Med, 356(21), 2176-2183.
9. Melvin H. Williams, Nutrition for Health, fitness and Sports, 7th edition, MC Graw Hill international Edition, 2005.
10. विविध खेळ आणि नियम, संजय भोला धीर, अनुवाद डॉ. शेखर शिरसाठ, डॉ. कल्पना झरीकर, साकेत प्रकाशन, नववी आवृत्ती, २०१९


Dr. K.B. Zerkar


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Dr. Charulata Rajkar. Dehmulh.

