



॥ सा विद्या या विमुक्तये ॥

स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ, नांदेड

'ज्ञानतीर्थ', विष्णुपुरी, नांदेड - ४३१ ६०६ (महाराष्ट्र राज्य) भारत

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED

'Dnyanteerth', Vishnupuri, Nanded - 431 606 (Maharashtra State) INDIA

Established on 17th September, 1994, Recognized By the UGC U/s 2(f) and 12(B), NAAC Re-accredited with 'B++' grade

website: srtmun.ac.in

Fax : (02462) 215572

Academic-1 (BOS) Section

E-mail: bos@srtmun.ac.in

Phone: (02462) 215542

राष्ट्रीय शैक्षणिक धोरण-२०२० नुसार
पदवी प्रथम वर्ष Yoga
Education/Health & Wellness
(CC-Co-curricular) या विषयाचे सर्व
विद्याशाखेसाठी Common Syllabus
शैक्षणिक वर्ष २०२६-२७ पासून लागू
करण्याबाबत.

परिपत्रक

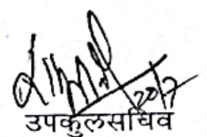
या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, दिनांक २२ एप्रिल २०२६ रोजी संपन्न झालेल्या मा.विद्यापरिषद बैठकीतील ऐनवेळेचा विषय क्र.१४/६४-२०२६ च्या मान्यतेनुसार विज्ञान व तंत्रज्ञान विद्याशाखा, मानवविज्ञान विद्याशाखा, आंतर विद्याशाखीय अभ्यास विद्याशाखा आणि वाणिज्य व व्यवस्थापन विद्याशाखेसाठी राष्ट्रीय शैक्षणिक धोरण-२०२० नुसार सुधारित श्रेयांक आराखडयानुसार पदवी प्रथम वर्षातील CC-CO-curricular अंतर्गत Yoga Education/Health & Wellness या विषयाचे Common Syllabus शैक्षणिक वर्ष २०२६-२७ पासून विद्यापीठ/विद्यापीठ उपपरिसर व संलग्नीत महाविद्यालयांना लागू करण्यात येत आहेत.

सदरील परिपत्रक व अभ्यासक्रम प्रस्तुत विद्यापीठाच्या www.srtmun.ac.in या संकेतस्थळावर उपलब्ध आहेत. तरी सदरील बाब ही सर्व संबंधितांच्या निदर्शनास आणून द्यावी, ही विनंती.

'ज्ञानतीर्थ' परिसर,
विष्णुपुरी, नांदेड - ४३१ ६०६.

जा.क्र.शै-१/परिपत्रक/पदवी/सीसी/२०२६-२७/ 104

दिनांक : २०.०७.२०२६


उपकुलसचिव
शैक्षणिक (१-अभ्यासमंडळ) विभाग

प्रत माहिती व पुढील कार्यवाहीस्तव :-

- १) मा. कुलगुरू महोदयांचे कार्यालय, प्रस्तुत विद्यापीठ.
- २) मा. प्र.कुलगुरू महोदयांचे कार्यालय, प्रस्तुत विद्यापीठ
- ३) मा. अधिष्ठाता, सर्व विद्याशाखा, प्रस्तुत विद्यापीठ.
- ४) मा. संचालक, परिक्षा व मूल्यमापन मंडळ, प्रस्तुत विद्यापीठ.
- ५) मा. प्राचार्य, सर्व संबंधित संलग्नीत महाविद्यालये, प्रस्तुत विद्यापीठ.
- ६) सिस्टीम एक्सपर्ट, शैक्षणिक विभाग, प्रस्तुत विद्यापीठ. यांना देवून कळविण्यात येते की, परिपत्रक अभ्यासक्रम संकेतस्थळावर प्रसिध्द करण्यात यावेत.



Swami Ramanand Teerth Marathwada University, Nanded

Faculty of Interdisciplinary Studies

Co-curricular Courses (CC)

Under Graduate First Year Programme, Semester I

Course Code: IYECC - 1101, Title: Yoga Education

Curriculum Details

Period per week :- 02

Total Marks :50 (30 ESA + 20 CA)

Total period :- 30

Credit :- 02

Course Objectives

- To understand the background of yoga.
- To introduce to stages of yoga and importance of practicing yoga.
- To understand benefits of effects of Asanas.
- To enable them to understand of yoga, health & physical fitness.
- To acquaint students with the practical knowledge of Asana, Pranayama.

Course Outcomes:

- Student can perform Suryanamaskar independently (independently).
- Can increase concentration through meditation.
- Can suggest suitable Asanas for common diseases (diseases).
- Can promote (promote) yoga in society.



Swami Ramanand Teerth Marathwada University, Nanded
Faculty of Interdisciplinary Studies
Co-curricular Courses (CC)
Under Graduate First Year Programme, Semester I
Course Code: IYECC - 1101, Title: Yoga Education (2 Cr.)
Curriculum Details

Module No.	Unit No.	Name of the Topic	Hrs. Required to cover the contents 1 Hrs. = 60 M
1.0		Unit-I: Introduction	8 Hours
	1.1	Meaning & concept of yoga.	
	1.2	Principles of yogic practices.	
	1.3	Indian Traditional and spiritual yog Paths.	
	1.4	Time, Place, cloths, Diets for the period of yogic practices.	
2.0		Unit-II: Demonstration of yogic practices	14 Hours
	2.1	Dhyanatmak: Padmasana, Vajrasana, Siddhasana, Sukhasana, Swastikasana.	
	2.2	Vyayatmak:(Standing): Tadasana, Trikonasana, Vrukshasana, Natrajasana, Veerbhadrasana.(Sitting): Paschimottanasana, Gomukhasana, Baddhakonasana, Ardhmachhindrasana, Akarndhanurasana.(Sleeping / Supine / Prone): Chakrasana, Naukasana, Bhujangasana, Halasana, Sarvangasana.	
	2.3	Vishrantikark: Shavasana, Makarasana, Balasana, Yog Nidra.	
	2.4	Balancing pose: Vrukshasana, Garudasana, Natrajasana, Bakasana.	
3.0		Unit-III: Methods of Pranayama	8 Hours
	3.1	Meaning and Introduction of Pranayama.	
	3.2	Anulom vilom.	
	3.3	Kapalbhati.	
	3.4	Bhramari.	
	3.5	Shitali.	

Reference Books

1. Roots of yoga - By. James Mallinson & Mark Singleton.
2. The Heartfulness way - By. Kamlesh patel.
3. Light on yoga - By. B.K.S. Iyengar.
4. □□□-□□□□□□ - □□□□. □□□□□□
5. □□□□□□□□ □□□□□□□□□□□□ - □□□□ □□□□□□□□
□□□□□□
6. □□□□□□□□□□□□□□ □□□ - □□□□ □□□□□□□□□□

Distribution and Evaluation of Course Assessment

A. Continuous Assessment (CA) (40% of Maximum Marks):

Test I	Assignment	Attendance	Total (1+2+3)
1	2	3	4
10	06	04	20

This will form 40% of the Maximum Marks and will be carried out throughout the semester. It may be done by conducting **One Tests (Theory/Practical)**, **One Assignment** and **Overall attendance**. Total of marks scored in this one test, one assignment and overall attendance of CA.

Maintain of Continuous Assessment Record

Name of the College:----- College Code:-----

Class:-----Sem:----- Course Code:-----

Course Title:-----

Sr. No.	Seat No.	Name of the Students	Continuous Assessment Marks			
			Test	Assignment	Attendance	Total
			10	06	04	20

B. End Semester Practical Assessment (60% of the Maximum Marks):

Sr. No.	Assessment	For 02 Credit Subject Marks
1	End Semester Practical Examination	20
2	Record Book & Viva-Voce	10
	Total	30

Name of the College:----- College Code:-----

Class:-----Sem:----- Course Code:-----

Course Title:-----Total

No. of Students:----- Date of Exam: -----

-

Sr. No.	Seat No.	Name of the Students	End Semester Practical Examination Marks			
			Practical (As per Syllabus)	Practical (As per Syllabus)	Record Book & Viva Voce	Total
			10	10	10	30
1						
2						

3						
4						



Swami Ramanand Teerth Marathwada University, Nanded

Faculty of Interdisciplinary Studies

Co-curricular Courses (CC)

Under Graduate First Year Programme, Semester II

Course Code: IYECC – 1151, Title: Health and Wellness

Curriculum Details

Period per week :- 02

Total Marks :50 (30 ESA + 20 CA)

Total period :- 30

Credit :- 02

Course Objectives

- To understand physical and mental health.
- To prevent lifestyle diseases.
- To promote balanced diet and exercise.
- To teach first aid and stress management.

Course Outcomes:

- Students can calculate BMI and check fitness.
- Can make a balanced diet plan.
- Can give basic first aid and CPR.
- Can manage stress using yoga/meditation.



Swami Ramanand Teerth Marathwada University, Nanded
Faculty of Interdisciplinary Studies
Co-curricular Courses (CC)
Under Graduate First Year Programme, Semester II
Course Code: IYECC - 1151, Title: Health and Wellness (2 Cr.)
Curriculum Details

Module No.	Unit No.	Name of the Topic	Hrs. Required to cover the contents 1 Hrs.= 60 M
1.0		Unit-I: Introduction of Health	8 Hours
	1.1	Concept & Importance of health	
	1.2	Dimensions of health	
	1.3	Diet and food habits	
	1.4	Hygiene and good habits	
2.0		Unit II: Importance of Physical Activities	14 Hours
	2.1	Meaning and concept of wellness	
	2.2	Mental well-being	
	2.3	Exercise and wellness	
3.0		Unit III: Importance of Physical Activities	8 Hours
	3.1	Fitness components	
	3.2	Exercise Techniques & Safety measures	
	3.3	Basic knowledge of first aid	

Reference Books

1. *Yoga and Health* - By Selvarajan Yesudian & Elisabeth Haich.
2. *Introduction to Health and Wellness* - By Gordon Edlin & Eric Golanty.
3. आरोग्य शिक्षण (Health Education) - डॉ. विजय कानवले.
4. स्वास्थ्य आणि शारीरिक शिक्षण - डॉ. शशिकांत पाटील.
5. आरोग्य आणि जीवनशैली - डॉ. अनिल देशमुख.

6. समग्र आरोग्य - डॉ. रजनी जोशी.
7. मानवी शरीररचनाशास्त्र, आहारशास्त्र आणि प्रथमोपचार - प्रा. डॉ. मोरे सर / प्रा. डॉ. रजनी जोशी.

Distribution and Evaluation of Course Assessment

A. Continuous Assessment (CA) (40% of Maximum Marks):

Test I	Assignment	Attendance	Total (1+2+3)
1	2	3	4
10	06	04	20

This will form 40% of the Maximum Marks and will be carried out throughout the semester. It may be done by conducting **One Tests (Theory/Practical)**, **One Assignment** and **Overall attendance**. Total of marks scored in this one test, one assignment and overall attendance of CA.

Maintain of Continuous Assessment Record

Name of the College:----- College Code:-----

Class:-----Sem:----- Course Code:-----

Course Title:-----

Sr. No.	Seat No.	Name of the Students	Continuous Assessment Marks			
			Test	Assignment	Attendance	Total
			10	06	04	20

B. End Semester Practical Assessment (60% of the Maximum Marks):

Sr. No.	Assessment	For 02 Credit Subject Marks
1	End Semester Practical Examination	20
2	Record Book & Viva-Voce	10
	Total	30

Name of the College:----- College Code:-----

Class:-----Sem:----- Course Code:-----

Course Title:-----Total

No. of Students:----- Date of Exam: -----

Sr. No.	Seat No.	Name of the Students	End Semester Practical Examination Marks			
			Practical (As per Syllabus)	Practical (As per Syllabus)	Record Book & Viva Voce	Total
			10	10	10	30

1						
2						
3						
4						



Swami Ramanand Teerth Marathwada University, Nanded

Faculty of Interdisciplinary Studies

Co-curricular Courses (CC)

Under Graduate First Year Programme, Semester I

Course Code: IYCC - 1201, Title: Yoga

Curriculum Details

Period per week :- 02

Total Marks :50 (30 ESA + 20 CA)

Total period :- 30

Credit :- 02

Course Objectives

- To comprehend the historical and philosophical foundation of yoga.
- To Practice yoga Asanas (postures).
- To understand the benefits of yoga for physical and mental well-being.
- To develop mindfulness and meditation practices for improved focus and relaxation.
- To apply yogic principles to daily life for a balanced and harmonious lifestyle.

Course Outcomes:

- Improve physical and mental Health.
- Teach Asana pranayama correctly.
- Reduce stress and increase focus.
- Promote yogic lifestyle and values.



Swami Ramanand Teerth Marathwada University, Nanded
Faculty of Interdisciplinary Studies
Co-curricular Courses (CC)

Under Graduate First Year Programme, Semester I

Course Code: IYCC - 1201, Title: Yoga (2 Cr.)

Curriculum Details

Module No.	Unit No.	Name of the Topic	Hrs. Required to cover the contents 1 Hrs.= 60 M
1.0		Unit-I: Introduction	8 Hours
	1.1	History of yoga.	
	1.2	Development and Aims.	
	1.3	Yoga's relationship with mental health and value education.	
	1.4	Yoga's relationship with physical education and sports.	
2.0		Unit II: Yoga Asanas (Postures)	14 Hours
	2.1	Sequencing and Flow in Practice.	
	2.2	Suryanamaskar.	
	2.3	Yoga's role in a modern lifestyle.	
3.0		Unit III: Meditation and Mindfulness	8 Hours
	3.1	Understanding Meditation: Techniques and Benefits.	
	3.2	Mindfulness practices for daily life.	
	3.3	Meditation for Emotional Balance and Inner peace.	

Reference Books

- 1) Roots of yoga - By. James Mallinson & Mark Singleton.
- 2) The Heartfulness way - By. Kamlesh patel.
- 3) Light on yoga - By. B.K.S. Iyengar.
- 4) □□□-□□□□□□ - □□□□. □□□□□□
- 5) □□□□□□□□ □□□□□□□□□□□□ - □□□□ □□□□□□□□
□□□□□□

[illegible]

1						
2						
3						
4						