



r(Shri Ramkrishna Seva Mandal's)  
**ANAND COMMERCE COLLEGE**

An Autonomous College (2025-26 to 2034-35)

(Affiliated to Sardar Patel University)

NAAC ACCREDITED 'A' GRADE (3.04 CGPA)

ISO 9001:2015

Syllabus as per NEP 2020 with effect from the Academic Year 2025-26



**Bachelor of Computer Applications**  
**BCA Semester – II**

<b>Course Code</b>	<b>UCA02VABCA08D</b>	<b>Title of the Course</b>	Yog, Meditation and Wellness Course – I
<b>Total Credit of Course</b>	<b>02</b>	<b>Hours per week</b>	<b>02</b>

<b>Course Objectives</b>	<ol style="list-style-type: none"><li>1.To maintain physical fitness and wellness among the students.</li><li>2. To guide the students about basic differences between Physical Exercise and Yog</li><li>3. 3. To guide the students about healthy life style. diet and sleep</li></ol>
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<b>Unit</b>	<b>Description</b>	<b>Weightage</b>
<b>1.</b>	<b>Health, Physical fitness exercises and Yog</b> <ul style="list-style-type: none"><li>• Meaning, Concept, steps and importance of health</li><li>• Indian Concept of fitness</li><li>• Western Concept of fitness</li><li>• Pros and Cons of Physical fitness exercises</li><li>• Basic definitions and concept of Yog</li><li>• Debate on why Yog is better than physical exercise</li></ul>	<b>35%</b>
<b>2.</b>	<b>Yogic Diet, Work cycle</b> <ul style="list-style-type: none"><li>• Concept of Diet and work cycle</li><li>• Concept of Yogic diet and importance of yogic diet</li><li>• Concept of Body mass index and nutritious diet</li><li>• Basic herbs around us</li><li>• Do's and Don'ts of food with concept of time and health</li></ul>	<b>35%</b>
<b>3.</b>	<b>Basic Yogic exercise and relaxation</b> <ul style="list-style-type: none"><li>• Basic warm up exercise</li><li>• Yogic exercise</li><li>• Taveriyaji's breathing exercise-3SR Techniques</li><li>• Concept of Relaxation</li><li>• Stress Management activities</li></ul>	<b>30%</b>

<b>Teaching – Learning Methodology</b>	Learner-centered Instructional methods, Direct method-practical and theory Quiz, Group Discussion, Assignments Interactive sessions, seminars, visual presentations, Project based learning Use of e-resources, including films
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### Internal and / or External Examination Evaluation

Evaluation and Exam Pattern			
Sr. No.	Details of Evaluation / Exam Pattern	50 Marks (%)	25 Marks (%)
1.	Class Test	15	10
2.	Quiz	15	5
3.	Active Learning	5	-
4.	Home Assignment	5	5
5.	Class Assignment	5	-
6.	Attendance	5	5
<b>Total Internal (%)</b>		<b>50 (100%)</b>	<b>25 (100%)</b>
<b>Total External (%)</b>		<b>50 (100%)</b>	<b>25 (100%)</b>

Course Outcomes: Having completed this course, the learner will be able to	
1.	To learn concepts of basic fitness and wellness.
2.	To learn and practice basic differences between Physical exercise and Yog.
3.	To know healthy life style. diet and relaxation

Suggested References	
Sr. No.	References:
1	Dhirendra Brahmachari ,Yogic Vyayam
2	Swami Satyananda Saraswati., Asana Pranayama Mudra Bandha Publisher: Yoga Publication Trust, Munger, Bihar, India
3	Swami Vivekananda, Karm Yog,Bhakti Yog, Gyan Yog
4	Swami Satyananda Saraswati, Yoga Sutras of Patanjali Publisher: Yoga Publication Trust, Munger, Bihar, India
5	Swami Sivananda., Hatha Yoga, Publisher: The Divine Life Society, Uttarakhand, India
6	Swami Nirjanananda Saraswati, Gheranda Samhita ,Publisher: Yoga Publication Trust, Munger, Bihar, India
7	Swami Shivananda Saraswati, Essence of Yoga ,Publisher:The Divine Life Society
8	Swami Shivaananda Saraswati, Yoga and Kriya, Publisher: Yoga Publication Trust, Munger, Bihar, India

On-line resources	
1.	<a href="http://lyu.ac.in/yoga">http://lyu.ac.in/yoga</a>
2.	<a href="https://www.whenlifeisgood.com/iyengar-yoga-home-practice-sequences-a-resource-page">https://www.whenlifeisgood.com/iyengar-yoga-home-practice-sequences-a-resource-page</a>
3.	Business communication - Wikipedia

  
**Chairman**  
**BOS of Commerce**  
**Anand Commerce College**

  
**Academic Coordinator**  
**Anand Commerce College**

  
**Principal**  
**Anand Commerce College**