

The Kelkar Education Trust's
V. G. Vaze College of Arts, Science and Commerce (Autonomous)

The Kelkar Education Trust's
V G Vaze College of Arts, Science and Commerce
(Autonomous)

Mithagar Road, Mulund East, Mumbai 400081

Re-Accredited (4th Cycle) by NAAC with 'A' Grade



Syllabus for F.Y.B.Com. and F.Y. SFC

(Implemented AY 2023-2024)

Program: F.Y.B.Com. and F.Y. SFC

Semester I

Course Title: (CC) Yoga and Positive Psychology for
Managing Career and Life

Course Code	Paper Title	Credits
VGUVCC105	Yoga and Positive Psychology for Managing Career and Life (CC)	02

Syllabus as per **Choice Based Credit System (CBCS)**

Semester	: I
Name of the Programme	: F.Y.B.Com. and F.Y. SFC
Course	: Co-Curricular (CC)
Course Code	: VGVUCC105
Course Title	: Yoga and Positive Psychology for Managing Career and Life
Course content	: Syllabus enclosed
Reference(s)	: Given in the Syllabus
Credit Structure	:
Number of Credits per Semester	: 02
Number of Lectures per unit	:
Number of Lectures per week	: 02
Number of Tutorials per week	: NA
Scheme of Examination	: Internal Assessment + Activities (50 marks)
Special Notes, if any	: NA
Eligibility, if any	: As laid down in the College Admission Brochure/ Website
Fee Structure	: As per College Fee Structure specifications
Special Ordinances / Resolutions, if any	: No

Programme: F.Y.B.Com./FYSFC

Course Title: Yoga and Positive Psychology for Managing

Semester: I

Career and Life

Course Code: VGVUCC105

Teaching Scheme (Hrs/week)				Continuous Internal Assessment (50 marks)					Total
L	T	P	C	CIA-1	CIA-2	CIA-3	CIA-4	Lab/ Tut.	
1		1		15	35		-	-	50

Prerequisites:

Basic competence in English

Basic interest in Yoga

Course Objectives:

1. Identify the basic premises of Positive Psychology
2. Identify different ways to define and measure happiness, as well as variables that are related/unrelated to happiness and wellbeing
3. To understand principles and practices of Yoga and Positive Psychology
4. To understand methods of strengthening the physical, emotional, and intellectual aspects of 'self'
5. To help them identify the ways of attaining wellbeing through Yoga

Course Outcome: On successfully completing the course, the learners will be able to:

1. understand Positive Psychology
2. understand variables that are related/unrelated to happiness and well-being
3. effectively practise Yoga and Positive Psychology
4. improve physical, emotional, and intellectual aspects of 'self'
5. to understand the ways of attaining wellbeing through Yoga

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Course Content:			
Unit No.	Module No.	Content	Lectures
1	I	Yoga from the Lens of Positive Psychology	07
	II	Yogic Perspective of Positive Events and Positive Institutions	
	III	Yogic Perspective of Governance and Micro Macro Integration of Life	
2	I	Health and Wellbeing: Perspectives from Positive Psychology, Yoga and Ayurveda	08
	II	Human Self and Ladder of Joy: Yogic, Sankhya and Vedantic Perspective	
	III	TattvaBodh and Indriyajaya: Ways of Attaining Wellbeing	
	IV	Dharmakriya and Sukhayu-Hitayu: Ways of Attaining Wellbeing	
3	I	Activities	15
Total number of lectures (15 lectures + 15 Practical)			30

Beyond the Syllabus

Visiting Yoga Ashrams, student seminars, fit India movement

Teaching Methodology

Lectures, Flipped Classroom, Presentations, ICT, Case Studies, Demonstrations, Role play, Workshops, Guest Lectures

Examination Pattern and Marking Scheme

Duration: 01 hours

Sr. No.	Particulars	Marks
1	Class Test	15
2	Assignments/Projects/Practical Sessions	35
Total Marks		50

Recommended Resources
<p>Textbooks</p> <p>Lopez, S. J., Pedrotti, J. T., & Snyder, C. R. (2021). <i>Positive psychology: The scientific and practical explorations of human strengths</i>. Sage publications.</p> <p>Rao, K. R., & Paranjpe, A. C. (2016). <i>Psychology in the Indian tradition</i>. Springer India.</p>
<p>Reference Books</p> <p>Dagar, C., & Pandey, A. (2020). <i>Well-Being at Workplace: A Perspective from Traditions of Yoga and Ayurveda</i>. The Palgrave Handbook of Workplace Well-Being, 1-28.</p> <p>Dagar, C., Pandey, A. & Navare (2022). A. <i>How Yoga-Based Practices Build Altruistic Behaviour? Examining the Role of Subjective Vitality, Self-transcendence, and Psychological Capital</i>. J Bus Ethics 175, 191–206</p> <p>Fredrickson, B. L. (2001). <i>The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions</i>. American psychologist, 56 (3), 218.</p> <p>Fredrickson, B. L., & Losada, M. F. (2005). <i>Positive affect and the complex dynamics of human flourishing</i>. American psychologist, 60 (7), 678.</p>

Syllabus prepared by	
Convenor	Ms. Madhu Bala Assistant Professor, Dept. of English, V G Vaze College of Arts Science and Commerce (Autonomous), Mulund, Mumbai
Member	Ms. Vaishnavi Joshi Assistant Professor, Dept. of SFC (Banking and Insurance), V G Vaze College of Arts Science and Commerce (Autonomous), Mulund, Mumbai
Member	Ms. Jaiee Suhas Bhat Assistant Professor, Dept. of History, V G Vaze College of Arts Science and Commerce (Autonomous), Mulund, Mumbai

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Syllabus for F.Y.B.A. and F.Y. B.Sc.

(Implemented AY 2023-2024)

Program: F.Y.B.A. and F.Y. B.Sc.

Semester II

Course Title: (CC) Yoga and Positive Psychology for
Managing Career and Life

Course Code	Paper Title	Credits
VGUVCC205	Yoga and Positive Psychology for Managing Career and Life (CC)	02

Syllabus as per **Choice Based Credit System (CBCS)**

Semester	: II
Name of the Programme	: F.Y.B.A. and F.Y. B.Sc.
Course	: Co-Curricular (CC)
Course Code	: VGVUCC205
Course Title	: Yoga and Positive Psychology for Managing Career and Life
Course content	: Syllabus enclosed
Reference(s)	: Given in the Syllabus
Credit Structure	:
Number of Credits per Semester	: 02
Number of Lectures per unit	:
Number of Lectures per week	: 02
Number of Tutorials per week	: NA
Scheme of Examination	: Internal Assessment + Activities (50 marks)
Special Notes, if any	: NA
Eligibility, if any	: As laid down in the College Admission Brochure/ Website
Fee Structure	: As per College Fee Structure specifications
Special Ordinances / Resolutions, if any	: No

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Programme: F.Y.B.A./F.Y.

Course Title: Yoga and Positive Psychology

B.Sc.

for Managing Career and Life

Semester: II

Course Code: VGVUCC205

Teaching Scheme (Hrs/week)				Continuous Internal Assessment (50 marks)					Total
L	T	P	C	CIA-1	CIA-2	CIA-3	CIA-4	Lab/ Tut.	
1		1		15	35		-	-	50

Prerequisites:

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Course Objectives:

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