



Progressive Education Society's
Modern College of Arts, Science and Commerce
(Autonomous),
Shivajinagar, Pune 5.
Department of Physical Education & Sports

Yoga (CC) Project Submission
(Regular) (24CpCopU3001)

This is to inform all regular students of S.Y. (U.G.) that the Yoga (CC) course is compulsory. This course is for 2 credit and 50 marks. The detailed timetable for the Practical Examination will be displayed shortly.

CIE (20 MARKS): Under this the student has to submit the Project work report.

Steps to carry out for Field work (Project):

CIE: The project should be prepared on the basis of following points: 20 marks.

- a) History & Introduction of the Yoga.
- b) Define 5 Standing Asanas and its benefits.
- c) Define 5 Sitting Asanas and its benefits.
- d) Define 5 Prone Asanas and Supine Asanas and its benefits.
- e) Explain importance of Yogasanas in your daily life
- f) Explain Suryanamaskar Steps and its benefits.
- g) Explain different types of pranayamas and explain its benefits.
- h) References

ESE: The Student have to perform demonstration on the ground on the basis of following asanas and pranayam: 30 marks

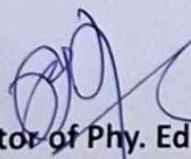
- a) Suryanamaskar (Steps)
- b) Asanas Steps and Benefits

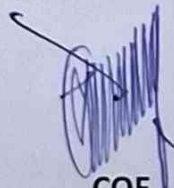
c) Pranayam

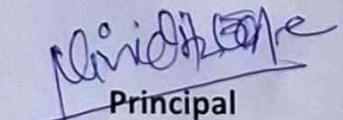
INSTRUCTIONS:

- 1) Students must satisfactorily complete the handwritten project on full scape paper. Written Project should be a minimum of 25 pages.
- 2) Students who do not complete the project work in time will be regarded as 'fail' in the project.
- 3) Students have to secure minimum **8 marks out of 20 for passing the project work.**
- 4) Students **must attach relevant documents, images etc.** in the project report as per the requirement.
- 5) Copying and other malpractices shall be dealt with seriously.
- 6) **The student should prepare asanas from the video available on their vriddhi login.**

Project Books will be available for distribution at the Gymkhana Office from 14th to 21st October 2026, between 11:00 a.m. and 4:30 p.m.


Director of Phy. Edu.

 7/10/26.
COE


Principal