

Value Addition Course

Yoga: Philosophy and Practice

Course Title and Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Prerequisite of the Course
		Lecture	Tutorial	Practical/Practice		
Yoga: Philosophy and Practice	02	1	0	1	Pass in Class 12th	NIL

Course Objectives

- To learn the fundamentals of Yoga for harmonising the body, mind and emotions.
- To demonstrate the value and the practice of holistic living.
- To value the heritage of Yoga for self and society.

Learning Outcomes

- Understanding ways to harmonise the body and mind through Yoga.
- Disciplining the mind through practicing Yoga.
- Understanding of consciousness through practical training.

Syllabus of *Yoga: Philosophy and Practice*

Unit I: Yoga: <i>Asana</i> , <i>Prāṇāyāma</i> and <i>Dhyana</i>	Lectures
● History of Yoga ● Significance of Asana ● Effect of Prāṇayama ● Importance of <i>Dhyana</i>	5
Unit II: Patanjali's <i>Yogasūtra</i> and <i>Chakra</i>	
● Patanjali's <i>Yogasūtra</i>: a summary ● First sutra ● Second sutra ● <i>Chakras</i> (psychic centres)	6

Unit III: Understanding <i>Asana</i> and <i>Pranayama</i>	
● <i>Asana</i>: the basics ● <i>Surya Namaskara</i> ● <i>Nadishodhana Pranayama</i>	4

Practical/ Practice Component

(15 sessions of 2 hours each= 30 hours)

- Surya Namaskar
- Selected Asana
- *Pranayama*
- Relaxation exercises for the eyes (7 steps) neck (4 steps)
- Concentration on *Bhramadhya*
- Project Work (effect of everyday concentration on breath for 15 minutes: reflections to be compiled in the form of a Project report.
- Any other Practical/Practice as decided from time to time

Essential Readings

- *Āsanas, Prāṇāyāma and Mudra Bandh* , Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar, India, 2004.
- Patanjali Yogasutras, Commentary by Swami Vivekanand, Rajyoga

Suggested Readings

- Patanjali Yog Pradeep- Swami Omanand Saraswati, Gita Press, Gorakhpur, 2013.
- Science of Pranayama-Swami Sivananda, Edition by David De Angelis, 2019, All Rights Reserved.
- Udayveer Shastri Granthavali, 4, Patanjali- Yoga Darshanam, Udayavir Shastri, Govindram Hasanand, Delhi 6.

Assessment Methods*

Internal Assessment: 25%

End Semester Theory Exam: 25%

Practical: 50%