

## 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, Prāṇāyāma</i> and <i>Dhyana</i>	Lectures
<ul style="list-style-type: none"><li>● History of Yoga</li><li>● Significance of Asana</li><li>● Effect of Prāṇayama</li><li>● Importance of <i>Dhyana</i></li></ul>	5
Unit II: Patanjali's <i>Yogasūtra</i> and <i>Chakra</i>	
<ul style="list-style-type: none"><li>● Patanjali's <i>Yogasūtra</i>: a summary</li><li>● First sutra</li><li>● Second sutra</li><li>● <i>Chakras</i> (psychic centres)</li></ul>	6

<b>Unit III: Understanding <i>Asana</i> and <i>Pranayama</i></b>	
<ul style="list-style-type: none"> <li>● <i>Asana</i>: the basics</li> <li>● <i>SuryaNamaskara</i></li> <li>● <i>Nadishodhana Pranayama</i></li> </ul>	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 *Bhrumadhya*
- 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 SatyanandaSaraswati, Yoga Publications Trust, Munger, Bihar, India, 2004.
- Patanjali Yogasutras, Commentary by Swami Vivekanand, Rajyoga

### **Suggested Readings**

- PatanjaliYog Pradeep- Swami OmanandSaraswati, Gita Press, Gorakhpur, 2013.
- Science of Pranayama-Swami Sivananda, Edition by David De Angellis, 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%