

Course Title - Yoga: Philosophy and Practice

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: Asana, Prāṇāyāma and Dhyana |
| <ul style="list-style-type: none">● History of Yoga● Significance of Asana● Effect of Pranayama● Importance of <i>Dhyana</i> |
| Unit II: Patanjali's Yogasūtra and Chakra |
| <ul style="list-style-type: none">● Patanjali's Yogasūtra: a summary● First sutra● Second sutra● <i>Chakras</i> (psychic centres) |
| Unit III: Understanding Asana and Pranayama |
| <ul style="list-style-type: none">● Asana: the basics● <i>Surya Namaskara</i>● <i>Nadishodhana Pranayama</i> |

Practical/ Practice Component

- Surya Namaskar
- Selected Asana
- *Pranayama*
- Relaxation exercises for the eyes (7 steps) neck (4 steps)
- Concentration on *Bhramadhya*

Raw

[Handwritten signatures]

- 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, Prāṇāyāmaand 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.




