

Course Modules:

Unit 1: Philosophy of Yoga

Unit 1/Topic 1: *Yoga and Yoga Texts*

1. **Yoga – Basic Introduction**
 - a. Meaning and Definition
 - b. Importance of Yoga - holistic personality development
 - c. Laukik and Adhyatmik benefits of Yoga
 - d. Myths and Facts of Yoga
 - e. Yoga's Mula Pravakta - Hiranyagarbha
2. **Introduction to Bharatiya Yoga Darshana**
 - a. Pathanjali Yogasutras
 - b. Sankhya darshana - theoretical concepts
 - c. Pathanjali Yogasutras - Vyasa Bhashya
 - d. Yoga siddhanta in Bhagavad-Gita
 - e. Yoga siddhanta in Upanishads (Katha, Svetashvatara etc)
 - f. Pauranic Yoga siddhantas (Kapila)
 - g. Jaina Yoga siddhantas
 - h. Bauddha Yoga siddhantas
 - i. Other Yogas - Tantra, Mantra, Laya, Kundalini Yogas
3. **Various paths to Yoga: Jnana, Bhakti, Karma, Ashtanga and Hatha Yoga**
 - a. Jnana Yoga - Vivekachudamani, Uddav Gita, Ashtavakra Samhita
 - b. Bhakti Yoga - Narada Bhakti Sutras, Shrimad Bhagavatam
 - c. Karma Yoga - Bhagavad Gita, Mahabharata
 - d. Ashtanga Yoga - Patanjali Yogasutras
 - e. Hatha Yoga - Gheranda Samhita, Hatha Yoga Pradipika, Goraksha Samhita
4. **Yoga and Sampradayas**
 - a. Nath Sampradaya
 - b. Shaiva Sampradaya
 - c. Shakta Sampradaya
 - d. Vaishnava Sampradaya
 - e. Bauddha Sampradaya

Unit 1/Topic 2: *Ashtanga Yoga Sutras*

1. Prasthavana 2.28 and 29
 - a. Yama - 2.30
 - b. Niyama - 2.32
 - c. Asana - 2.46
 - d. Pranayama - 2.49
 - e. Pratyahara - 2.54
 - f. Dharana - 3.1
 - g. Dhyana - 3.2
 - h. Samadhi - 3.3
2. Dinacharya - Importance and Practice

Unit 1/Topic 3: *Yoga Culture and Value Education*

1. Prominent Streams of Yoga

- a. Jnana Yoga (Discernment)
- b. Bhakti Yoga (Emotional)
- c. Karma Yoga (Kriti)
- d. Raja Yoga (Ashtanga Yoga)
2. Positive and Negative Human Behaviours (Daivi Gunas, Asura Gunas)
 - a. Daivi Sampada - Bhagavad Gita - 16.1-3
 - b. Asuri Gunas - Bhagavad Gita - 16.4,7,8,9,10,11-18
3. Four Principles Of Jnana Yoga
 - a. Viveka
 - b. Vairagya
 - c. Shat Sampatti
 - d. Mumukshutva
4. Relevance of Ancient Indian values in modern life
 - a. Purusharthas
 - b. Ashrama Vyavastha
 - c. Varna Vyavastha - Bhagavad Gita - 14.13
 - d. Samskaras

Unit 2: Manas and Sharira - Maintenance and Cleansing

Unit 2/Topic 1: *Mental and Physical Aspects of the Body*

- a. Antahkarana Chatushtaya (Manas, Buddhi, Ahankara, Chitta)
- b. Notion of Self and Health and its Metaphysics in Yoga
- c. Feelings and Emotional well-being (9 Rasas)
- d. Qualities of evolved intellect i.e., Buddhi
- e. Well being in Yoga and Ayurveda
- f. Impact of positive and negative human tendencies on Psycho-social behavior (Prajnaparadha, Pratipaksha Bhavana, Vitarka Badha)
- g. Shoucha Niyamas
- h. Balanced Food and Nutrition - Ahara Vihara
- i. Maintenance of health through Asana and Pranayama

Unit 3: Applications of Yoga

Unit 3/Topic 1: *Practical Application of Yoga to Life*

Modern view of Yoga.

Application of principles of Yoga for holistic living.

1. Management Techniques
 - a. Application to Career Management
 - b. Public speaking and leadership qualities
 - c. Workplace wellbeing
 - d. Interventions for managing Self and Career
2. Psychology
 - e. Concept of Positive Psychology and Stress Management
 - f. Managing the five states of Chitta Bhumis (Kshipta, Mudha, Vikshipta, Ekagra, and Nirudha)
 - g. Treatment and Counseling of Mentally challenged persons
 - h. Prevention of Addiction and Counseling for De-Addiction
3. Application of Yoga in Defense

- i. Application of Upayas (Sama-dana-bheda-dandopayas) using Yoga
- j. Fasting in Yoga (Speech, Food, and Sleep)

Unit 3/Topic 2: *Personality and Family Relationships*

- k. Forsaking enmity (Vaira tyaga) and constructive relationships (vishva bandhutva)
- l. Techniques for family relationship management (Inclusive temperament, Avoiding Competition, Service attitude)

Laboratory/practical/tutorial Modules:

Unit 1/Topic 2

Tutorials: Ashtanga Yoga Sutras, discussion of eight angas with examples, recitation and memorization of important sutras in this context

Tutorials: Yoga for Students (Includes Theory)

1. Surya Namaskaras
2. Basic Pranayama and Kriyas
3. Eyesight improvement
4. Voice Culture
5. Focus and concentration techniques
6. Memory improvement techniques
7. Relaxation technique

Unit 1/Topic 3

Practicals

1. Anger management
2. Ego management
3. Time management
4. Removing obstacles in the path of wellbeing

Unit 2/Topic 2: Subtopics

Lec-Dem: Shat karma Shuddhi (Cleansing of Body) Demonstration

1. Neti
2. Dhauti
3. Basti
4. Trataka
5. Nauli
6. Kapalabhati

Unit 2/Topic 3: Subtopics

Tutorials: Yoga Techniques - Demo and Quick Practice

1. Important Vyayamas
2. Pratyahara
3. Dharana
4. Dhyana
5. Samadhi

Unit 3/Topic 3: Subtopics

Practicals: General Yoga Protocol (Children and Youth)

1. Asanas
2. Pranayama
3. Mudra and Bandh

4. Vyayama

5. Sukshma Vyayama

Yoga for Women

Yoga for Elderly

Practicals: Yoga and Positive Psychology