

SEC Syllabus in Philosophy for Sem I

Paper- SEC I

Yoga : Practice and stress balancing

Credit 3.

Total course: 90 hrs.

Objective of the Course:

The aim of the course is to provide students the understanding of Yoga as a holistic approach of well-being and an effective tool for managing stress. The course is integrated with practical techniques along with the theoretical insights of the Yoga Philosophy and stress management strategies. The course aims to cultivate balance, mindfulness and resilience of the students in their personal and social life as well.

Learning outcomes:

Yoga education can prepare the students physically, mentally and emotionally stronger. It will help the students with self-discipline and self-control. The outcomes of a successful completion of the course can be viewed like this -

- A clear understanding of the foundational principles and philosophy of yoga and its relevance to stress management.
- Developed awareness of the mind-body connection and its role in managing emotional and psychological stress.
- Enhanced mental clarity, physical health, and emotional balance.
- Reduced and balanced stress and improved well-being as a result of the use of practical yoga techniques such as asanas (postures), pranayama (breathing techniques), and meditation to reduce stress and improve overall well-being.

Course content:

Module-1

Introduction to Yoga -

The foundation of Yoga - Yoga Philosophy, its history, Types and principles of Yoga.

Module-2

Yoga and health -

Impact of stress on physical and mental health, Role of Yoga in reducing stress and depression, Yoga for mental clarity and emotional balance, How Yoga helps into the mind body connection, Yogic concepts of health and healing.

Module-3

Yoga postures and techniques : balancing the stress of mind and body -

Yogic principle and practices for healthy living. Astanga Yoga, different Yoga postures - the Asanas, the breathing technique - Pranayam.

Module-4

Practical sessions -

Practice of Yoga (Pranayam, Asanas and Meditation).

Helps and resources:

1. Sri Ananda, The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
2. S. P Singh & Mukesh Yogi, Foundation of Yoga, Standard Publication, New Delhi, 2010.
3. S. P Singh, History of Yoga, Centre for Studies in Civilization, 2010.
4. Dr. H Kumar Kaul, Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2000.
5. Ramesh Bijlan , Back to Health Through Yoga, Rupa Publications India Pvt. Ltd, 2011.
6. Iyenger B K S, The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001.
7. Swami Rama, Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998.
8. Swami Kuvalyananda, Pranayama, Kaivalyadhama, Lonavla, 2010.
9. Dr. Goel Aruna, Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007.
10. Swami Bhargananda, Patanjali Yogdarshan, Udbodhan Karyalaya, Kolkata.