

**VAC 1: Yoga: PHILOSOPHY AND PRACTICE**

## Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical/ Practice		
Yoga: Philosophy and Practice	02	1	0	1	12 <sup>th</sup> Pass	NIL

**Learning Objectives**

The Learning Objectives of the course are:

- 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**

The Learning Outcomes of the course are:

- 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****(5 Weeks)**

- History of Yoga
- Significance of Asana
- Effect of Prāṇāyāma
- Importance of Dhyana

**UNIT – II Patanjali's *Yogasūtra* and *Chakra***

**(6 Weeks)**

- Patanjali's *Yogasūtra*: a summary
- First sutra
- Second sutra
- Chakras (psychic centres)

**UNIT – III Understanding *Asana* and *Pranayama***

**(4 Weeks)**

- Asana: the basics
- Surya Namaskara
- Nadishodhana Pranayama

**Practical component (if any)**

**(15 Weeks)**

- 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 Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar, India, 2004.
- Patanjali Yogasutras, Commentary by Swami Vivekanand, Rajyoga

**Suggested Reading**

- Patanjali Yog Pradeep- Swami Omanand Saraswati, 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.

**Examination scheme and mode: Subject to directions from the Examination Branch/University of Delhi from time to time.**