



राष्ट्रीय प्रौद्योगिकी संस्थान रायपुर
NATIONAL INSTITUTE OF TECHNOLOGY RAIPUR
(An Institute of National Importance)

DEPARTMENT OF HUMANITIES & SOCIAL SCIENCES

1.	Department proposing the Course	Humanities and Social Science
2.	Course Title	Wellness through Yoga
3.	L-T-P Structure	0-0-3
4.	Credits/No. of periods	3/30
5.	Course number (Code)	
6.	Status	Open Elective
7.	Pre-Requisites (Course No./Title)	
8.	Frequency of offer	5 th Semester
9.	Course Objective (CO): 1. To discuss yogic view of holistic personality, health and wellness. 2. To overview yogic etio pathology of distress and illnesses. 3. To give overview on principles and practices of yoga for managing stress, grooming personality and boosting wellness	
10.	Course Syllabus Unit-I Overview of Yoga & Healthy Yogic Lifestyle 1.1 Yoga: Etymology, Definitions, Aims, Objectives, Misconceptions about Yoga. 1.2 Yogic diet and environment, Supportive and Disruptive Factors of Yogic Living, 1.3 Concept of mind-body practices, Wellness empowering measures and means in Hatha Yoga and YogaVasistha. 1.4 Streams: -Hath Yoga, Raj Yoga, Bhakti Yoga, Jnana Yoga and Karma Yoga. Unit-II Yogic Concept of Holistic Health and Personality 2.1 Yogic Anatomy: Five Sheaths and Tri Bodies and their Psychobiological Correlates. 2.2 Holistic Health and Personality Development through Panchakoshi Yoga Sadhana and Patanjali's Ashtanga Yoga. 2.3 Modern and Yogic Concept of Stress; Pathophysiology of Stress, Stress-Induced Illnesses . 2.4 Yogic Approach(Somatic, Pranic, and Mental Yoga Practices, Diet, Lifestyle, and Environment) for Stress Management Unit-III Hatha Yoga 3.1 Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives, Diet and Setting for Hatha Yoga, Dos and Don'ts for Hatha Yoga. 3.2 Cleansing Techniques: -Kapalbhati, Jal Neti& Rubber Neti. 3.3 Posture: Meditative, Cultural Asanas: (A) Standing asanas, (B) Seating Asanas. (C) Lying (supine), and (D) Lying (prone), Principles for Yogasana Practice 3.4 Pranayam, Locks, Gestures, Concentrations, and Meditations. Unit-IV Patanjali Yoga Sutra 4.1 Evolution , Theory from Samkhya philosophy 4.2 Chitta bhumi, Chittavritis, Panchakleshas, Kriya yoga, Abhyas-vairagya 4.3 Nine Hindrances, and their four accompanying symptoms, Yogic attitude (Maitri, Karuna, Mudita, and Upeksha) and practices for Mental Health. 4.4 Eight Yoga Limbs: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi.	

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11.	<p>Text Books:</p> <ol style="list-style-type: none">1. Satyananda, S. (2002). The Four Chapters on Freedom. Munger, India: The Yoga Publication Trust.1. Muktibodhananda, S. (2006). <i>Hatha Yoga Pradipika</i> (3rd ed.). Munger, India: Yoga Publications Trust.2. Swami Satyananda, S. (1981), A Systematic Course in the Ancient Tantric Techniques of Yoga and kriya.3. McCall, T. (2007). <i>Yoga as Medicine: The Yogic Prescription for Health and Healing</i>. New York, NY: Bantam Dell.4. Sivnanda, S. (2000). <i>Bhagavad Gita</i>. Rishikesh, India: The Divine Life Society.
12.	<p>Reference Books</p> <ol style="list-style-type: none">1. Ramdev, S. (2006). <i>Yoga Sadhana and Yoga Chikitsa Rahasya</i>. Haridwar, India: DivyaPrakashan.2. Ramdev, S. (2009). <i>Pranayam Rahasya</i>. Haridwar, India: DivyaPrakashan.3. Sinh, P. (Trans.). (2013, October 28). <i>Hatha Yoga Pradipika</i>. Retrieved from http://www.sacredtexts.com/hin/hyp/index.htm4. Feuerstein G (1979) <i>The Yoga-Sutra of Patanjali. A new translation and commentary</i>. Inner Traditions International, Rochester5. Dillbeck, M. C., Cavanaugh, K. L., Glenn, T., et al. (1987). Consciousness as a field: The transcendental meditation and TM Sidhi program and changes in social indicators. <i>Journal of Mind and Behavior</i>, 8, 67104.6. Dillbeck, M. C., & Orme-Johnson, D. W. (1987). Physiological differences between transcendental meditation and rest. <i>American Psychologist</i>, 42(9), 879-8817. Langer, E. J. (1989). <i>Mindfulness</i>. Cambridge, MA: Da Capo Press.8. Lazar, S. W., Kerr, C. E., Wasserman, R. H., et al. (2005). Meditation experience is associated with increased cortical thickness. <i>NeuroReport</i>, 16(17), 1893-1897.9. Michalsen, A., Grossman, P., Acil, A., et al. (2005). Yoga reduces stress and anxiety among distressed women. <i>Medical Science Monitor</i>, 11(12), 555-561.10. Coulter, H. D. (2006). <i>Anatomy of Hatha Yoga</i>. Delhi, India: Motilal Banarasidas11. Gore, M.M. (2004). <i>Anatomy and physiology of yogic practices</i>. Lonavala, India: KanchanPrakashan.12. Malshe, P. C. (2012). <i>A Medical Understanding of Yoga</i> (2nd ed.). Haridwar, India: AntarPrakash Centre for Yoga.13. McCall, T. (2007). <i>Yoga as Medicine: The Yogic Prescription for Health and Healing</i>. New York, NY: Bantam Dell.14. Udupa, K. N. (2007). <i>Stress and its management by yoga</i>. Delhi, India: Motilal Banarasida15. Iyengar, B. K. S. (2001). <i>Yoga: The Path to Holistic Health</i> (1st ed.). London, Great Britain: Dorling Kindersley.16. Payne, L., & Usatine, R. (2002). <i>Yoga Rx: A Step-by-Step Program to Promote Health, Wellness, and Healing for Common Ailments</i> (1st ed.). New York, NY: BroadwayBooks.17. Saraswati, S. S. (1995). <i>Asana, Pranayama, Mudra and Bandha</i>. Munger, India: Bihar School of Yoga.18. Dalai Lama, & Cutler, H. C. (1998). <i>The art of happiness</i>. New York, NY: Riverhead Books.19. Desikachar, T. K. V. (1995). <i>The heart of yoga: Developing a personal practice</i>. Rochester, VT: Inner Traditions International.20. Deutsch, E. (Trans.). (1968). <i>The Bhagavad Gita</i>. New York, NY: Holt, Rinehart, &

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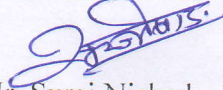
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Winston
21. Dhar, H. L. (2002). Meditation, health, intelligence and performance. <i>APICON Medicine Update</i> , 202, 1376–1379.

 
Course Instructor: Dr. Manju Shukla & Mr. Suraj Nishad

Departmental Academic Committee

External Expert





Dr. Rudra Bhandari

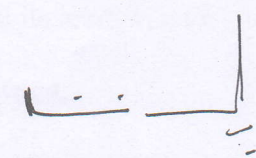
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