



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 Sciences
2.	Course Title	Yoga & Health
3.	L-T-P Structure	0-1-2
4.	Credits / # of period	3/30
5.	Course number (Code)	HS101406HS
6.	Status (Core/Elective)	Core
7.	Pre-requisites (course no./title)	
8.	Frequency of offer	1 st Year (Twice in a year)
9.	Course Objectives (CO): The course aims to	a) promote psychosomatic health through yoga. b) inculcate the yogic knowledge and skills to manage stress and induce mindfulness. c) connect with the Inner Net to realize hidden self-potential.
10.	Unit-I Concept of Health & Yoga 1.1 Concept of Health & wellness: Meaning, Definition and Holistic Health. 1.2 Rules of longevity. Concept and common rules of Hygiene; Cleanliness and its relation with hygiene. 1.3 Concept of Yoga: Misconception, Meaning, Definition, Steps of <i>Ashtanga yoga</i> . 1.4 Yogic Anatomy: Five Sheaths and Tri bodies Unit 2. Overview of AYUSH Systems 2.1 Orientation about AYUSH System: History, development, basic concepts, modes of Acupressure & Acupuncture (concepts of meridians, reflex), Principles of Naturopathy. 2.2 Concept of health, wellness, and illness (Modern and Ancient View- Yoga, Naturopathy and Ayurveda). 2.3 Potential causes of Illness and Concept of Adhi and Vyadhi according to Yoga Vasishta. 2.4 Yogic Therapy- Concept, Factors, Principles, Effects and Scientific Update. Unit 3. Yoga Practical 3.1 Loosening series, Surya Namaskar, Pragna Yogvyam 3.2 Seating Asanas- Meditative Postures, Vajarasana Shashank asana, Ushtra asana, Janushirasana, Paschimotanasana, Simhasana, Gomukhasana and Ardh Matsyendrasana. 3.3 Standing Asanas- Tada asana, Kati Chakra asana, Trikona asana, Vriksha asana, Paad Hast asana, Chandra asana and Natraj asana. 3.4 Lying: a) Supine- Pawanmuktasana, Uttan Paad asana, Sarvangasana, Matsyasana, Halasana, Setu Bandha asana Chakrasana, and Nauka asana; b) Prone- Bhujangasana, Sarp asana, Shalabhasana, Dhanurasana, Shavasana, Balasana, Maker Asana with their benefits and contraindications. Unit 4. Pranayamas, Bandhas, Mudras, Dharana and Dhyam 4.1 Yognindra/Kayotsarg 4.2 Pranayam: Nadishodhan, Anulom Vilom, Surya Bhedan, Bhastrika, Shitali, Sitkari, Ujjyai and Bhramari 4.3 Concentration on the breath- Dirgha Shwas Preksha (long breathing), Samvriti Shwas Preksha, Antar yatra (internal Trip), Chakra Dhyam (perception of psychic Centers) 4.4 Anupreksha (Contemplation)	
11	Text Books:	

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1. Swami Satyanand S (1996) **Asana, Pranayam, Mudra, Bandh**, Bihar School of Yoga Munger.
2. Acharya Mahapragya (2011) **Preksha Meditation**, Jain Vishwa Bharti, Ladnu
3. Dr. Manju Shukla. (2017) **Health, Hygiene & Yoga**, Pratibha Prakashan New Delhi
4. Muktibodhananda, S. (2006). Hatha Yoga Pradipika (3rd ed.). Munger, India: Yoga Publications Trust.
5. Swami Satyananda, S. (1981). A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya.
6. Acharya, S. S. (2010). *Key Principles of Healthy Life*. Haridwar, India: Sri Vedmata Gayatri Trust.

Reference Books:

1. Iyengar, B. K. . (1979). *Light on Yoga: Yoga Dipika*. New York: Schocken Books.
2. Lindlahr, H. (1914). Nature cure
3. Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas
4. Essentials of Pathophysiology: Concepts of Altered Health States Carol Mattson Porth, Lippincott Williams & Wilkins, 2006
5. Frawley, D. & Kozak, S. S. (2006). Yoga for your type. New Delhi, India: New Age Books.
6. Gore, M.M. (2004). Anatomy and physiology of yogic practices. Lonavala, India: Kanchan Prakashan.
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16. Cayleff, S. E. (2016). Nature's Path: A History of Naturopathic Healing in America. John Hopkins University Press.
17. Goyal, B. B. (2013). Secrets of Naturopathy and Yoga (UK ed). Sterling Publishers.
18. Hechtman, L. (2012). Clinical Naturopathic Medicine. Elsevier.
19. Johari, H. (1996). Ayurvedic Massage Traditional Indian Techniques for Balancing Body and Mind. Inner Traditions/Bear.
20. Acharya, SS. Super science of Gayatri. Haridwar, India: Yugantar Chetna Press; 2000.
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24. Bakhru, H. K. (1991). The Complete Handbook of Nature Cure (5th ed.). Jaico Publishing House.
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30. Satyananda, S. (2002). The Four Chapters on Freedom. Munger, India: The Yoga Publication Trust

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

Departmental Academic Committee

External Expert

Dr. Rudra Bhandari

Internal Members

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