

VALUE OF YOGA AND MEDITATION

Marks 60

Credits 3

THEORY (2 CREDITS)

1. Yoga, Meditation: Introduction to Ancient Indian Tradition (10 lectures)
 - Yoga in different ancient texts - Veda, Upanishads, Gita, Patanjali's Yogasutras
 - Conceptions and Misconceptions about yoga
 - Relevance of yoga in modern age
2. Fundamentals of Human Biology, Yoga/Meditation and Holistic Health (15 lectures)
 - Homeostasis & Stress
 - Personal efficiency through yoga
3. Applied Yoga/ Meditation: Different Perspectives (5 Lectures)
 - Patients,
 - Sports-person,
 - Geriatrics,
 - Specially-abled
 - Corporates

PRACTICALS (1 CREDIT)

At least one set of asana to be completed in day 1, day 2 and day 3.

Ideally, fourth day onwards, all four sets should be practiced in sequence:

1st Basic pranayama in Padmasana – kapalbhati, anulombilom.

2nd Marjari-asana, Konasan, Veerbhadrasan, Suryanamaskar, Bhramari, Shabasan, Yognidra meditation.

3rd Padmasan, salvasan, viprit salvasan, bhujangasan, dhanurasan, naukasan, Pawanmuktasana, setubandhasan, natrajasan, Ardha matsyendrasana, yogmudrasan.

4th Nadisodhan, Panchkosha meditation.
