

WEST BENGAL STATE UNIVERSITY

Value of Yoga and Meditation in Life

Value Added Course [2 Credit Theory=30 hours; 1 Credit Practicum=30 hours]

Course Objectives:

- To introduce the basic concept of yoga
- To spread the message of complete well-being i.e. Physical, Mental, Social and Spiritual.
- To bring awareness of the fundamentals of Yoga for wellness in their daily life
- To encourage students towards healthy lifestyle.
- To establish an equilibrium between body-mind-soul.
- To attain a higher level of consciousness with emotional stability and moral values.

MODULE I (Theory)

General Introduction of Yoga

(10 Hours)

- Basic concept of Yoga
- Aim and Objectives of Yoga
- General guidelines for Yogic Practice
- Relevance of Yoga in Modern-age
- Misconceptions about Yoga

MODULE II (Theory)

Streams of Yoga and Benefits of Yoga

(20 Hours)

- Basic concept of Bhakti Yoga, Jnana Yoga, Karma Yoga
- Basic concept of Ashtanga Yoga by Maharshi Patanjali
- Basic Introduction of Hatha Yoga: Asana, Pranayama, Bandh, Mudra, Kriya
- Introduction of Meditation
- Benefits of Yoga (Personality Development, Stress Management and Physical Fitness)

MODULE III (Practicum)

Introduction to Yogic postures and Practices

(30 Hours)

- Suryanamaskar
- Asanas (Standing postures, Sitting postures, Prone postures, Supine postures)
- Pranayama
- Bandh, Mudra and Kriya
- Meditation

Suggested Readings:

- Swami Satyananda Saraswati, Asana Pranayama MudraBandha.
- Rajeev Jain, Mastering Yoga.
- Dr. Jagadeesh Pillai, The Path of Enlightenment: A Journey through Indian Yoga and Meditation.
- Rajesh Bharti, Yoga and Meditation.
- Acharya Jetendra, Yoga and Stress Management.
- Naomi Annand, Yoga: A Manual for Life.
- Sarkar, A., Chatterjee, K., Laskar, R., Value of Yoga and Meditation, U. N. Dhur & Sons (P) Ltd.