

# VALUE OF YOGA AND MEDITATION

(VYMVAC203M) / (VYMVAC103M)

**Marks 50**

**Credits 3**

## **THEORY (2 CREDITS)**

**Marks 40**

1. Yoga, Meditation: Introduction to Ancient Indian Tradition (10 hours)
  - 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 hours)
  - Homeostasis & Stress
  - Personal efficiency through yoga
3. Applied Yoga/ Meditation: Different Perspectives (5 hours)
  - Patients,
  - Sports-person,
  - Geriatrics,
  - Specially-abled
  - Corporates

## **PRACTICALS (1 CREDIT)**

**30 Hours**

**Marks 10**

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:

1<sup>st</sup> Basic *pranayama* in *Padmasana* – *kapalbhati*, *anulomvilom*.

2<sup>nd</sup> *Marjari-asana*, *Vajrasana*, *Konasana*, *Veerbhadrana*, *Suryanamaskar*,  
*Bhramari*, *Shabana*, *Yognidra meditation*.

3<sup>rd</sup> *Padmasana*, *salvasana*, *viprit salvasana*, *bhujangasana*, *dhanurasana*, *naukasana*,  
*Pawanmuktasana*, *setubandhasana*, *natrajasana*, *Ardha matsyendrasana*,  
*yogmudrasana*.

4<sup>th</sup> *Nadisodhan*, *Panchkosha meditation*.

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