



মহাপুরুষ শ্রীমন্ত শঙ্করদেব বিশ্ববিদ্যালয় MAHAPURUSHA SRIMANTA SANKARADEVA VISWAVIDYALAYA

[Recognised Under Section 2(f) of UGC Act, 1956]
Srimanta Sankaradeva Sangha Complex, Haladhar Bhuyan Path,
Kalongpar, Nagaon, PIN-782001, Assam, India

DEPARTMENT OF YOGIC SCIENCE AND NATUROPATHY

SYLLABUS FOR GENERIC ELECTIVE

Course Code: PYS-001

Course Title: Yoga for Holistic Development

Credit: 04

Semester: II

Programme: MA/MSW in any Programme other than Yogic Science and Naturopathy.

Course Objectives:

This course will provide knowledge on basic concepts of Yogic Science and its applications for holistic development.

Teaching Learning Process:

Mixed methods of learning including lecture, practical, group discussion, assignments, presentation etc.

Learning Outcome:

- By completing the course, students from various other disciplines will be familiarized with the concepts of Yogic Science.
- Also, students will understand the importance of Yogic practices for maintaining health, personality development, improving concentration level etc.
- In addition to this, students will understand the effect of different Yogic practices on mind and body.

Course Evaluation:

- i) Semester end examination: 60 marks
- ii) Internal Assessment: 40 marks (Sessional Examinations: 20 marks; Assignment: 05 marks, Presentation & Viva: 10 marks, Attendance: 05 marks)

Course Outline:

Unit I: Introduction to Yoga:

Meaning, Aim, Objectives, scope and utilities of Yoga; Misconceptions about Yoga; Types of Yoga- Karma, Bhakti, Jnana, Hatha; Concept of Yoga in Srimad-bhagvad Gita; Yoga as a Science and relevance in modern age

Unit II: Yoga for health & Well-being:

Definition of Health according to WHO; Yogic view of health; Components of Health- physical, mental, social and spiritual; Concept of diet in yogic texts; Importance of Satvic diet for health; Importance of Yoga for holistic development of Health

Unit III: Yoga for personality development:

Meaning, nature and types of personality; Determinants of personality; Stages of Personality development; Yogic concept of personality; Yogic practices for the development of personality; Yoga for increasing concentration

Unit IV: Yogic practices-I:

Shat-karma and its physiological benefits; Asana- its types and their physiological benefits; Pranayama- its types and their physiological benefits

Unit V: Yogic Practices-II:

Mudra-Bandha – its types and their physiological benefits; Meditation- its psycho- physiological benefits; Life style prescriptions- Moderation in Ahara, Vihara, Achara and Vichara



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Teaching and Learning Plan:

Unit	Unit Name	Content	Workload	Weightage
I	Introduction to Yoga	<ul style="list-style-type: none">Meaning, Aim, Objectives, scope and utilities of Yoga,Misconceptions about Yoga;Types of Yoga- Karma, Bhakti, Jnana, Hatha;Concept of Yoga in Srimad-bhagvad Gita;Yoga as a Science and relevance in modern age	13	12
II	Yoga for health & Well-being	<ul style="list-style-type: none">Definition of Health according to WHO;Yogic view of health;Components of Health- physical, mental, social and spiritual;Concept of diet in yogic texts;Importance of Satvic diet for health;Importance of Yoga for holistic development of Health	12	12
III	Yoga for personality development	<ul style="list-style-type: none">Meaning, nature and types of personality;Determinants of personality; Stages of Personality development;Yogic concept of personality;Yogic practices for the development of personality;Yoga for increasing concentration	15	15
IV	Yogic practices-I	<ul style="list-style-type: none">Shat-karma and its physiological benefits;Asana- its types and their physiological benefits;Pranayama- its types and their physiological benefits	12	10
V	Yogic Practices-II	<ul style="list-style-type: none">Mudra-Bandha – its types and their physiological benefits;Meditation- its psycho- physiological benefits;Life style prescriptions- Moderation in Ahara, Vihara, Achara and Vichara	12	11
Total			64	60

Suggested Readings:

- 1) Kumar, K. (2008). *Super Science of Yoga*, Standard Publishers (India), Delhi
- 2) Feuerstein, G. *The Yoga Tradition*, Motilal Banarshidass, New Delhi
- 3) Feuerstein, G. (2002). *The Yoga Tradition: Its History, Literature, Philosophy and Practice*, Bhavana Books & Prints New Delhi.
- 4) Satyananda Saraswati, Swami (2002). *Asana, Pranayama, Mudra, Bandha*, Yoga Publications Trust, Munger
- 5) Phukan, B. N. *Yog Vijnan Parichay*, Dr. Jogada Phukan, North Lakhimpur
- 6) Sinha, M. (2017). *Yoga for healthy body and mind*, Kishor Offset Press Pvt. Ltd., Kathmandu
- 7) Nagarathna, R., & Nagendra, H. R. (2008). *Integrated Approach of Yoga therapy for positive health*, Swami Vivekananda Yoga Prakashana, Bangaluru
- 8) Gore, M. M. *Anatomy & Physiology of Yogic Practices*, New Age Books, New Delhi
- 9) Telles, S. (2003). *A glimpse of the Human Body*, Swami Vivekananda Yoga Prakashana

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