

## Paper-III (B) Opt (i): YOGA EDUCATION

**Time: 1.30 Hours**

**Max. Marks: 40**

### **NOTE FOR PAPER SETTERS:**

- i) Paper setters will set 5 questions in all, out of which students will be required to attempt 3 questions.
- ii) Q. No. 1 will be compulsory and carries 8 marks. It will be comprised of 2 short-answer type notes of 4 marks each to be selected from the entire syllabus.
- iii) Two long-answer type questions will be set from each of the two units, out of which the students will be required to attempt one question from each unit. Long-answer type questions will carry 16 marks each.

### **OBJECTIVES:**

#### **Pupil-teachers would be able to-**

- (i) Define the philosophy of yoga.
- (ii) Explain the psychology of yoga
- (iii) Describe the socio-moral base of yoga.
- (iv) Explain physiology of Yoga
- (v) Classify yoga, yogic diet and yogic lifestyle.
- (vi) Explain medical aspects of yoga in terms of improving mental health and reducing stress

## **COURSE CONTENTS**

### **UNIT-1**

- 1) Philosophy, Psychology and Kinds of Yoga
  - Philosophy of Yoga, goals of life and yoga, fundamental concepts common to all schools of Indian Philosophy; the Trignna, the concept of Prakrit, Purusha-Vishesha (Ishwar) and their relation with each other; its meaning and kinds of smadhi.
  - Psychology of yoga: Chitta (mind) and the methods of Chitta control; Vritti, Pratyahara, Dharna and Dhyana.
- 2) Physiology of Socio-moral bases Kinds of Dhyana: Sthuula, Jyotiry and sukshama, niramal Chitta and the final Goal.

### **UNIT-II**

- 3) Socio-moral base of yoga: The five YAMAS and the five NIYAMAS, the universal code of socio-moral restraints and personal observances leading to ideal adjustments in social and personal life.
- 4) Classification of Yoga: Raja Yoga (Ashtang Yoga), Hatha-Yoga, Sankhya-Yoga, Bhakti-Yoga and Matra-Yoga.
- 5) Yogic diet & its application in modern context.

**Practicum/Sessionals: (to be evaluated by the Internal Examiner)**

**Max. Marks: 10**

1. Participating in any five asanas of the following: *Shavasana, Sarvangasana, Halasana, Paschimottanasana, Bhujangasana, Shalabhasana, Dhanurashna, Chakrasana, Vajrashna, Gomukhasana, Matsyanana, Janu- shirasana, Ardhmatsyendrasana, Padmasana and Shirasasana.*
2. Participatin in *Neti, Kapalbhathi and Tratak.*
3. Participatin in *Anulom- Vilom, Bhramari, Shitali, Ujjai Pranayamas.*
4. Preparing a workbook (project reports of the selected five asanas, their physiological, psychological and anatomical effects on human body, mind, senses and intellect.)

**SUGGESTED READINGS**

Bawara, B. V. (1993). *Aapki apni Baat*, Haryana: Divine Radiance Publications.

Besant, A. (2005). *An Introduction to Yoga.*, New Delhi: Cosmo

Iyenger, B.K.S. (1996). *Lighter on Yoga.* New Delhi: Harper Collins Publishers India Private Limited

Larson, James, G. & Bhattacharya, R. S. (2007). *Encyclopedia of Indian Philosophies, Vol. XII.Yoga:* Gerald James Larson and Ram Shankar Bhattacharya, New Delhi: Motilal Banarsidass Pub

Lata, P. (1996). *Intelligence, Creativity, Self-concept and Personality characteristics of delinquents and noe-delinquents.* Chandigarh: Panjab University.

Lzmailovich, A. V. (1990). *Sahaj Yoga as a cure for epilepsy, Sochi Physiotherapy Hospital.* U.S.S.R: Department of Curatology

Omand, S. (1960). *Patanjali Yoga Pradeep.* Gorakhpur: Gita Press

Rai, V.C. (1989). *Effect of Sahaj Yoga Meditation on cardiac disorders.* Delhi Medical College: Department of Physiology

Rao, P. V. K. (1995). *Scientific and Psychological significance of Yoga.* Benaras Hindu University: Department of Education

Yadava, Y. P. & Yadav, R. (2003). *Art of Yoga,* New Delhi: Friends

Yogacharya,Omkareshwarananda, S. (2007). *Freedom of body and mind: Yogasanas, Pranayam and Meditation,* New Delhi: Rawat