

ADD ON COURSE

COURSE TITLE : YOGA : PHILOSOPHY AND PRACTICE

DEPARTMENT OF PHILOSOPHY : DHEMAJI COLLEGE



Add On Course

Course Title : Yoga: Philosophy and Practice

Department of Philosophy : Dhemaji College

Proposed Syllabus

Learning Outcomes:

The Learning Outcome of the course:

- Understanding ways to harmonize the body and mind through Yoga.
- Discipline the mind through practicing Yoga.
- Giving an opportunity to understand how to live a healthy life through Yoga.

- I. Full Marks : 100
- II. Credits : 02
- III. Lecture : 01
- IV. Practical/Practice : 01
- V. Eligibility criteria : H.S. Passed.

Unit-I : Yoga : Asana, Pranayama and Dhyana

Marks-25(5 weeks)

- History of Yoga
- Significance of Asana
- Effect of Pranayama
- Importance of Dhyana

Unit-II : Understanding Asana and Pranayama

Marks-25(5 weeks)

- Asana : The basics
- Suryanamaskara - steps
- Pranayama – types and benefits
- Yoga and Mental Health

Unit-III : Yoga and Health

Marks-25(5weeks)

- Concept of Health and Disease in Ayurveda
- Role of Yoga in preventing Health Care
- Yogic diet
- Yogic Principles of Healthy Living - Ahara, Vihara, Achara and Vichara

Unit-IV : Yoga : Practice

Marks-25 (5Weeks)

- Sukshma Vyayama
- Asanas in standing position
- Asanas in sitting position
- Asanas in lying position

Reference Books:

1. *Yoga : Philosophy and Practice* – Shyam Mehta
2. *Indian Philosophy* - C.D. Sharma
3. *Patanjali Yoga Sutras* – Swami Vivekananda
4. *Yoga Philosophy* – Srisa Chandra Vasu
5. *Yoga Education : Philosophy and Practice* – Aruna Goel
6. *Yoga : Philosophy and Practice* – Hari Prasad Shastri
7. *Ashtanga Yoga of Patanjali* – Prashant S. Iyenger
8. *Ayurvedic Concept of Diet and Nutriyion* -Dr. Uttam Kumar Sharma and Dr. Vipin Kumar Arora (Edited).
9. *Ayurveda : Life, Health and Longevity* - Robert Svobede
10. *Asana and Pranayama for Health* – Preeti Tyagi and CB Vasudeva Reddy.

Name of the course co-coordinator – Sri Sailen Borkakati, Assistant Professor
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Signature

(HoD)
Philosophy
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