



**GUJARAT RESEARCH SOCIETY'S
HANSRAJ JIVANDAS COLLEGE OF EDUCATION,
AUTONOMOUS**

SYLLABUS FOR 2-CREDIT COURSE ON

YOGA AND THE INDIAN KNOWLEDGE SYSTEM

Introduction

Yoga is the science of right living and as such is intended to be incorporated in daily life. It works on all aspects of a person, namely physical, mental, emotional, psychic and spiritual. Sri Aurobindo says, (by Yoga) “We mean ... a methodised effort towards self-perfection by the expression of the potentialities latent in the being and a union of the human individual with the universal and transcendent existence we see partially expressed in man and in the cosmos.” Education too is a systematic effort towards self-perfection through the drawing out of the best from one’s self. In this way, Yoga and Education are similar. Teachers are the significant parts of the educational process, who work towards helping the learners attain perfection. In order to achieve this goal, it is necessary for teachers to have a balance between body, mind and spirit. This stability of mind can be acquired through Yoga which can infuse a new spirit in education and help to build the learners’ all round personality.

HJCE strongly believes that education is a creative process and the essentials for creativity are discipline, open-mindedness and clarity of thought. Among other skills that the college imparts to its student-teachers, it realizes the importance of soft skills that Yoga can develop very meaningfully.

Details of the Course

Number of hours: 30

Number of Credits: 02

Marks: 100

Objectives:

- To develop an understanding of Yoga as an integral part of the Indian Knowledge System
- To promote healthy lifestyle among the young adults
- To throw light on the scientific basis of every aspect of Yoga
- To highlight and clarify the myths and misconceptions of Yoga

Course Outcomes:

The learners will be able to -

- Explain the terms and concepts related to yoga and the asanas.
- Classify the asanas based on their usefulness.
- Demonstrate the use of various asanas.
- Prescribe asanas for different ailments and conditions.
- Prepare a scrap book on the different forms of Yoga.

COURSE SYLLABUS

Module 1: Yoga – An Indian Philosophy (15 Hours)

Unit 1 : Introduction to Yoga (Concept, History, Purpose)

Unit 2 : Yoga and Nutrition (concept of yogic diet; how to follow a yogic diet; benefits; yoga and eating behaviour)

Unit 3 : Asanas – (Method, benefits, contra-indications)

- Standing (Tadasana, Tikonasana, Veerabhadrasana, Adho Mukha Svanasana)
- Sitting (Paschimottanasana, Naukasana, Ardha Matsyendrasana, Ushtrasana, Parvatasana)
- Lying on the Back (Chakrasana, Sarvangasana, Kandharasana, Matsyasana, Pavan Muktasana)

Module 2: Understanding the Practice of Yoga (15 Hours)

Unit 4 : Asanas – Lying on Stomach (Bhujangasana, Dhanurasana, Shalbhasana, Supta Udarakarshanasana)

Unit 5 : Suryanamaskar and Chandranamaskar (Method, Benefits and Contraindications)

Unit 6 : Pranayam and Meditation (Concept, Types, Method and Benefits)

ASSESSMENT:

Sr. No.	Particulars	Marks
1.	Multiple Choice Questions - one per Unit @5 marks	30
2.	Scrap Book Making	10
3.	Case Study Analysis	10
TOTAL		50