

CO's

1. Gather information and present the ideas in own words
2. Approach the topic critically and analytically
3. Apply proper methodology
4. Acquire in-depth knowledge and insight on the concerned topic
5. Develop collective thinking through group discussions and interactions
6. Identify the unique aspects of Indian philosophical systems

1. स्वीकृतविषयसंबद्धतथ्यानि विश्लेषयति।
2. सञ्चिततथ्यानि स्ववाक्यैः प्रकटयति।
3. स्वीकृतविषयं विमर्शनबुद्ध्या परिशीलयति।
4. उचितां पद्धतिम् उपयुनक्ति।
5. प्रस्तुतविषये गभीरं ज्ञानमार्जयति।
6. सङ्घकार्यद्वारा विषयज्ञानं संवर्धयति।
7. भारतीयदर्शनपरम्पराणां विशेषताः विजानाति।

प्रथमांशः - उपक्रमः - प्रस्तुतविषयस्वीकरणोद्देश्यम् - विषयस्य व्याप्तिः उपयुक्तताः परिमितयः च- स्वीकृतविषयस्य नूतनत्वं कालिकप्रसक्तिः च।

द्वितीयांशः - स्वीकृता पद्धतिः - विषयपठनाय अवतारणाय च स्वीकृता पद्धतिः (विवरणात्मकम्, तुलनात्मकम्, समीक्षात्मकम्, विश्लेषणात्मकम्) - तस्याः उपयुक्तता - पठने विषयाणां प्रस्तुतिः कथम्।

तृतीयांशः - प्रबन्धरचना - तथ्यशेखरणम् - विश्लेषणम् - चर्चा - पूर्वकृताध्ययनैः तुलनम् - विषयावतरणम् - शक्तिदौर्बल्यानि - निगमनानि - तेषां विशकलनम् - अध्ययननिगमनानां प्रयोगक्षमत्वम् ।

चतुर्थांशः- उपसंहारः - पठनस्य अन्तिमनिगमनानां क्रमीकरणम् - अनुवर्तितपठनावश्यकता।

Module I-Introduction

The back ground-reason for adopting the subject-problem-scope and limitations of the study- uniqueness of the study, relevance

Module II – Methodology

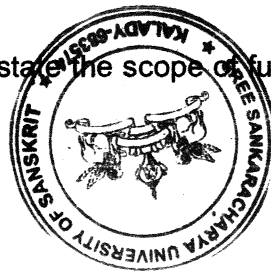
The method adopted in the study (Elucidative, comparative, critical, Analytical, Etc.)-Its appropriateness to cater the aim of the study-how it has been dealt with in the study.

Module III-Preparation of the Report

Data collection-Analysis-Discussion-relate to other published study-Appraisal of the topic- its strength and weakness-findings-interpretations of the findings, implications of the study

Module IV-Conclusion

Summing up the principal findings of the study-state the scope of further study in the light of the findings



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VD-133-Ve YOGA DARSANA AND ITS PRACTICAL APPLICATIONS

No of Credits : 4

No of Contact hours: 90

Aim of the Course:

Introducing the yoga doctrines in relevance to modern perspectives based on ancient yoga literature

Objectives

- 1 To introduce the philosophical aspects of yoga system
- 2 To familiarize the students the modern trends and perspectives of yoga
3. To provide hands on experience in the yogic practices
4. To enhance the physical and mental skills of students and to make them equipped for employment of Yoga Trainer.

Course Outline

Module I :

Origin of yoga-vedic- classical - post classical - modern definitions of yoga-concept of yoga- aims and objectives - yoga and other systems, sankhya and yoga -Vedanta and yoga - Buddhism and yoga - Jainism and yoga - Siddha tradition and yoga-Yoga and ayurveda yoga and Naturopathy.

Module II : -Patanjala yoga sutras -introduction- samadhi pada-sutra 2,6 23, 27, 30

Sadhana pada Sutra 29; Vibhuti pada sutra 4; Kaivalya pada sutra 37 - Hatha Pradipika- Yogalakshanam- Hatha Yoga Lakshanam

Module III : - The four streams of yoga- Bhakti yoga- nature of Bhakti – nine modes of bhakti – Jnana Yoga-viveka-vairagya Sad sampatti- Karmayoga-Rajayoga-s in Bhagavadgita - other systems of Yoga - Tantra Yoga Nada Yoga - Kundalini Yoga - Internal Yoga

Module IV - Sun salutation -~~Asanas~~ -~~Standing posture~~ -~~Sitting posture~~ -~~supine posture~~ -~~prone posture~~ -~~proper breathing~~ -~~Pranayama~~ -~~Mudras~~ -~~Bandhas~~ -~~Meditation~~- aids to meditation.

Core texts

- 1 Yogasutra of Patanjali



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- a. Hathayogapradipika of Atmarama.
- b. Clasical and Modern approaches to yoga, Dr Ganeshkumar. Pratibha prakasan, Delhi 2002

Reference

- 1 The science of yoga I.K Taimini, Theosophical publishing house Adayar 2001
- 2 Yoga for health, K.Chandra Sekher, Vivek Thani, Khel Sahitya Kendra, New Delhi, 2003.
- 3 Encyclopedia of yoga, Ramkumar Rai, Prachya Prakasan, Varanasi
- 4 Asana, Pranayama, Mudra, Bandha, Swami Satyanananda Saraswati, Bilhar School of yoga, 1989
- 5 Eighty four Asanas in yoga; A survey of traditions, Gudram Buhnerann, D. K. Print world, New Delhi.



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