

Course Code: YOGA-VAC-2012
Course Paper: Yoga and Mental Health
Paper Credit: 04 (3T+1P)

Total No. of Lectures: 45L + 15P **Total Marks=100 (T60 + IA20 + P20)**

Objectives:

- 1) To give a basic idea of yoga and its forms to acquaint with our real self.
- 2) To make the students aware of what mind is, and its role to our emotional health.
- 4) To explain the yogic disciplines of knowing self, others and hence learn the skill of regulating oneself and dealing with others.

Learning Outcomes:

At the end of this course:

- 1) The students will be able to have the basic idea of yoga.
- 2) They will further learn the yogic way of realizing and regulating self.
- 3) They will also be able to acquire the skills of dealing with other or things around.

CONTENTS:

Theory

Unit I: Introduction to Yoga.

Origin and development of Yoga
Aim, objective and function of yoga
Meaning, Definitions and Different types of Yoga
Basic and original texts of yoga and their teachings.

Unit 2: Yoga and Mental Health.

Yoga and meditation
Some basic yoga practises
Limbs of Yoga.
Chokras and their role

Practical/ Presentation: Topics to be selected based on course content of the theory.

Suggested Reading:

- 1) Yogasutras (Text)
- 2) Abhedananda, Swami, Yoga Psychology. Ramakrishna Vedanta Math, Calcutta, 1967
- 3) Krishnananda, Swami (e-book), Yoga as a Universal Science
- 4) Sarma, R, Yogasana: A Stepping-stone to Citta-vritti-nirodha, Bedakantha, Jorhat, 2014
- 5) Vivekananda, Swami, Raja Yoga, Advaita Ashrama, Kolkata (e-book)