

Inner Development for Health, happiness and success

Focusing on Ayurveda and Yoga

With changing lifestyles, many are faced with health issues. These health issues not only affect the body but deeply impact the mind as well. They create obstacles to growth both in the professional and personal front. With limited or no understanding of the science of good health, there is nothing much we are able to do to prevent or treat issues. Intuitive frameworks that can help us understand the principles of health can go a long way in managing it better. The Indian tradition has always looked at health from a holistic perspective integrating the body, emotions and cognition. This course will introduce learners to the fundamentals of Ayurveda, integrate it with basic yogic practices and give a glimpse into leading a life of health and happiness.

	Topic	Theory (# Hrs)	Practical (# Hrs)
1	Principles of Ayurveda – Tridoshas and balancing the tridoshas	1	
2	Prakriti Analysis		1
3	Shad Rasas, Food Habits and Personalized consumption of food	1	
4	Ayurvedic Home Remedies and Cooking Principles		1
5	Introduction to Yoga	1	
6	Pavanamuktasana Series		2
7	Yogic Physiology and Anatomy	1	
8	Suryanamaskar		2
9	Yogic Psychology: Antah Karana	1	
10	Ashtanga Yoga Principles	1	
11	Pranayama: Breathing Practices		2
12	Cognitive Biases and the impact of Yoga	1	
13	Yogasana: Postures and Benefits		2
14	Cleansing Practices: Ayurvedic and Yogic Practices		2
15	Practices for Cognition: Focus, Attention and Memory		2
	Total	7	14

Evaluation Components: Pass/Fail course Objective quizzes for testing recall of terminology
Journaling of practices and psychological and behavioral changes to observe growth trajectory

Reference Texts:

- The Anatomy of Hatha Yoga: A Manual for Students Teachers and Practitioners by H. David Coulter
- Raja yoga, Swami Vivekananda
- Yoga and Ayurveda: Self-Healing and Self-Realization 2013 by David Frawley
- The Psychology of Yoga: Integrating Eastern and Western Approaches for Understanding the Mind by Georg Feuerstein

Course Instructor

Adinarayanan is the founder of Anaadi Foundation, a public charitable organization dedicated to self-unfoldment of individuals. He was formerly Assistant Professor, Department of Information Technology and Coordinator of the Department of Cultural Education, Amrita University Coimbatore. He has an MS in Computer Engineering from North Carolina State University and was with the Software Industry before moving into academics. At Amrita University and elsewhere he has reached out to more than ten thousand students through his Computer Science, Mahabharata, Yoga and Cultural Education based courses. He has spent more than 100 days in Mouna Tapasya for the well being of all and as a means of first person research into consciousness. Anaadi Foundation's Himalayan Yatra and Vikasa Leadership Retreat are quite popular among the youth.