

National Resource Centre for Value Education in Engineering, IIT Delhi

Introduction to yogic neuroscience

Course coordinator – Professor Jyoti Kumar

Credit – One credit course

Introduction to yogic literature and a comparative survey of physiological models in yogic literature vs modern scientific models. Discussions on Hatha yoga and Raj yoga. Relationship between nervous system and respiratory systems in modern science and in yogic texts. Causes of stress in yogic texts and modern scientific literature. Relationship between stress and muscles. Role of asana and pranayama in stress reduction. Comparative study of different asana and pranayama techniques. Introduction to scientific tools for neurophysiological studies, EEG, GSR, Pupillometry and HRV. Strengths and limitations of each tool.