Yoga, Cognition and Well-being

Philosophy, Science and Practice
(21 Hour course)

The Yogasutra of Patanjali talks about Yoga as the cessation of all modifications of the mind. It means a certain equanimity is achieved and the body, emotion and cognitive processes are in resonance and harmony. Yogic literature has wonderful insights on the cognitive processes and when understood from a modern cognition perspective, a lot of interesting and contemporarily relevant insights emerge. This course will blend insights from cognitive psychology, neuroscience and yoga to understand the inner processes and fine-tune them for an enhanced experience of life.

Course Objectives:
- Understanding the patterns and conditionings of the mind from Cognition and Yogic perspective
- Exposure to scientific literature on how Yogic practices help to enhance cognitive processes
- Introduction to cognitive principles mentioned in the Yogasutra of Patanjali
- Understanding well-being from a modern cognitive psychology and yogic perspective

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<th>Topic</th>
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| 1 Foundations of Yogic Psychology | • Introduction to Yogic Psychology  
• Introduction to Cognitive Processes  
• Introduction to Yogasutra of Patanjali  
• Practice: Asana Set 1 | 4   |
| 2 Yogic Texts          | • Principles of Yoga as per Yoga darshana  
• Summary of various chapters of Yogasutra of Patanjali | 3   |
| 3 Perception           | • How we perceive reality through the senses  
• Pratyaksha: Perception from a Yogic perspective  
• Practice: Pranayama Set 1 and Interoception | 3   |
| 4 Attention and Focus  | • How we pay attention and grasp things  
• Yogic Attention  
• Practice: Pranayama Set 2 and Interoception | 3   |
| 5 Cognitive Functions: Memory | • Organization of memory processes  
• How Yoga can enhance memory  
• Practice: Dharana | 3   |
| 6 Decision-making and clarity | • The cognitive processes involved in decision-making and cognitive biases  
• The Problem of Stress and how it impacts decision-making  
• Yogic frameworks of emotional and decision-making clarity  
• Practice: Dhyana | 4   |
| 7 Consolidated practices | Yogic practice Routine | 1   |
| **Total**              |                                                                         | 21  |


References:
1. Raja Yoga of Swami Vivekananda
2. Cognitive Psychology, Dawn M. McBride, Sage Publication
3. The Harvard Medical School Guide to Yoga, Marlynn Wei

Evaluation: Pass/Fail course
Attendance, 2 Quizzes and 1 essay

Course Instructors:
Adinarayanan, Founder of Anaadi Foundation has an MS in Computer Engineering from North Carolina State University. He is an Adjunct Professor of Practice at NRCVEE, IIT Delhi. With more than a decade of teaching and research experience at Amrita University, Adinarayanan and his wife Smrithi started Anaadi Foundation in 2015 for inspiring youth and global well-being.

Smrithi Rekha, co-founder of Anaadi Foundation and Dharma Gurukulam, has an MS in Information Systems from State University of New York, Buffalo and Amrita University. She has more than a decade of teaching and research experience at Amrita University and CREATE Labs. In 2015, she was a visiting faculty to the University of L'Aquila, Italy.