

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

	Topic	Details	Hrs
1	Foundations of Yogic Psychology	<ul style="list-style-type: none">• Introduction to Yogic Psychology• Introduction to Cognitive Processes• Introduction to Yogasutra of Patanjali• <i>Practice: Asana Set 1</i>	4
2	Yogic Texts	<ul style="list-style-type: none">• Principles of Yoga as per Yoga darshana• Summary of various chapters of Yogasutra of Patanjali	3
3	Perception	<ul style="list-style-type: none">• How we perceive reality through the senses• Pratyaksha: Perception from a Yogic perspective• <i>Practice: Pranayama Set 1 and Interoception</i>	3
4	Attention and Focus	<ul style="list-style-type: none">• How we pay attention and grasp things• Yogic Attention• <i>Practice: Pranayama Set 2 and Interoception</i>	3
5	Cognitive Functions: Memory	<ul style="list-style-type: none">• Organization of memory processes• How Yoga can enhance memory• <i>Practice: Dharana</i>	3
6	Decision-making and clarity	<ul style="list-style-type: none">• 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• <i>Practice: Dhyana</i>	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.