

Special Module Inner Development 1 Credit – (0.5-0-1)

Creating and Experiencing Well-being through Yoga and Meditation

Yoga is not just a set of postures but a holistic path involving postures, breathing techniques, meditation, introspection, diet and lifestyle. Globally people are recognising the importance of Yoga and meditation in enhancing well-being and quality of life. This course is designed to explore the various dimensions of Yoga including asana, pranayama, dharana and dhyana how it benefits the practitioners. Special focus will be on mental and emotional health through various practices that can help to handle stress, anxiety and be better prepared to handle diverse and complex life situations.

	Topic	Theory (#Hrs)	Practicals (#Hrs)
1	Yogic Frameworks	1	
2	Preparatory Yogic Practices		2
3	Mind Body connection	1	
4	Yogasanas for Flexibility		3
5	Yoga and Emotional Health	1	
6	Pranayama for Emotional Health		2
7	Yoga, Meditation and Brain health	1	
8	Pranayama and Meditation - 1		2
9	Yoga, Meditation and Genetics	1	
10	Pranayama and Meditation - 2		2
11	Yoga , Cellular Health and Immunity	1	
12	Pranayama and Meditation - 3		2
13	Yoga and Cognitive Health	1	
14	Pranayama and Meditation - 4		3
	Total	7	14

Pass/Fail course

Evaluation Components:

Minimum 80% attendance for theory and practical components separately

Objective type quizzes : 7 quizzes for testing recall of concepts and terminology

Journaling of practices : Guided contemplative questions will be given and responses to be recorded

Submission of quizzes and journals will be required for a pass.

References

- *The Harvard Medical School Guide to Yoga*, 2017
- *Asana, Pranayama, Mudra, Bandha*, Yoga Publication Trust
- *The Psychology of Yoga: Integrating Eastern and Western Approaches for Understanding the Mind* by Georg Feuerstein
- Research papers will be provided during the course for reading and discussion during the course