

Value Addition Course (VAC)

Sanskrit - Yoga: Philosophy and Practice

Course Title and Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Prerequisite of the Course
		Lecture	Tutorial	Practical/Practice		
Yoga: Philosophy and Practice	02	1	0	1	Pass in Class 12th	NIL

Course Objectives

- To learn the fundamentals of Yoga for harmonising the body, mind and emotions.
- To demonstrate the value and the practice of holistic living.
- To value the heritage of Yoga for self and society.

Learning Outcomes

- Understanding ways to harmonise the body and mind through Yoga.
- Disciplining the mind through practicing Yoga.
- Understanding of consciousness through practical training.

Syllabus of *Yoga: Philosophy and Practice*

Unit I: *Yoga: Asana, Prāṇāyāma and Dhyana*

- History of Yoga
- Significance of Asana
- Effect of Prāṇāyāma
- Importance of *Dhyana*

Unit II: *Patanjali's Yogasūtra and Chakra*

- Patanjali's Yogasūtra: a summary
- First sutra
- Second sutra
- *Chakras* (psychic centres)