

DISCIPLINE SPECIFIC ELECTIVE COURSE – 11: YOGA PSYCHOLOGY

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical / Practice		
DSE-11 Yoga Psychology	4	3	1	0	Passed Class 12 th	Nil

Learning Objectives

The Learning Objectives of this course are as follows:

- To introduce students to the field of Yoga Psychology and various schools of Yoga.
- To provide basic knowledge of principles and Yogic view of personality.
- To understand the benefits of various Yogic practices for physical and mental well being.

Learning Outcomes

After completing this course, the student will be able to:

- Awareness about the ancient Indian tradition of Yogic knowledge system and its relation to contemporary psychology.
- Exposure to research in Yoga Psychology and its therapeutic benefits.

SYLLABUS OF DSE-11

UNIT 1 (12 Hours)

Introduction

Meaning of Yoga and Psychology, Origin of Yoga: Elements of Yoga in Scriptures, Schools of Yoga Psychology: Raja Yoga, Karma Yoga, Bhakti Yoga, Gyan Yoga and Swara Yoga

UNIT 2 (12 Hours)

Principles and Yogic View of Personality

Principles of Yoga: Koshas, Gunas, and Chakras Systems; Yogic view of personality: personality and the aspects of chakra systems, seven dimensional model of personality.

UNIT 3 (11 Hours)

Ashtang Yoga of Patanjali

Yama (moral codes) Niyama (self-discipline), Asana (posture), Pranayama (breath control), Pratyahara (sense withdrawal), Dharana (concentration), Dhyana (meditation), and Samadhi (oneness with the self)

UNIT 4

(10 Hours)

Research and Applications of Yoga Practices

Physical and Mental Health (Anxiety Issues and Sleep Issues, Focus and Concentration Problems, Anger Management, Coronary Heart Disease)

Tutorial component

(15 Hours)

Suggested Tutorial Activities:

- Debate on the relevance and application of yoga psychology in modern society
- Case studies on famous Yogis
- Presentations on the significance of Yama and Niyama ethical principles in yoga psychology
- Experiential activities exploring the chakra system and its influence on mental and physical well-being
- Reflective journaling exercises on personal experiences with yoga practices and their psychological effects
- Projects where students delve into various yoga schools (Hatha, Bhakti, Karma, Jnana, etc.) citing specific texts like "The Bhagavad Gita" or "Yoga Sutras of Patanjali"
- Book reviews on influential literature such as "The Heart of Yoga" by T.K.V. Desikachar or "Light on Yoga" by B.K.S. Iyengar
- Visit to yoga and meditation centres to understand the underlying processes

Practical component – NIL

Essential/recommended readings

Bhogal, R. S. (2017). *Yoga Psychology and Beyond*. Kaivalyadhama Samiti, Lonavala.

Kumar, K. (2013). *Yoga psychology: A handbook of yogic psychotherapy*. D.K. Printworld.

Paranjpe, A. C. (2021). What is Yoga Psychology and Where Does It Stand in Contemporary Psychology? *Psychology & Developing Societies*, 097133362110388. <https://doi.org/10.1177/09713336211038809>

Mehta, J. M. (2005). *Essence of Maharishi Patanjali's Ashtang Yoga*. Pustak Mahal.

TI, A. M., Omkar, S. N., Sharma, M. K., Choukse, A., & Nagendra, H. R. (2021). Development and validation of Yoga Module for Anger Management in adolescents. *Complementary therapies in medicine*, 61, 102772.

Vivekananda, R. (2005). *Practical yoga psychology*. Bihar: Yoga Publications Trust.

Yoga Ayush Ministry. (n.d.). index. <https://yoga.ayush.gov.in/Yoga-History/>

Suggestive readings

Ajaya, S. (1976). *Yoga psychology: A practical guide to meditation*. Himalayan Institute Press.

- Cramer, H., Lauche, R., Anheyer, D., Pilkington, K., de Manincor, M., Dobos, G., & Ward, L. (2018). Yoga for anxiety: A systematic review and meta-analysis of randomized controlled trials. *Depression and anxiety*, 35(9), 830-843.
- Hartley, L., Dyakova, M., Holmes, J., Clarke, A., Lee, M. S., Ernst, E., & Rees, K. (2014). Yoga for the primary prevention of cardiovascular disease. *Cochrane Database of Systematic Reviews*, (5).
- Levine, M. (2011). *The positive psychology of Buddhism and yoga: Paths to a mature happiness*. Routledge.
- Panjwani, U., Dudani, S., & Wadhwa, M. (2021). Sleep, cognition, and yoga. *International Journal of Yoga*, 14(2), 100.
- PP, S. J., Manik, K. A., & Sudhir, P. K. (2018). Role of yoga in attention, concentration, and memory of medical students. *National Journal of Physiology, Pharmacy and pharmacology*, 8(11), 1526-1526.
- Udupa, K. N. (1985). *Stress and its management by yoga*. Motilal Banarsidass Publ.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.