

## GENERIC ELECTIVE- YOGA AND

### 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		
GE Yoga and Psychology	4	3	1	0	Class XII Passed	Nil

### Learning Objectives

The Learning Objectives of this course are as follows:

- To introduce students to the field of Yoga and 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

Upon completing the course the students will be able to:

- Understand and explain the Yogic view of personality.
- Describe the role of *Gunās*, *Chakras* and *Kosha* in shaping personality.
- Apply of *Ashthang yoga* principles to promote well-being and self awareness.
- Evaluate the benefits of practicing Yoga on physical and mental health.
- Develop an awareness about ancient Indian tradition of Yogic knowledge system and its relation to contemporary psychology through exposure to research in Yoga and Psychology.

### Syllabus

#### UNIT – I

(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 – II Principles and Yogic View of Personality (14 Hours)**

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 – III Ashtang Yoga of Patanjali (11 Hours)**

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 – IV Research and Applications of Yoga Practices (8 Hours)**

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

**Practical component (if any) - NIL**

**Tutorial component (15 Hours)**

**Suggested Tutorial Activities**

- Relevance and application of yoga 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 mediation centres to understand the underlying processes

**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.

Udapa, 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.