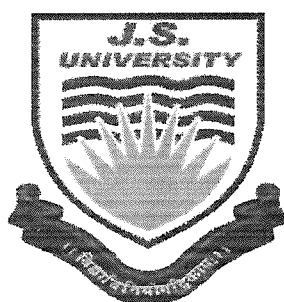



J.S. University, Shikohabad

Established by UP Govt. Act No. 07 of 2015
Recognized by U.G.C. under section 2 (f) of Act-
1956



Value Added Course (Yoga & Meditation)

Faculty of Nursing

	J.S. University, Shikohabad Faculty of Nursing	Value Added Course
		AY: 2021-22

Yoga & Meditation

Learning Outcome:

This Course will provide knowledge of Yoga & Meditation

Duration: 30 Hours. (Theory and Practical)

Perquisites:


Assessment Criteria/ Award of certification:

Participants who secured 90% attendance and secured 80% marks in final quiz shall be awarded the completion of certificate

Course Objectives: -

Maximum Exposure has to be given on Practical Oriented After completion of the course the student shall be able to:-

1. Develop knowledge and understanding of Yoga and Meditation
1. To describe the Yoga and Meditation
3. Demonstrate and practice steps in Yoga and Meditation and appropriate use of different types of Yoga
4. Illustrate various Yoga and Meditation methods and techniques
5. Demonstrate knowledge and skill in Yoga and Meditation
6. Incorporate the principles and guidelines Yoga and Meditation

	J.S. University, Shikohabad	Value Added Course
	Faculty of Nursing	AY: 2021-22

Course Overview:

This course on Yoga & Meditation

Unit	Content	Theory hours	Practical hours
Unit -1	<ul style="list-style-type: none"> ❖ Introduction ❖ Patanjala Yoga Sutra 	3 hours	
Unit-2	<ul style="list-style-type: none"> ❖ Yoga and Cultural Synthesis ❖ Yoga and Cultural Synthesis & Value Education 	4 hours	
Unit-3	<ul style="list-style-type: none"> ❖ Anatomy and Physiology of Yogic Practices ❖ Anatomy and Physiology of Yogic Practices & Yogic Therapy <ul style="list-style-type: none"> ○ Cells ○ Tissues ○ Systems ○ Sense Organs ○ Metabolism 	7 hours	P-2
Unit-4	<ul style="list-style-type: none"> ❖ Yoga and Mental Health 	3 hours	P-1
Unit-5	Practical Training in Yoga : <ul style="list-style-type: none"> ❖ Asanas - Other Practices ❖ PRAYER 	3 hours	P-7

Theory-20 hrs
Practical-10 hrs

Yoga & Meditation

Introduction

Yoga education can supplement school and university education. It can prepare the students physically and mentally for the integration of their physical and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation.

Unit-1

1. Patanjala Yoga Sutra

T=3hrs

- Explanations of all the sutras of Samadhipada and Sadhanapada and first eight sutras of Vibhutipada with the necessary comments based on commentaries.

- Hatha Pradipika of Svamimarama (Pub. by Kaivalyadhama, Lonavla)
- Gheranda Samhita of Gheranda Muni (Pub. by Kaivalyadhama, Lonavla)

Unit-2

2. Yoga and Cultural Synthesis & Value Education T=4hrs

A. Yoga and Cultural Synthesis

- Definition of culture: A brief survey of different cultures, Religion and Culture-Relation between Culture and Yoga.
- The Indian Culture-Vedic Religion-Upanishadic Thought
- Six systems of Indian Philosophy, Schools of Vedanta
- The Mahabharata-The Bhagwad Gita-The Ramayana-Puranas, Tantras Shaivism, Vaishnavism
- Buddhism and Jainism
- Islam-Sufism-Christianity-Avesta and Iranian Religion
- Yoga as the basis of Culture and Humanitarianism.

B. Yoga and Value Education :

- Meaning of Value :
 - The basic understanding of the concept.
 - Classification of Values.
 - Significance of Values in Life..
- Content of Value Education :
 - Spiritual Values
 - Personal Values
 - Social Values
 - National Values
 - Yogic Values
- Methods of Value Education :
 - The topics will be covered with special reference to yoga in general.

Unit-3

3. A. Anatomy and Physiology of Yogic Practices & Yogic Therapy

T=7hrs P=2

B. Anatomy and Physiology of Yogic Practices :

- Cells
 - Structure
 - Organelles
 - Function
- Tissues
 - Definition
 - Types of Tissues - Structure and Function
- Systems
 - Nervous System
 - Cardiovascular System
 - Excretory System

- Circulatory System
- Respiratory System
- Digestive System
- Endocrine System
- Lymphatic System
- Reproductive System
- Skeletal System
- Muscular System
- Sense Organs
 - Specially Eyes and Ears - Structure and Function
- Metabolism

C. Yogic Therapy Through Traditional & Modern Understanding 60 Marks

- Yogic Therapy Through Traditional Understanding
 - Asanas
 - Pranayama
 - Kriyas
 - Bandhas and Mudras
 - Yogic Therapy
- Yogic Therapy Through Modern Understanding
 - General Metabolism and Dietetics
 - Homeostasis
- Methodology : Understanding Diseases of Patients
 - History and
 - Examination

Unit-4

4. Yoga and Mental Health

T=3hrs P=1

Theoretical understanding of yoga and Modern Psychology - Mental Health (its meaning, determinants and applications). The Yogic concept of "Swasthya"- Concept and models of Normality in Yoga and Modern Psychology - Concept of psychosomatic disorders as indicated in Patanjala Yoga Sutras - Modern theories of personality - Indian approach to personality and personality integration - Personal and interpersonal adjustment through yogic methods - Role of Yamas, Niyamas, Asana, Pranayama and Dhyana in attitude change and attitude formation for a total personality integration - Stress Management : Modern and Yogic perspectives - Tackling ill-effects of Frustration, Anxiety and Conflict through modern and Yogic methods - Patanjali's concepts of Samapattis, Dharana, Dhyana, Samadhi and Samyama : a psychological perspective

Unit-5

5. Practical Training in Yoga :

T=3hrs P=7

A. Asanas :

Pranayama

- Anuloma-viloma
- Ujjayi
- Shitali
- Sitkari
- Bhastrika
- Bhramari
- Other Practices
 - Meditation Techniques
 - Suryanamaskar
 - Some physical exercises
 - Kriya Yoga Session-consisting of Pranayama, Mantra, Yoga, Sutra etc.

B. Assignment

- Introduction of two asanas by the students (other than the above mentioned practices) Preparation of the files with details of the practical and Artical writing on ANY ONE topic related to YOGA to be submitted on or before 28th February.

Behaviour

The social behaviour of the student is of great importance. Every student will be assessed for his / her behaviour and it will be reflected in the certificate.

PRAYER has its own importance. Though not compulsory, it is desirable that students participate in it with full understanding.


There will be also workshops on KRIYA YOGA under the DIRECT GUIDANCE of the DIRECTOR, which are COMPULSORY to ATTEND.

References:


1 Patanjali Yoga & Meditation

2. www.wikipedia.com


3. www.google.com


(Name of Faculty)
Course Coordinator

Mr. Abhishek
Yadav


(Name of Faculty)
Dean Academics

Dr. Akhilesh


(Name of Faculty)
Director/Principle/Dean of

Dr. Seema
Yadav