

राष्ट्रीय प्रौद्योगिकी संस्थान रायपुर
NATIONAL INSTITUTE OF TECHNOLOGY RAIPUR

(An Institute of National Importance)

DEPARTMENT OF HUMANITIES & SOCIAL SCIENCES

1.	Department proposing the course	Humanities and Social Sciences
2.	Course Title	Yoga & Health
3.	L-T-P Structure	0-1-2
4.	Credits / # of period	3/30
5.	Course number (Code)	HS101406HS
6.	Status (Core/Elective) ,	Core
7.	Pre-requisites (course no./title)	
8.	Frequency of offer	1 st Year (Twice in a year)
9.	<p>Course Objectives (CO): The course aims to</p> <p>a) promote psychosomatic health through yoga.</p> <p>b) inculcate the yogic knowledge and skills to manage stress and induce mindfulness.</p> <p>c) connect with the Inner Net to realize hidden self-potential.</p>	
10.	<p>Unit-I Concept of Health & Yoga</p> <p>1.1 Concept of Health & wellness: Meaning, Definition and Holistic Health.</p> <p>1.2 Rules of longevity. Concept and common rules of Hygiene; Cleanliness and its relation with hygiene.</p> <p>1.3 Concept of Yoga: Misconception, Meaning, Definition, Steps of <i>Ashtanga yoga</i>.</p> <p>1.4 Yogic Anatomy: Five Sheaths and Tri bodies</p> <p>Unit 2. Overview of AYUSH Systems</p> <p>2.1 Orientation about AYUSH System: History, development, basic concepts, modes of Acupressure & Acupuncture (concepts of meridians, reflex), Principles of Naturopathy.</p> <p>2.2 Concept of health, wellness, and illness (Modern and Ancient View- Yoga, Naturopathy and Ayurveda).</p> <p>2.3 Potential causes of Illness and Concept of Adhi and Vyadhi according to Yoga Vasishtha.</p> <p>2.4 Yogic Therapy- Concept, Factors, Principles, Effects and Scientific Update.</p> <p>Unit 3. Yoga Practical</p> <p>3.1 Loosening series, Surya Namaskar, Pragna Yogvyam</p> <p>3.2 Seating Asanas- Meditative Postures, Vajarasana Shashank asana, Ushtra asana, Janushirasana, Paschimotanasana, Simhasana, Gomukhasana and Ardh Matsyendrasana.</p> <p>3.3 Standing Asanas- Tada asana, Kati Chakra asana, Trikona asana, Vriksha asana, Paad Hast asana, Chandra asana and Natraj asana.</p> <p>3.4 Lying: a) Supine- Pawanmuktasana, Uttan Paad asana, Sarvangasana, Matsyasana, Halasana, Setu Bandha asana Chakrasana, and Nauka asana; b) Prone-Bhujangasana, Sarp asana, Shalabhasana, Dhanurasana, Shavasana, Balasana, Maker Asana with their benefits and contraindications.</p> <p>Unit 4. Pranayamas, Bandhas, Mudras, Dharana and Dhyana</p> <p>4.1 Yognindra/Kayotsarg</p> <p>4.2 Pranayam: Nadishodhan, Anulom Vilom, Surya Bhedan, Bhasrika, Shitali, Sitkari, Ujjyai and Bhramari</p> <p>4.3 Concentration on the breath- Dirgha Shwas Preksha (long breathing), Samvriti Shwas Preksha, Antar yatra (internal Trip), Chakra Dhyana (perception of psychic Centers)</p> <p>4.4 Anupreksha (Contemplation)</p>	
11	<p>Text Books:</p>	



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DEPARTMENT OF HUMANITIES & SOCIAL SCIENCES

1. Swami Satyanand S (1996) **Asana, Pranayam, Mudra, Bandh**, Bihar School of Yoga Munger.
2. Acharya Mahapragya (2011) **Preksha Meditation**. Jain Vishwa Bharti, Ladnu
3. Dr. Manju Shukla. (2017) **Health, Hygiene & Yoga**. Pratibha Prakashan New Delhi
4. Muktibodhananda, S. (2006). Hatha Yoga Pradipika (3rd ed.). Munger, India: Yoga Publications Trust.
5. Swami Satyananda, S. (1981). A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya.
6. Acharya, S. S. (2010). *Key Principles of Healthy Life*. Haridwar, India: Sri Vedmata Gayatri Trust.

Reference Books:

1. Iyengar, B. K. . (1979). *Light on Yoga: Yoga Dipika*. New York: Schocken Books.
2. Lindlahr, H. (1914). Nature cure
3. Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas
4. Essentials of Pathophysiology: Concepts of Altered Health States Carol Mattson Porth. Lippincott Williams & Wilkins, 2006
5. Frawley, D. & Kozak, S. S. (2006). Yoga for your type. New Delhi, India: New Age Books.
6. Gore, M.M. (2004). Anatomy and physiology of yogic practices. Lonavala, India: Kanchan Prakashan.
7. Malshe, P. C. (2012). A Medical Understanding of Yoga (2nd ed.). Haridwar, India: Antar Prakash Centre for Yoga.
8. McCall, T. (2007). Yoga as Medicine: The Yogic Prescription for Health and Healing. New York, NY: Bantam Dell.
9. Selvarasu, K. V. (2003). Kriya Cleansing in yoga. Tamil Nadu, India: Yoga Bharati
10. Simon Borg Olivier and Bianca Machiss; Applied Anatomy and Physiology of Yoga; 3rd edition. 2007.
11. Udupa, K. N. (2007). Stress and its management by yoga. Delhi, India: Motilal Banarasida
12. Rama. S., Ballentine, R. & Ajaya, S. (1976) Yoga Psychotherapy. Pennsylvania: HIP
13. Brown, B. (1977) Stress and the Art of Biofeedback. Toronto: Bantam Age Books
14. Iyengar, B. K. S. (2001). Yoga: The Path to Holistic Health (1st ed.). London, Great Britain: Dorling Kindersley.
15. Payne, L., & Usatine, R. (2002). Yoga Rx: A Step-by-Step Program to Promote Health, Wellness and Healing for Common Ailments (1st ed.). New York, NY: Broadway Books.
16. Cayleff, S. E. (2016). Nature's Path: A History of Naturopathic Healing in America. John Hopkins University Press.
17. Goyal, B. B. (2013). Secrets of Naturopathy and Yoga (UK ed). Sterling Publishers.
18. Hechtman, L. (2012). Clinical Naturopathic Medicine. Elsevier.
19. Johari, H. (1996). Ayurvedic Massage Traditional Indian Techniques for Balancing Body and Mind. Inner Traditions/Bear.
20. Acharya, SS. Super science of Gayatri. Haridwar, India: Yugantar Chetna Press; 2000.
21. Brahmabarehas. Pragma yoga for a healthy and happy life. Haridwar, India: Shri Vedmata Gayatri Trust; 2007.
22. Frawley D, Summerfield, S. Yoga for your Type: An Ayurvedic approach for your asana practice. Twin Lakes, WI: Lotus Press; 2001.
23. Ramdev S. Pranayam Rahasya. Haridwar, India: Divya Prakashan; 2009.
24. Bakhru, H. K. (1991). The Complete Handbook of Nature Cure (5th ed.). Jaico Publishing House.
25. Lindlahr, H. (2010). Nature Cure. Wexford College Press. Mhaske, S. N. (2017). Essentials of

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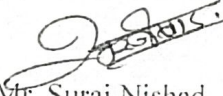

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Nutrition. CBS Publishers. Mitchell, S. (2001). Naturopathy. Random House

27. Ramdev S. Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: Diyya Prakashan: 2006.
28. Sarswati S. S. A systematic course in the ancient tantric techniques of yoga and kriya. Munger, India: Yoga Publication Trust: 2006.
29. Sivnanda, S. (2000). *Bhagavad Gita*. Rishikesh, India: The Divine Life Society.
30. Satyananda, S. (2002). The Four Chapters on Freedom. Munger, India: The Yoga Publication Trust



Course Instructor: Dr. Manju Shukla & Mr. Suraj Nishad

Departmental Academic Committee

External Expert



Dr. Rudra Bhandari

Internal Members



Dr. U.K. Dewangan



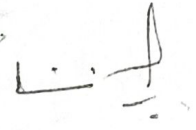
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1.	Department proposing the course	Humanities and Social Sciences
2.	Course Title	Value Education for Consciousness Development
3.	L-T-P Structure	0-0-2
4.	Credits / # of period	01
5.	Course number (Code)	HS101401HS
6.	Status (Core/Elective)	Core
7.	Pre-requisites (course no./title)	
8.	Frequency of offer	1 st Year (Twice in the Year)
9.	Course Objectives (COs) :	<ol style="list-style-type: none"> 1. To help students initiate a process of dialogue within themselves to know what and why they 'really want to be' in their life and profession. 2. To develop the understanding of Self, Family, Relationship, Nature and Coexistence Harmony. 3. To help understand the undivided society and universal system globally. Global well-being. 4. Developing an understanding of the complaint-free relations in the human-human relationships.
10.	Course Syllabus:	<p>Unit1. Coexistence based human centric Value Education</p> <ol style="list-style-type: none"> 1.1. Introduction, Aims of current education and consciousness development value education 1.2. Whole existence as Coexistence-The Four Orders. Realizing Existence as Co-existence at All Levels 1.3. Interrelationship: Right understanding, Relationships and physical facilities 1.4. The Process of Self-exploration <p>Unit2. Understanding the Human being as Co-Existence of Self and Body</p> <ol style="list-style-type: none"> 2.1. Definition of Human being, Human being as Co-existence of I (Self) and the Body 2.2. Jeevan Kriya part-I (Activities of the conscious atom), Who am I? 2.3. Why am I living and what is the right way to live? 2.4. How to achieve human happiness and prosperity? <p>Unit-3. Understanding the Self, Family and Relationships</p> <ol style="list-style-type: none"> 3.1. Expectations in family relationships. Right evaluation 3.2. Understanding harmony in the Family 3.3. Understanding of nine Values in any Relationship, Gratitude for family, society & nature 3.4. Universal human goals <p>Unit-4. Understanding the Universal Human conduct</p> <ol style="list-style-type: none"> 4.1. Causes and solutions of fear, temptation, and conflict in humans. 4.2. How to change from animal consciousness to human consciousness in oneself

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	4.3. Universal Human Conduct 4.4. Universal Truth
11.	Text Books:- 1. Nagraj A., Jeevan Vidya Ek Parichay, Divya Path Sansthan, Amarkantak. English translation. 1998, 2017 2. Nagraj A., Manav Vyvahar Darshan, Divya Path Sansthan, Amarkantak. English translation. 2003, 2015 3. R R Gaur, R Sangal, G P Bagaria. A Foundation Course in Human Values and professional ethics. 2010 4. H. Chawda. Madhyasth Darshan Sah-Astitavwad Adharit Chetna Vikash Mulya Shiksha, Lulu Publication United States. 2019
12.	Reference Books :- 1. Nagraj A., Manav Sanchetnavadi Manovigyan, Divya Path Sansthan, Amarkantak. 2008 2. Nagraj A., Karam Darshan, Divya Path Sansthan, Amarkantak. 2004. 2017 3. Nagraj A., Paribhasha Samhita, Divya Path Sansthan Amarkantak, 2015 All pdf books web sitelink: 1. https://madhyasth-darshan.info/browse-texts/download/#Nagraj 2. https://u.pcloud.link/publink/show?code=kZAEXckZBGWKQdvaNUhqAiLi9qGp0RC0edyV#folder=8193729088&tpl=publicfoldergrid 3. https://u.pcloud.link/publink/show?code=kZzWXckZkDCvrlL3KuuCOvRzUPU0eRT4NDQk#folder=7237891157&tpl=publicfoldergrid 4. https://www.youtube.com/results?search_query=value+education+nit+raipur 5. http://madhyasth-darshan-definitions.blogspot.com/ 6. https://www.youtube.com/channel/UCkg9tlpvZr6-A2RHv15XesQ/videos 7. https://u.pcloud.link/publink/show?code=VZU5C0VZVCSFX0vsBjznWhJqFSRXV4t8XiTX

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