

Paper XII (Option-3)

Yoga Education

Time:3 Hours

Max. Marks:40

NOTE FOR PAPER SETTERS:

- i) Paper setters will set 9 questions in all, out of which students will be required to attempt 5 questions.
- ii) Q. No. 1 will be compulsory and carries 08 marks. There will be 4 short answer type questions of 2 marks each to be selected from the entire syllabus.
- iii) Two long answer type questions will be sent from each of the four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 08 marks each.
- (iv) All questions will carry equal marks.

Course Objectives:

Pupil-teachers would be able to

- Define the philosophy of yoga.
- explain the psychology of yoga
- describe the socio-moral base of yoga.
- explain physiology of Yoga
- classify yoga yogic diet and yogic lifestyle.
- explain medical aspects of yoga in terms of improving mental health and reducing stress

Course Contents

Unit-1

Philosophy, Psychology and Kinds of Yoga

- Philosophy of Yoga, goals of life and yoga, fundamental concepts common to all schools of Indian Philosophy; the Trignna, the concept of Prakrit, Purusha-Vishesha (Ishwar) and their relation with each other; its meaning and kinds of smadhi.
- Psychology of yoga: Chitta (mind) and the methods of Chitta control; Vritti, Pratyahara. Dharna and Dhyana,

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Unit-2

- Physiology of Socio-moral bases Kinds of Dhyana: Sthuula, Jyotiry and sukshama, niraml Chitta and the final Goal..
- Socio-moral base of yoga: The five YAMAS and the five NIYAMAS, the universal code of socio-moral restraints and personal observances leading to ideal adjustments in social and personal life.

Unit-3

- Classification of Yoga: Raja Yoga (Ashtang Yoga), Hatha-Yoga, Sankhya-Yoga, Bhakti Yoga and Mantra-Yoga.
- Yogic diet & its application in modern context.

Unit-4

- Asanas and Pranayama Asanas: Types, Techniques and Benefits. Pranayama: Meaning, Methods, Types and benefits. Surya Namaskar: Techniques and Benefits.
- Famous Yogis: Mahrishi Patanjali, Gorkh Nath, Swami Daya Nand and Arvind Ghosh.

Practicum/Sessionals:

- Preparing a workbook (project reports of the selected five asanas, their physiological, psychological and anatomical effects on human body, mind, senses and intellect.)

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- Larson, James, G. & Bhattacharya, R. S. (2007), Encyclopedia of Indian Philosophies, Vol. XII Yoga: Gerald James Larson and Ram Shankar Bhattacharya, New Delhi: Motilal Banarsidass Pub
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- Omand, S. (1960). Patanjali Yoga Pradeep. Gorakhpur: Gita Press
- Rai, V.C. (1989), Effect of Sahaj Yoga Meditation on cardiac disorders. Delhi Medical College: Department of Physiology
- Rao. P. V. K. (1995). Scientific and Psychological significance of Yoga. Benaras Hindu University: Department of Education
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