

Phil

Syllabus

Add on Course on Yoga and Wellness (Dept of Philosophy and Dept of Education)

Total contact hour 30

A candidate with a minimum qualification of 10+2 or equivalent from a recognized board is eligible to join this course.

Objectives of the Course:

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.

Theories covered by the course

Unit 1

- Astika & Nastika Darsanas
- Common Characteristics of Indian Philosophy
- Details of Yoga Philosophy

Unit 2

- The Ashtangas (Bahiranga & Antaranga)
- Descriptions of all asanas
- Description of different mudras

Unit 3

- Physical Health benefits of Yoga
- Mental health benefits
- Pollution: External and internal
- Yoga as remedy for all kinds of pollution

Practical:

Activities

- **Asana and Mudra Practice**
- **Meditation practice**

Total hours- 16 hours (Theory)+ 14 hours (activity)

Resource persons for Theory

1. Dr Gayatri Devi (GD)
2. Dr Mira Borua (MB)
3. Ms Rosy Deka (RD)
4. Dr Sanchita Bora (SB)
5. Dr Jonali Mudoj (JM)
6. Dr Namita Kalita (NK)
7. Sewali Behenji (SB)
8. Monika Behenji (MB)
9. Lily Handique (LH)

Course content Distribution

- Astika & Nastika Darsanas -2 hours SB& MB
- Details of Yoga Philosophy -2 hours NK
- The Ashtangas (Bahiranga & Antaranga)-1hour LH
- Descriptions of all asanas-2 hours LH
- Description of different mudras-2hour Sewali Behenji
- Physical Health benefits of Yoga-1 hour RD
- Mental health benefits-1 hour RD
- Pollution: External and internal-2 hours JM/ Monica behenji
- Mental Pollution-1 hour GD
- Yoga as remedy for all kinds of pollution-2 hours Monica behenji

Activities covered by Yoga and Wellness course

Asana and Mudra Practice instructed by LH every morning -8 hours.