

RAJAGIRI COLLEGE OF SOCIAL SCIENCES(RCSS)

Value Added Programme

YOGA

Code: SWYM

Credits: 2 (30 Hours)

Course Objectives:

- 1) To gain the knowledge and skills required to seek new opportunities related to Instruction and practice of Yoga and Meditation
- 2) To prepare graduates to practice Yoga at advanced levels of practice.
- 3) To prepare graduates to practice in a variety of practice settings such as clinics, delivery systems, organizations, fitness centers, corporations, outpatient counseling centers, etc.

Unit1 - Teaching Hours: 10

Introduction to yoga

Yoga- meaning, definition, scope, advantages, applications in therapeutic level, Benefits of Yoga, Different Schools of Yoga

Relaxation and Breathing Strategies

Physiological Functions, Cholesterol Connection, Internal Signs of Stress, Mental Control, The Relaxation Response, Decreasing Blood Pressure, The Faith Factor Greater Physical and Mental Well-Being, Power over Physical and Mental Problems Breath Work in Health and Illness

Unit 2 - Teaching Hours: 10

Fundamentals of yoga

Working with the Breath, Moving into Postures, Standing Postures, Floor Postures Routines, Yoga in Community

Unit 3 - Teaching Hours: 10

Introduction to Meditation

Introduction to Meditation, Concentration Meditation, Mindfulness Meditation, Centering Prayer, Physical Benefits, Mind Benefits, Pitfalls in Meditation, The Essentials of Meditation, The Use of Vision and Sound, Altered States

Meditation in practice

Awakening Wholeness and Full Potential, Guidelines for Developing Meditation Skills, Concentration Meditation, Mindfulness Meditation, Reflective Meditation, Creative Meditation, Heart-Centered Meditation, The Practice of Dedication Continued Learning

References:

1. Learn to Meditate: A practical guide to self-discovery and fulfillment. By: David Fontana, Ph.D. San Francisco:Duncan Baird Publishers; 1999. ISBN #: 0811822508
2. The Relaxation Response. By, Herbert Benson. New York:Avon Books.1975 ISBN #: 0380006766
3. Chatterjee, Satischandra; Datta, Dhirendramohan (1984). *An Introduction to Indian Philosophy*, Eighth Reprint Edition, Calcutta: University of Calcutta
4. Jacobsen, Knut A. (Editor); Larson, Gerald James (Editor) (2005). *Theory And Practice of Yoga: Essays in Honour of Gerald James Larson*. Brill Academic Publishers. (Studies in the History of Religions, 110)
5. Meditative Therapy: facilitating inner-directed healing. By: Michael L. Emmons, Ph.D, and Janet Emmons, M.S. Atascadero:Impact Publishers, Inc;2000. ISBN #: 1886230110
6. Simple Meditation and Relaxation. By, Joel Levey and Michelle Levey. Berkely:Conari Press.1999. ISBN #: 1573241512