

Add-on Course

Designed and proposed by,

Department of Philosophy

Sagarđighi Kamada Kinkar Smriti Mahavidyalaya

For

Academic Session- 2021-22

Course Title: *Yoga: Guidance for Life*

Introduction:- This additional course on Yoga aims to provide students with a comprehensive understanding of the principles and practice of Yoga as a transformative tool for holistic well-being. It explores the physical, mental, and spiritual aspects of Yoga, emphasizing its guidance in navigating various aspects of life. Through practical exercises, philosophical insights, and mindfulness practices, students will develop a deep awareness of Yoga's profound impact on health, happiness, and personal growth.

Stream: -Open stream. Any students from any branch can joint this course.

Course fees- Nil

Mode of Teaching: -Bengali

Duration: -30 Hours.

Mode of Class: - Hybrid Mode.

Date and Time: - **3rd March 2022 to 30th April 2022** tentative.

Course objective and Learning outcome: -The possible course objectives and learning outcomes of this add-on course are given below:-

1. Deep Understanding of Yoga Principles: Students will have a comprehensive understanding of the philosophy, principles, and different paths of Yoga. They will gain insights into the holistic approach of Yoga and its significance in leading a balanced and purposeful life.
2. Proficiency in Asanas and Pranayama: Students will develop proficiency in performing various yoga asanas (postures) with correct alignment and technique. They will also learn and practice different pranayama (breathing) techniques to enhance breath control and vitality.
3. Enhanced Mind-Body Connection: Through regular yoga practice, students will cultivate a heightened awareness of the mind-body connection. They will learn to listen to their bodies, recognize sensations, and develop a deeper understanding of how their thoughts and emotions impact their physical well-being.

4. Stress Management and Emotional Well-being: Students will acquire practical tools and techniques for stress reduction, relaxation, and emotional balance. They will be equipped with mindfulness practices and yogic strategies to manage stress, regulate emotions, and cultivate inner peace.

5. Mental Clarity and Focus: The practice of meditation and mindfulness in the course will help students cultivate mental clarity, focus, and concentration. They will learn techniques to calm the mind, improve mental agility, and develop a resilient mindset.

6. Promotion of Physical Health: Students will understand the physical benefits of yoga, such as increased flexibility, strength, and balance. They will learn about yogic practices to address common health concerns, improve posture, and support overall physical well-being.

7. Integration of Yoga into Daily Life: The course will empower students to integrate Yoga principles and practices into their daily lives. They will explore ways to incorporate yoga into their routines, relationships, work-life balance, and self-care practices.

8. Personal Growth and Self-Discovery: Through self-reflection and introspection, students will embark on a journey of personal growth and self-discovery. They will gain insights into their strengths, values, and areas for development, fostering a deeper connection with themselves and others.

9. Cultivation of Inner Harmony and Peace: Drawing upon the teachings of Yoga, students will work towards cultivating inner harmony, resilience, and a sense of peace. They will develop a balanced approach to life challenges, fostering a positive mindset and an overall sense of well-being.

Syllabus:-

Week 1: Introduction to Yoga Philosophy:-

Overview of yoga as a spiritual and philosophical tradition

Exploration of the origins and historical development of yoga philosophy

Week 2: The Yoga Sutras of Patanjali:-

Study of Patanjali's Yoga Sutras as a foundational text in yoga philosophy

Examination of the eight limbs of yoga (Ashtanga) and their practical implications

Week 3: The Bhagavad Gita and Karma Yoga:-

Analysis of the Bhagavad Gita's teachings on action, duty, and selfless service

Understanding the concept of karma yoga and its relevance in modern life

Week 4: The Upanishads and Jnana Yoga:-

Exploration of the Upanishads and their insights into self-realization and the nature of existence

Discussion on Jnana Yoga as the path of knowledge and wisdom

Week 5: The Yoga of Devotion (Bhakti Yoga):-

Introduction to the path of devotion and its significance in yoga philosophy

Study of bhakti practices, including mantra repetition, worship, and surrender

Week 6: The Yoga of Meditation (Dhyana Yoga):-

Introduction to different meditation techniques and their role in yoga practice

Practical guidance on establishing a personal meditation practice

Week 7: Sri Aurobindo's Integral Yoga :-

Evolution of Consciousness

Stages of Yoga

Transformation of Nature and Spiritual Realization.

Week 8: Yoga and the Mind-Body Connection:-

Study of the mind-body relationship according to yoga

Conscious and unconscious Mind

Discussion on the role of asanas (postures) and pranayama (breath control) in achieving mental and physical harmony

Week 9: Yoga and Liberation (Moksha):-

Exploration of the ultimate goal of yoga: liberation or enlightenment

Understanding different paths, including karma yoga, bhakti yoga, jnana yoga, and raja yoga, in attaining liberation

Week 10: Modern Applications of Yoga Philosophy:-

Integration of yoga philosophy into contemporary life and society

Discussion on how yoga principles can enhance overall well-being and personal growth

Tentative schedule:-

SL.NO	TOPIC/UNIT	DATE	TIME	HOUR	MODE OF CLASS	ROOM NUMBER	RESOURCE PERSON
01	Introduction to Yoga Philosophy	3rd March 2022	3.30 -4.30 P.M	1 Hour	Offline	Room no -4	Rajesh Gupta Assistant Professor & H.O.D Dept. of Philosophy S.K.K.S.M
		4th March 2022	3.30 -4.30 P.M	1 Hour	Offline	Room no -4	

02	The Yoga Sutras of Patanjali	5th March 2022	7.00 - 9.00 P.M	2 Hour	Online	Goggle Meet	Dyutikana Bajani Assistant Professor Dept. of Philosophy S.K.K.S.M
		10th March 2022	3.30 -4.30 P.M	1 Hour	Offline	Room no -4	
03	The Bhagavad	11th March 2022	7.00 - 9.00 P.M	2 Hour	Online	Goggle Meet	Ahetasamuddin S.A.C.T Dept. of Philosophy S.K.K.S.M
		12th March 2022	7.00 - 9.00 P.M	2 Hour	Online	Goggle Meet	
		17th March 2022	3.30 -4.30 P.M	1 Hour	Offline	Room no -4	
04	The Upanishads and Jnana Yoga	24th March 2022	3.30 -5.00 P.M	1 Hour	Offline	Room no -4	Rajesh Gupta Assistant Professor & H.O.D Dept. of Philosophy S.K.K.S.M
		25th March 2022	3.30 -5.00 P.M	1 Hour	Offline	Room no -4	
05	The Yoga of Devotion (Bhakti Yoga)	26th March 2022	7.00 - 9.00 P.M	2 Hour	Online	Goggle Meet	Dr.Md.Najibur Rahman S.A.C.T Dept. of Philosophy S.K.K.S.M
		31st March 2022	3.30 -4.30 P.M	1 Hour	Online	Goggle Meet	
06	The Yoga of Meditation (Dhyana Yoga)	1st April 2022	3.30 -4.30 P.M	1 Hour	Offline	Room no -4	Dyutikana Bajani Assistant Professor Dept. of Philosophy S.K.K.S.M
		2nd April 2022	7.00 - 9.00 P.M	2 Hour	Online	Goggle Meet	
07	Sri Aurobindo's Integral Yoga	7th April 2022	3.30 -4.30 P.M	1 Hour	Offline	Room no -4	Ahetasamuddin S.A.C.T Dept. of Philosophy S.K.K.S.M
		9th April 2022	7.00 - 9.00 P.M	2 Hour	Online	Goggle Meet	
08	Yoga and the Mind-Body Connection	16th April 2022	7.00 - 9.00 P.M	2 Hour	Online	Goggle Meet	Saugata Sarkar S.A.C.T Dept. of Education S.K.K.S.M
		21st April 2022	3.30 -4.30 P.M	1 Hour	Offline	Room no -4	
09	Yoga and Liberation (Moksha)	22nd April 2022	3.30 -4.30 P.M	1 Hour	Offline	Room no -4	Dr. Md. Najibur Rahman S.A.C.T Dept. of Philosophy S.K.K.S.M
		23rd April 2022	7.00 - 9.00 P.M	2 Hour	Online	Goggle Meet	
10	Modern Applications of Yoga Philosophy	28th April 2022	3.30 -4.30 P.M	1 Hour	Offline	Room no -4	Rajesh Gupta Assistant Professor & H.O.D Dept. of Philosophy S.K.K.S.M
		29th April 2022	3.30 -4.30 P.M	1 Hour	Offline	Room no -4	
11	Examination	30th April 2022	3.30 -4.30 P.M	1 Hour	Offline	Room no -4	-----

Note: - Schedule May change if required...

After successfully completed the course and ensure the pass marks of examination certificate will be issued.