

Savitribai Phule Pune University
Second Year of Computer Engineering (2015 Course)
210258: Audit Course 2

AC2-IV: Stress Relief: Yoga and Meditation

The concepts and practices of Yoga originated in India about several thousand years ago. Its founders were great Saints and Sages. The great Yogis presented rational interpretation of their experiences of Yoga and brought about a practical and scientifically sound method within every one's reach. Yoga today, is no longer restricted to hermits, saints, and sages; it has entered into our everyday lives and has aroused a worldwide awakening and acceptance in the last few decades. The science of Yoga and its techniques have now been reoriented to suit modern sociological needs and lifestyles.

Yoga is one of the six systems of Vedic philosophy. The Yoga advocates certain restraints and observances, physical discipline, breathe regulations, restraining the sense organs, contemplation, meditation and Samadhi. The practice of Yoga prevents psychosomatic disorders and improves an individual's resistance and ability to endure stressful situations.

Course Objectives:

- To impart knowledge about the basic technique and practice of yoga, including instruction in breath control, meditation, and physical postures
- To gain an intellectual and theoretical understanding of the principles embodied in the Yoga Sutras, the Bhagavad-Gita, and other important texts and doctrines
- Relaxation and stress reduction ,Personal insight and self understanding, Personal empowerment, Gaining wisdom and spiritual discernment
- Awakening the abilities or powers of the Super conscious mind

Course Outcomes:

On completion of the course, learner will be able to–

- Students understanding of philosophy and religion as well as daily life issues will be challenged and enhanced.
- Enhances the immune system.
- Intellectual and philosophical understanding of the theory of yoga and basic related Hindu scriptures will be developed.
- Powers of concentration, focus, and awareness will be heightened.

Course Contents:

1. Meaning and definition of yoga – Scope of Yoga - Aims and Objectives of Yoga – Misconception about yoga.
2. Ayurveda: an introduction to this system of health care derived from the Vedic tradition
Anatomy and Physiology as they relate to Yoga
3. Yoga Philosophy and Psychology

References:

1. B.K.S. Iyengar, –BKS Iyengar Yoga The Path to Holistic Health”, DK publisher, ISBN-13: 978-1409343479
2. Osho, –The Essence of Yoga”, Osho International Foundation, ISBN: 9780918963093