

**INTERDISCIPLINARY CENTRE FOR SWAMI VIVEKANANDA STUDIES,
PANJAB UNIVERSITY, CHANDIGARH**

**Outlines of tests, syllabi and courses of reading for certificate course in
yoga and meditation for the session 2019-20.**

PAPERS	SUBJECTS	Credits	Hours	Marks
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Desired outcomes

1. Creating a healthy and peaceful society by assimilating these practices in daily life.
2. Harmonizing inner and outer self to create integrated personalities
3. Harmonizing self with natural and social environment
4. Giving direction to youth by imparting value based education
5. Preparing students for corporate life.

YT 101: INTRODUCTION TO YOGA AND ITS STREAMS

Topics

- Concept and various definitions of Yoga
- Streams of Yoga a) Jñāna Yoga b) Bhakti Yoga c) Karma Yoga
- Raja Yoga - different forms
- Hatha Yoga - Kriyas, Bandhas and Mudras
- Self-awareness and management
- Health, Disease and its Management
- Yoga Ahara (Yogic food) and nutrition.

YT: 102: LIFE AND MESSAGES OF SPIRITUAL MASTERS

- Life and message of Spiritual Masters - Swami Vivekananda, Sri Ramakrishna Paramahansa and Maharshi Devdutt
- Teachings of Aurobindo, Swami Ram Tirth, Mahatma Gandhi
- concept of Consciousness
- Concept of Mantras/Prayers
- Pañca-Kośa-Viveka (5 layers of Human existence)
- Insights from Sankhya philosophy for yoga

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103: REPORT WRITING & PRESENTATION