



ST. XAVIER'S COLLEGE (AUTONOMOUS)

Re-accredited with 'A+' by NAAC (4th Cycle) | Affiliated to Gujarat University

VALUE ADDED COURSE SYLLABUS

Value Added Course: Yoga and Meditation

Course Title & Code	Credit Distribution of The Course			Eligibility Criteria	Prerequisite(s) of the Course (if any)
	Lecture	Tutorial	Practical / Practice		
Yoga and Meditation	1	0	1	10 + 2 from a recognized board in any stream	Nil

I. Learning Objectives

The objective of this course is:

- LO-1. Provides a comprehensive exploration of yoga, encompassing physical postures, breath control, meditation, and philosophical foundations.
- LO-2. Students will learn how to incorporate these practices into their daily lives to enhance physical health, mental clarity, and overall well-being.

II. Course Outcomes

By the end of this course, students will be able to:

- CO-1. Demonstrate proficiency in various yoga asana (postures) to enhance flexibility, strength, and balance.
- CO-2. Utilize pranayama techniques to regulate and deepen their breath, promoting relaxation and focus.
- CO-3. Apply meditation methods to cultivate mindfulness, reduce stress, and increase emotional resilience.
- CO-4. Explain the fundamental principles of yoga philosophy and its relevance to modern living.
- CO-5. Develop a personalized yoga practice that suits their individual needs and goals.

III. Course Content

UNIT - 1: Foundations of Yoga Practice

1. Define yoga and its historical context.
2. Explain the eight limbs of yoga and their significance.
3. Perform basic warm-up exercises and relaxation techniques.
4. Understand the importance of alignment and safety in yoga postures.

UNIT - 2: Asana Practice and Alignment

1. Demonstrate a variety of foundational yoga asanas with proper alignment.
2. Identify the benefits and contraindications of each asana.
3. Create a sequence of asanas targeting specific areas of the body.
4. Explore modifications and variations to accommodate different skill levels.

UNIT - 3: Pranayama and Breath Control

1. Describe the connection between breath and prana (life force).
2. Practice different pranayama techniques, such as Ujjayi, Nadi Shodhana, and Kapalabhati.
2. Understand the physiological and psychological effects of pranayama.
3. Incorporate pranayama into asana practice to enhance focus and relaxation.

UNIT - 4: Meditation and Yoga Philosophy

1. Define meditation and its role in stress reduction and mental clarity.
2. Explore various meditation techniques, including mindfulness and loving-kindness meditation.
3. Discuss the concepts of Dhyana (meditation) and Samadhi (blissful absorption) from yoga philosophy.
4. Reflect on the ethical principles of yoga, such as Yamas and Niyamas, and their application in daily life.

IV. Essential Readings

YOGA:

1. "Light on Yoga" by B.K.S. Iyengar: A classic guide that covers yoga philosophy, asanas (postures), pranayama (breath control), and meditation. It includes detailed instructions and photographs.
2. "The Key Muscles of Yoga" by Ray Long: This book delves into the anatomy of yoga postures, explaining how different muscles are engaged in each pose. It provides a deeper understanding of alignment and movement.
3. "The Heart of Yoga: Developing a Personal Practice" by T.K.V. Desikachar: T.K.V. Desikachar, son of the renowned yoga teacher Krishnamacharya, offers insights into the philosophy and practical aspects of yoga, emphasizing individualized practices.
4. "The Yoga Bible" by Christina Brown: As mentioned earlier, this comprehensive guide covers a wide range of yoga postures, making it a great resource for both beginners and experienced practitioners.

MEDITATION:

1. "The Miracle of Mindfulness: An Introduction to the Practice of Meditation" by Thich Nhat Hanh: Thich Nhat Hanh introduces mindfulness meditation, emphasizing its simplicity and applicability to daily life.
2. "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle: While not focused solely on meditation, this book explores the concept of being present and offers insights that align with meditation practices.
3. "Mindfulness in Plain English" by Bhante Henepola Gunaratana: A practical guide to mindfulness meditation, providing clear instructions on techniques and addressing common challenges.
4. "Lovingkindness: The Revolutionary Art of Happiness" by Sharon Salzberg: This book introduces loving-kindness meditation, which cultivates compassion and goodwill. It's a valuable addition to meditation practices.
5. "The Tibetan Book of Living and Dying" by Sogyal Rinpoche: This book draws from Tibetan Buddhist teachings and discusses meditation, the nature of life and death, and the importance of cultivating compassion and wisdom.
6. "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life" by Jon Kabat-Zinn: Jon Kabat-Zinn, known for bringing mindfulness into mainstream psychology, explores how mindfulness can be integrated into daily life.