

Add-On Course
Department of Philosophy
Pandaveswar College

Course Name: THE VALUE OF YOGA IN OUR DAILY LIFE

Objective: The main objective of yoga education is to prepare the students physically and mentally for the integration of their physical, mental and spiritual aspects so that the students can become healthier, saner and more integrated members of the society and of the nation.

Course Duration: 30 Hours

Teachers: Faculty of the Department of Philosophy, Pandaveswar College

Recommended Texts:

Patanjali: Yogasutra with Yogasutrabhasya of Vyasa

Curriculum

1) Concept of Yoga

In India, the tradition of Yoga is as ancient as the Vedic period itself and subsequently most of the system of philosophy accepted it as a sure path for the realization of the supreme truth of human life.

2) Meaning of Yoga

The word 'yoga' originates from the Sanskrit verb 'yuj' meaning to add, combine or unite. In yoga it means the union of the soul with the divine.

In different paths of yoga, this unity is represented in other forms, but the goal of all is one – union with the cosmic energy, God.

There seems difference among them based on methods. As per *Hatha Yoga* it is union *Ida* and *pingala*, *kaivalya* in *Rajyoga*, attaining the *darshan* of deity in *Bhakti yoga*, finding *brahma* within in *Gyan yoga*, merging with *Harias Karta* in *karma yoga*, etc. Thus, the word yoga is the attainment of that ultimate goal when the soul meets the divine, just as the river current meets the ocean.

Meaning of "Yoga" According to Patanjali Yogdarsana:

According to maharishi Patanjali discuss about in samadh pada, sutra no. 2:

Yogas- citta-vrtti-nirodhah //2//

‘Yoga is the elimination, annihilation, and suppression of the modification of the mind ‘

Sacredness of pure Citta, which are each other mutual exchange by reality effective tendencies i.e. control of mind (yoga). That is to say that which tendencies of Citta are going out-side, are to be restrained (Nirodha) and those outside tendencies to be removed from worldly objects and to be over-turned doing taking own inner Citta is called Yoga.

Yoga means the restraint of mental modification i.e. the control of thought weaves in the mind (the Citta).

3) A Brief History and Development of yoga:

The practice of yoga is believed to have started with the very dawn of civilization. The Science of yoga has its origin thousands of years ago, long before the first religions or belief systems were born. Historical evidences of the existence of Yoga were seen in the pre-Vedic period (2700 B.C.), and thereafter till Patanjali’s period. The main sources, from which we get the information about Yoga practices and the related literature during this period, are available in Vedas (4), Upanishads (108), Smritis, teachings of Buddhism, Jainism, Panini, Puranas (18) etc.

4) The Fundamentals of Yoga Sadhana:

Yoga works on the level of one’s body, mind, emotion and energy. This has given rise to four broad classifications of Yoga: karma yoga, where we utilize the body; bhakti yoga, where we utilize the emotions; Gyan yoga, where we utilize the mind and intellect; and kriya yoga, where we utilize the energy.

5) Different Kinds of Yoga:

The important different kinds of yoga are as under-

- i) Gyan yoga
- ii) Karma yoga
- iii) Bhakti yoga
- iv) Raja yoga
- v) Purna yoga

6) Benefits of Yoga:

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focusses on bringing harmony between mind and body.

-) It improves flexibility over time, as with most forms of Yoga.
- i) Calms you. Controlling your movements, breathe patterns and gaze all at once increases concentration and helps calm your autonomic nervous system, which controls heart rate, respiration, and blood pressure.
- y) Increases strength and a calmer mind.
-) Reduce stress and anxiety.
- i) Increases focus and creativity.
- ii) Improves well-being.

7) Relevance in modern context:

Modern era is the era of science. Man's life has become very resourceful. We are completely based on external means. The result is that man is satisfied with the pleasure he gets from his senses and never tries to look inside himself. In this way, a situation of imbalance has arisen between the outer world and the inner world due to which stress and outbreaks of various types of diseases are increasing. These diseases are spreading from the family to the global level. The means of nature are being increasingly exploited, which is the cause of many disturbances. Also, increasing use of medicines is making humans physically disabled and weak.

In such a situation, mankind needs a discipline that can take it to the path of peace. In this situation when we look at Yoga, we find that in today's situation it can help human life in various forms. Especially in relieving stress and preventing various disturbances that are happening in nature and environment.

In this way, with the advancement of science, the relevance of Yoga is increasing day by day.

Outcome of the Add- on Course:

The expected outcomes after completion of the course are-

- i) To integrate moral values.
- ii) To possess emotional stability.
- iii) To attain higher level of consciousness.
- iv) To practice mental hygiene.
- v) To enable the students to have good health.
- vi) To attain healthy mind in a healthy body.
- vii) To control and remove the violent nature of human-beings.

CONCLUSION

Yes, it is true that Yoga demands flexibility and strength but it also rewards you with a high level of concentration and overall well - being. Start Yoga for beginners right away to experience the results yourself.

Students' attendance was satisfactory and at the end of course the concerned teachers were satisfied that the current add-on-course was veryuseful for our day-to-day life.

Evaluation method: MCQ / Paper Presentation.

Certificate: After successful completion of the course every candidate will receive a certificate from the concern authority.
