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- 10.Swami Digambarji(1997), Gheranda Samhita, Kaivalyadhama, Lonavala-410403
- 11.H.Kumar Kaul(1994), Aspects of Yoga, B.R.Publishing Corporation, Delhi-110002
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14. S.N.Dasgupta(2002), Yoga as a Philosophy and Religion, Calcutta -711202
- 15.Swami Krishnananda(1973), A short history of religions and philosophic thought in India, The divine life society. Shivanandanagar, Rishikesh-249192
16. Bhat.K.Krishna (2006), The Power of Yoga, Suyoga Publications, Mangalore, Kallenkra Hills, P.O.Karopady - 574279.
- 17.Swami kuvalayananda, Dr. S.L. Vinekear(1963), Yogic Therapy – Published by Kaivalyadhama, Lonavala, Pune-410403
18. Prof.Pattabhi Jois(2010), Yoga mala – Part I, North Point Press, A Division ofFarrar, Straus and Giroux, 18 west 18the street, New York 10011.
- 19.B.K.S.Iyengar(1966), Light on Yoga, Harper Collins publication, 77- 85Fulham Palace road, London W6 8JB.
- 20.B.K.S.Iyengar(1999), Light on Pranayama, Harper Collins, New Delhi-201307
- 21.Swami Dhirendra Brahmachari(1953), Yogasana Vijnana, Dhirendra Yoga Publications, New Delhi-110001
- 22.O.P.Tiwari(1991), Asana, Why & How, Kaivalyadhama, Lonavala-410403
23. Yogeshwar(2004), The Text of Yoga, Yoga Centre, Madras – 600020
24. Prof.D.K.Jain(2006), Human Physiology & Biochemistry, Arya Publications, Naivala, Karol bagh, New Delhi – 110005.

Yogic Science Open Elective Paper for IInd Semester

Title of the Course: Yoga for Personality and Behavioural Development

Learning objectives:

- To understand the personality and human behaviour along with its abnormality.
- To learn about different yogic practices that shape personality and behaviour of an individual.
- To understand the principle of yoga and its influence over an individual's personality and behaviour.

Learning outcome:

- The candidate will be able to understand the various influencing factors of good personality and behaviour.
- Candidate will be able to assess the impact of poor and bad personality upon over all well-being.
- Student will get the knowledge of various yoga practices and their application in grooming a good human being.
- The candidate is expected to inculcate the yogic principles & practices to become a responsible citizen of the country.

I Basics of Personality and Human Behaviour

15 Hours

1. Etymology and definitions of Yoga, Aim, objectives and misconceptions about Yoga, Principles of Yoga.
2. Brief history and development of Yoga, Schools of Yoga.
3. Concept of Human Psyche; Sigmund Freud's Model of Human Psyche; Human Psyche and behaviour.
4. Definition of Behaviour and its Cognitive, Conative and Affective Aspects; Behaviour and Consciousness; States of Consciousness.

II Role of Yoga in Understanding Personality and Behavior

15 Hours

1. Yogic view of personality based on PathanjalaYogasutra - Cittavrtili, Kleshas, Prana, Ashtangayoga.
2. Significance of Yama and Niyama in shaping personality and behavioural well-being.

3. Concept of Triguna with its relation to personality and behavior, Concept of food and Triguna and its role in shaping personality and behaviour.
4. Assessment of psychosomatic distress according to Yoga - Cittabhumika, Cittavikshepa.

III Yogic practices for Development of Personality and Human Behaviour 15 Hours

1. Preparation for Yoga practice – Time, Food, Lifestyle.
2. Role of Yogic practices in attaining personality and behavioural well-being.
3. Practice of Asanas: Svastikasana, Vajrasana, Suptavajrasana, Tadasana I, Trikonasana, Parsvakonasana, Purvottanasana, Pavanamuktasana, Bhujangasana, Viparitakarani + Uttanapada.
4. Practice of Pranayama, Meditation, and Relaxation: Ujjayi, Anuloma-viloma, Bhramari, Soham, Shavasana I & II.

Reference Books:

1. Bhatia, Hans Raj (2005). General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd. 3.
2. Morgan, C. T., King, R.A., Weisz J. R. & Schopler J. (2006). Introduction to Psychology. New Delhi: Tata McGraw Hill Publishing Co. Ltd.
3. Swami Vivekananda. (1982). Raja Yoga. Culcutta: Advaita Ashrama Delhi Entally Road Culcatta 700014.
4. B.K.S. Iyengar. (2006). Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority (6, ed.) New York: Thorsons, 2934 1/2 Beverly Glen Circle Suite 507 Bel Air, CA 90077.
5. Chandradhar Sharma. (2016). A Critical Survey of Indian Philosophy (14 ed.). Delhi: Motilal Banarsidass, Delhi, 110007 New Delhi.
6. Hariharananda Aranya. (2014). Yoga Philosophy of Patanjali with Bhasvati (4 ed.) Kolkatta: Calcutta University Press, Kolkatta, West Bengal 700019.
7. Krishna Bhat, K. (2006). The Power of Yoga (1 ed.). Mangalore: Suyoga Publication, 574279 Mangalore.
8. Swami Adidevananda. (2014). ಪಾತಂಜಲಯೋಗದರ್ಶನ: Patanjali Yoga Darshan (Kannada). Shri Ramkrishna Ashram Mysore, Karnataka 570002.
9. Swami Kunalayananda, & Dr S L Vinekar. (1963). Yogic Therapy Its Basic Principles and Methods. Delhi: Central Health, Govt of India, Nirman Bhavan, New Delhi 110011.
10. Swami Digambaraji. (1998). Hathapradipika (1998 ed.). Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.

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