



ANDHRA UNIVERSITY

TRANS-DISCIPLINARY RESEARCH HUB

YOGA AND CONSCIOUSNESS

Unit I: Introduction of Indian Philosophy:

Nature, Characteristics and Development of Indian Philosophy; Speculations of the Vedas & Upanishads, Atman and Brahman; Central teachings of the Gita. Outlines of Shad darshanas with special reference of Sankhy & Yoga

Unit II: Introduction to Yoga & Consciousness:

Origin, History and Development of Yoga; Etymology, Definitions, Objectives of Yoga; The Upanishads of Hatha Yoga - Introduction to Schools of Yoga: Jnana, Bhakti, Karma, Yoga of Patanjali, Hatha Yoga and its components, Swara Yoga and Mantra Yoga ; Kundalini,yoga and Shatchakra Sadhana; Meditation its meaning, nature and scope; different types of meditations; Therapeutic effects of Meditation.

Definition & Nature of Consciousness; consciousness states; historical development of the field of consciousness studies in the East; classification of consciousness according to eastern philosophies.

Unit III: Basic of Human Biology, Dietetics and Nutrition

Cell, tissues, bones, and muscles;. Anatomy & Physiology of Digestive and Excretory system; Cardiovascular and Respiratory System; Endocrine and Nervous Systems- Anatomy Physiology of Yoga: Nadis, Nadi centres, Granthis, Chakras and their locations in human body; Panch pranas; Panch upa pranas and their locations in human body Basic concepts and components of food and nutrition; Principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals- sources. Vitamins – water soluble and fat soluble -sources, importance, requirements and deficiency. Yogic concept of diet and its relevance in the management of lifestyle. Foods for lifestyle diseases.

Unit IV: Outlines of Indian Psychology & General Psychology

Scope and substance of Indian Psychology; The philosophical and cultural background of Indian psychology; Personality in Indian Psychology
Brief History of modern Psychology; Major Perspectives in Modern Psychology;
Psychology as a Science of Behaviour; Means of mental health; Positive Mental Health; Causes and Consequences of Conflicts and Frustrations; Depressive disorders; Anxiety disorders; Sleep disorders; Alcohol and drug abuse

Unit V: Alternative therapies and Applied Yoga

Yoga & Ayurveda – relation - Fundamentals of Ayurveda; Yoga & Naturopathy: relation- various methods of treatment in Naturopathy; Yoga and Acupressure; relation - Basic knowledge of Acupressure - Electro therapy; Psychotherapy; Yoga in Education; Yoga for Stress Management; Yoga for different professional groups; Yoga for Personality Development



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MODEL QUESTION PAPER

Answer any Five of the following question.

Each quest on carries 20 marks

1. Elucidate the nature, characteristics and development of Indian philosophy?
2. “Bhagavad Gita is itself is a ~~gana~~”- Discuss
3. Mention different types of yoga schools. Explain in detail about the school of Jnana yoga
4. Describe classification of Consciousness states according to Indian Philosophy
5. Explain the mechanism of Digestion with the help of a neat diagram.
6. Write an essay on food groups and their requirement in daily diet.
7. Define Indian Psychology and explain its scope and substance.
8. Discuss about behavior and consciousness?
9. Describe the basic principles of Ayurveda & Yoga.
10. Discuss therapeutic procedure in Electro therapy