

**SH COLLEGE, AUTONOMOUS**  
**Thevara, Kochi**

**Physical Education**

**ASHTANGA YOGA – A RICH INDIAN HERITAGE**  
**15PEDVAC01**

It is a matter of curiosity and surprise that Indology as a discipline developed in the west; but that was an effort of the aliens to understand and absorb India and its rich heritage, especially based on the resources available in classical Sanskrit.

But even today, while Indians live happily unaware of their own richness, the study is still the monopoly of scholars from the west. This short add-on course is an attempt to introduce Indian heritage, with specific reference to Yoga, to the student community.

1. The student is aware of Indian Philosophy and its six systems
2. The student is familiar with Yoga as a way of enriching life
3. The student can recall the principles of life enshrined in Yama and Niyama
4. The student is introduced to the conventional sets of *asanas* and *pranyamas*

Module 1: Indology and introduction to scientific approach to learning about Indian heritage and richness. Six Systems of Indian Philosophy


Module 2: Yoga as a great Indian heritage – introduction to Ashtanga Yoga

Module 3: Yoga – the spread of the system and practice in various contexts

Trends in Yoga practice today – Modern Proponents of Yoga. TM, World Religions and Yoga; Art of Living; Yoga Therapy

Module 4: Promotion by the Government of India, International Bodies and Yoga; Training in Yoga – various institutions and levels of training: career prospects in Yoga.

  
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