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| **Course Code** | **Course Title** | | | | | | | |
| **2USHY02** | **Science of living and Preksha Meditation** | | | | | | | |
|  | **TH** | | | **P** | | **TUT** | | **Total** |
| **Teaching Scheme(Hrs.)** | **02** | | | **-** | | **--** | | **02** |
| **Credits Assigned** | **02** | | | **--** | | **--** | | **02** |
| **Examination Scheme** | **Marks** | | | | | | | |
| **CA** | | **ESE** | **TW** | **O** | **P** | **P&O** | **Total** |
| **ISE** | **IA** |
| **30** | **20** | **--** | **--** | **--** | **--** | **--** | **50** |

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| **Description of the course:**  'To see' is the literal and simple translation of the term 'Preksha' (Preksha is derived from the Sanskrit word 'Pra+Iksha' which means to observe carefully), Preksha meditation is to observe our inner activities.  **Course Objectives:**   * Yoga for happy living is a concept where in one looks out for total health. Yogic concept of health is also based on the same holistic (happy living) approach. * Yoga means integration, to join with each other, to become whole, total and complete at all level- Physical, mental, emotional and spiritual. * At physical level, Yoga improves the functions of all the systems in the body and obtains desirable integration amongst them. * Yoga also improves the co-relation and co-operation within various aspects i.e. conscious, semi-conscious and unconscious states, of the mind and makes the mind to function as one whole well integrated unit. * Spiritually, Yoga enables the individual soul to merge into the universal soul i.e. attain “Kaivalya”. * On the physical level, Yoga betters the synthesis of the body, mind, living force, which in turn, improves the total personality by bestowing it holistic health.   **Course Outcomes:**  CO1: Balance between activity and rest; relaxation. Mental vigilance; harmony in thought and deed.  CO2: Development of will-power and strength of determination. Purity of mind, genuine experience to environment.  CO3**:** Change of behavioral pattern; increase of tolerance and humility. Peace of mind.  CO4: Co-ordination between the conflicting social interests. Acquisition of extra-sensory perception.  CO5: Freedom from addiction to dangerous drugs etc. Prevention and cure of psychosomatic diseases.  CO6: Development of personal magnetism. Effortless concentration; freedom from nervous and emotional tension | | | | | |
| **Module No.** | **Unit No.** | | **Details** | **Hrs.** | **Outcome** |
| **1.0** | **1.1** | | **Objectives Practices**    Value Education Yoga Exercises  Non -Violence & Peace Perception Of Breathing  Development Of Integrated Relaxation  Personality Perception O | **04** | **CO1** |
| **1.2** | | Development Of Emotional Intelligence Perception Of  Psychic Centres  Improvement In Performance Perception Of  Psychic Colours  Stress Management Auto Suggestion & Contemplation | **04** | **CO1** |
| **2.0** | **2.1** | | Total Relaxations (कायोत्सर्ग)  Internal Trip (अंतर्यात्रा)  Perception of Breathing-Perception of Alternate Breathing (श्वासप्रेक्षा)  Perception of Body (शरीरप्रेक्षा)  The Perception of Psychic Centers (चैतन्यकेंद्रप्रेक्षा) | **04** | **CO2** |
| **2.2** | | Perception of Psychic Colors (लेश्याध्यान)  Auto-suggestion (भावना)  Contemplation (अनुप्रेक्षा)  सहायक अंग – 4  Mahaprana Dhavani, Mudra, Yogasan, Pranayam (ध्वनी, मुद्रा, योगासन, प्राणायाम)  विशिष्ट अंग - 3 – i) वर्तमान क्षण की प्रेक्षा ii) विचार प्रेक्षा iii) अनिमेष प्रेक्षा. | **04** | **CO2** |
| **3.0** | **3.1** | | Types of Asanas  Importance of Asanas | **02** | **CO3** |
| **3.2** | | Rules, Classification and Techniques of Asanas  Benefits and Limitation of Asanas | **04** | **CO4** |
| **4.0** | **4.1** | | Instructions, Technique of Pranayam  Benefits and Limitation of Pranayam  Bandhas **(**Internal energy locks)  Kriyas(The Purificatory Process) | **04** | **CO5** |
|  | **4.2** | | Introduction to Mudra,  Technique, Benefits, Limitations of Mudra  Yogic Exercises And The Cure Diseases | **04** | **CO6** |
| **Note:** Each module includes class activities and home assignment. | | | | | |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | **Components\Mapped Course Outcome** | **CO1** | **CO2** | **CO3** | **CO4 CO5 CO6** | | Practice of Preksha Meditation | ✓ | ✓ | ✓ | ✓ ✓ ✓ | | In-class Activity/Engagement | ✓ | ✓ | ✓ | ✓ ✓ ✓ | | Weekly Test (Theory) | ✓ | ✓ | ✓ |  | | Assignment |  | ✓ |  | ✓ | | | | | | |
| **Total Hrs.** | | | | **30** | **--** |
| **Course co-coordinator/s**   1. Dr. S. P. Jain   Mobile No.: 9414448290  Email id: [director.jaincentre@somaiya.edu](mailto:director.jaincentre@somaiya.edu)  2. Ms. Reshma Kamble  Mobile No. 8108639510  Email id: [reshma.k@somaiya.edu](mailto:reshma.k@somaiya.edu)  3. Ms. Varsha Shah  Mobile no. 9757124282  Email id: varsha.shah@somaiya.edu | | | | | |
| **Tasks for internal assessment** | | | | | |
| **Task 1** | | **Practical of Asan and meditation** | | | |
| **Task 2** | | **Assignments** | | | |
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**Recommended Books:**

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| **Sr. No.** | **Name/s of Author/s** | **Title of Book** | **Name of Publisher with country** | **Edition and year of Publications** |
| 1. | Jethalal S Zaver | Preksha Dhyana Human Body | Jain Vishvabharati Prakashan, Ladnun – Rajasthan | 1982 |
| 2. | Yogasasangrah | Shri Gurudas | Somaiya Publications, Mumbai | 2017 |
| 3. | Dr. Prakash Soni and Dr. Rashmi Soni | Yoga Mudra Vigyan | Vishvaguru Prakashan, Mumbai. | 2013 |
| 4. | Hemachandracharya | Yogashastram, Vol. 1-3 | Motolal Banarsidas, Delhi. | 1986 |
| 5. | Mahapragya Acharya | Preksha Dhyan Siddhant Aur Prayog | Jain Vishvabharati Prakashan, Ladnun – Rajasthan | 2003 |