



Department of Philosophy

Morigaon College, Morigaon

Estd:1964

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Certificate Course: "Life Skill and Yoga"

Syllabus

Theory

1. Meaning, value and aim of human life
2. Moral personhood, Personality and Character building
3. Health: Mental and Physical (mind body interaction)
4. Malaise of Life: Depression, frustration, anxiety, un-satisfactions and tendency to divorce, suicide etc.
5. Positive attitude on life:
 - Balanced lifestyle and sense of sociability
 - Concept of well-being: Views of Buddha, Bhagvad Gita, Aristotle and Kant
 - Well-being in professional life (Ikigai)
 - Yoga Philosophy

Practical

1. Practical of Yoga (Asana, Pranayama etc.)
2. Practice of Buddhist AstangikaMarga in day-to-day life
3. Counseling and mentoring skill

Objectives

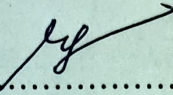
1. To enable the student to have good health
2. To practice mental hygiene
3. To possess emotional stability
4. To integrate moral values
5. Study of the course provides maintaining and promoting the Indian Yoga tradition and develops personality and character of the students

Recommended Books

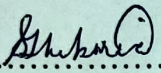
1. *Yoga Education*- Dr. Tarak Nath Pramanik
2. *Fundamentals of Yoga Education*- Dr. Siva Sankar Sundaram
3. *Life Skills Education*- Gaurav Mahajan

Syllabus Preparation Committee


1. Dr. Nilamani Phukan, HOD & Associate Prof., Dept. of Philosophy, Morigaon College

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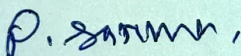
2. Dr. Sanjib H. Thakuria, & Associate Prof., Dept. of Philosophy, Morigaon College

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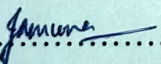
3. Dr. Bappa Ranjan Das, Associate Prof., Nagaon College (Autonomous), Expert in Yoga

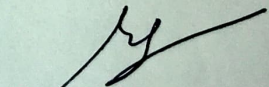
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4. Mrs. Puja Sarma, Expert in Yoga

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5. Smt. Jamuna Bordoloi, Asst. Prof., Dept. of Philosophy, Morigaon College

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(Dr. Nilamani Phukan)

HOD, Department of Philosophy

Morigaon College, Morigaon

H.O.D.
Dept. of Philosophy
Morigaon (College)

Date: