

Course Name: Health and Yoga PsychologyProgram in which it is offered: **B.Sc.(H) in Applied Psychology**

Course Category: Elective		Schedule of Offering: Semester- 6	
Course Credit Structure: 6		Course Code: XXX	
Total Number of Hours: 4		Contact hours per week:4	
Lecture: 4	Tutorial:	Practical/Practicum:2	
Last Revision Year:	NA	Instructor: TBD	

Course Introduction

The course titled, 'Health and Yoga Psychology' is designed to introduce students to the principles, concepts and theories in Health psychology. The Indian system of yoga and well-being is introduced to the students. In the current times, yoga and meditation are integrated with health psychology in practice in many parts of the world. The course attempts to set the foundation for such an integration of yoga and health – in principle and practices. The chapters introduce the student to the models of health psychology. The theory of yoga psychology from Samkhya perspective is introduced to the students. Hatha-yoga and Raja yoga are introduced with their practice components. The course is designed to help both self –growth and employability of the students. Understanding the theory and practices of health and yoga psychology will help students professionally and in their future education.

Course Objectives

1. To introduce to the students with principles and concepts of health psychology.
2. To enable students to the understanding of health and quality of life through various models including the bio-psycho-social approach.
3. To facilitate the understanding of the concepts and theorizations of stress, lifestyles and coping and well-being in terms of biological, psychological and social outcomes.
4. To introduce students to the theoretical base of yoga psychology, emphasizing on physical, cognitive and socio-emotional health outcomes as evidenced through research.
5. To embody the practices of yoga and meditation and analyse the same through first, second and third person assessments.

Course Outcomes

At course completion, students will be able to:

1. Grasp and apply the principles and concepts of health psychology for understanding illness and well-being.

2. Analyze the different models of health, the concepts of health promotion, including stress and coping, lifestyles, lifestyle disorders and their linkage to health and well-being.
3. Obtain insight into the concepts of yoga psychology as an indigenous Indian system of health and well-being.
4. Initiate a practice of yoga and meditation to assess the immediate and short term impact through first person and second person approaches.
5. Connect the concepts learnt with other specializations of psychological practice such as health psychology, clinical and Counseling psychology, social psychology and positive psychology.

PO-CO Mapping

CO/PO Mapping	CO1	CO2	CO3	CO4	CO5
PO1 - To enhance the knowledge base of students in the subject of psychology and allied areas.	X				
PO2- To develop the scientific inquiry and critical thinking skills of students.	X	X	X		
PO3- To equip students to grow as an ethically and socially responsible professional in the area of psychology.		X	X	X	
PO4- To develop the professional communication skills of students require them to practice psychology.		X	X	X	X
PO5- To provide meaningful professional direction and develop life-management skills to students to enable them to lead a productive professional and personal life.			X	X	X
PO6- To bring in, integrate, and strengthen the cultural rootedness and appropriateness of psychological knowledge and practice with a global outlook.	X	X	X	X	X

Teaching Method

The Course will be taught based Kolbs Learning Style approach. The components are:

1. **Experience** – Students will be exposed to the ideas and principles of health, well-being and yoga psychology through TEDX/ other videos.
2. **Reflection:** Reflections and internalization would be done through group activities , brainstorming sessions and critical thinking group assignments.
3. **Concepts:** Conceptual frameworks will be introduced and internalized through lectures, paper and report review assignments.
4. **Active Experimentation** – Mini student projects and personal practice will be given for different aspects of health and yoga. These will also be through various webinars, TED X video reviews and writing assignments.

Module Sessions

Module 1: What is it to be healthy? Understanding Health through lifespan (12 lecture Hours + 6 Practicum Hours)

- Health, Illness and Well-being; Definitions, Different models of health and well-being; Biomedical, pathogen, psychological understanding of health; health as embedded in social networks and context. Key challenges: Conceptualizing body-mind complex and the social and spiritual aspects of health.
- Stress, definitions, Hans Selye’s Model, impact on the physiological and psycho-social system, Coping and adaptation. Recognizing signs of stress and coping styles. Stress and mental health
- The bio-psycho-social approach to health; What do we mean by a lifestyle; healthy and health compromising lifestyles - eating, exercise behaviors, sleep, family and social relationships
- What do we mean by well-being? – Definitions, models of well-being. Indian concepts of well-being.

Reading:

- Taylor, Shelley E. (2009) *Health Psychology*. 6th Edition. New Delhi. Tata-McGraw Hill

Activities:

Assignment 1 (Group) : List and describe the various concepts of health and well-being in the Indian knowledge traditions. **And**

Assignment 2(Individual): Write three lifestyle reports in a prescribed anonymised template, of which one lifestyle report is yours and two others are from your family and network. The report should include current health issues, eating, sleeping, exercise behaviours and social and family relationships. Analyze the three reports and identify healthy and health compromising lifestyles.

Module 2: Introduction to yoga psychology (12 lecture hours+ 6 Practical/Practicum hours)

- Yoga- Samkhya systems; key concepts –Prakriti, purusha, sharira, buddhi, manas. Assumptions of the yoga samkhya world-view
- Schools of yoga in contemporary times; Rajayoga, Hatha yoga, Krishnamacharya and Shivananda traditions, AoL, Bihar School of yoga, Kaivalyadhama, Iyengar yoga. Variations in focus and practice
- Overview of contemporary research in Yoga, impact of yoga in understanding health outcomes.

Reading:

- Feuerstein, G. (2002). *The yoga tradition: Its history, literature, philosophy and practice*. Delhi, India: Bhavana Books and Prints.
- Jacobsen, K. A., Larson, G. J. (2005). *Theory and practice of yoga: Essays in honour of Gerald James Larson*. Leiden, Holland: Brill.
- Rao, K., Paranjpe, A., & Dalal, A. (Eds.). (2008). *Handbook of Indian Psychology*. Foundation Books. doi:10.1017/UPO9788175968448

Activity:

Assignment 2(Individual): Review 3 videos/3-4 written documents and describe three contemporary schools of yoga and their specific focus. Identify the school of yoga that most connects with you.

Module 3 : Hatha-yoga : Basic concepts and practices (12 lecture hours+ 6 practicum hours)

- Hatha –yoga tradition, history and key concepts: Prana, pratyahar, asana, dharana, dhyana, nadi and chakra system
- Some key Asanas and their impact on the physiological, endocrine and immunological functions –what do the traditional texts say? Gaps in research.
- Surya Namaskara- Physiological, psychological impact- what does contemporary research say?
- The metaphysical aspects of hatha-Yoga - Asana and surya-namaskra through first person subjective approach; the embodied cognition approach.

Readings:

- Shivananda, R. (1988 Edition). *Hathayoga: The hidden language*. Delhi, India: Jaico Publishing House.
- Rama, S., Ballentine, R., & Ajeya, S. (1986). *Yoga and psychotherapy: An evolution of consciousness*. Honesdale, PA: Himalyan Institute Press.
- Swatmarama Y(1933) *Hatha Yoga Pradipika* Madras. Theosophical Society. Adyar.

- Vasu, R. B. S. C. (Trans.). (2007). *Gheranda Samhita* (1 edition). New Delhi: Munshirm Manoharlal Pub Pvt Ltd.

Activity:

Assignment 3(Group): Describe and analyse a set of asanas, pranayama and dhyana practices associated with select mental states.

Module 4 : Introduction to Raja yoga (12 lecture hours+ 6 Practicum hours)

- Introduction to Patanjali's yoga sutra, organization of the text; key commentators.
- Key concepts in Patanjali's yoga sutra; chitta, vritti, abhyasa, vairagya, viveka, nirodha, sadhana, Samadhi, types of samadhi
- Ashtanga - Yoga – Yama, niyama, asana, pranyama, pratyahara, dharana, dhyana, Samadhi.
- Evidence from research studies on the efficacy of yoga and meditation on psychological variables; Integrative health models.

Readings:

- Veda Bharati, Swami. (2001). *Yoga Sutras of Patanjali: With the Exposition of Vyasa (Vol.1: Samadhi Pada)*. Rishikesh: Ahym sin Publishers.
- Veda Bharati, Swami. (2001). *Yoga Sutras of Patanjali: With the Exposition of Vyasa (Vol. 2: Sadhana Pada)*. New Delhi, India: Motilal Banarsidass Publishers.
- Vivekananda, Swami (2015) *Raja-yoga: Conquering the Inner Nature*. Mayavati, India. Advaita Ashrama. 45th Reprint.
- Walsh, R., & Vaughan, F. (Eds.) (1993). *Paths beyond ego: The transpersonal vision*. Los Angeles: Tarcher/Perigee.
- Walsh, R., Shapiro, S.L. (2006) *The meeting of Meditative Disciplines and Western Psychology: A mutually Enriching Dialogue*. American Psychologist. Vol.46, 3, 227-239.

Activity:

Assignment 4 (Individual); Set and observe a personal yoga and meditation plan for 15 days and maintain a reflection diary through a prescribed template. Audio record/Write your observations and share with your teachers to get both process and outcome feedback..

Module 5: Lifestyles, Health and Yoga (12 lecture +6 Practicum hours)

- Lifestyle disorders and the mind-body relationship; CHD, Diabetes, Asthma, Hypertension
- Food, diets and health; under-nutrition, poverty and eating disorders, obesity; self-regulation, regularity of a balanced diet. Diets and lifestyle disorders.

- Sleep and health, sleep hygiene and routines, sleep and mental health, shavasana, yoga nidra and relaxation. Research evidence on yoga nidra and psychological health outcomes.
- Exercise: differential effects of exercise and yoga, research evidence on sedentary lifestyle, exercise behaviours and active lifestyles on health outcomes.

Readings:

- Taylor, Shelley E. (2009) *Health Psychology*. 6th Edition. New Delhi. Tata-McGraw Hill
- Broome, Annabel; Lielleywyn Sue (Eds.) (1995) *Health Psychology: Process and Application*(2nd Edition) London. Chapman and Hall
- French, David; Vedhara, Kavita; Kaptein, AA; Weinman, John.(Eds.) (2010) *Health Psychology*(2nd Edition) Sussex UK. BPS Blackwell.

Activity:

Assignment 5(Individual/group): Create 5 diet charts for different stages of lifespan and also suggest exercise and relaxation plans for five different stages in life span. **And/Or**

Assignment 6(Individual);Create healthy lifestyle plans for any two of the lifestyle disorders using either known persons or dummy case histories, incorporating lessons from health psychology and yoga.

Text Books

1. Taylor, Shelley E. (2009) *Health Psychology*. 6th Edition. New Delhi. Tata-McGraw Hill
2. Broome, Annabel; Lielleywyn Sue (Eds.) (1995) *Health Psychology: Process and Application*(2nd Edition) London. Chapman and Hall
3. French, David; Vedhara, Kavita; Kaptein, AA; Weinman, John.(Eds.) (2010) *Health Psychology*(2nd Edition) Sussex UK. BPS Blackwell.

Reference Books and E-Sources

1. Baum, Andrew; Ravenson, Tracy A; Singer, Jerome(Eds.) (2012) *Handbook of Health Psychology* (2nd Edition) New York. Taylor and Francis
2. Bartlett, D. (1998). *Stress: Perspectives and Processes*. Buckingham UK: Open University Press.
3. Feuerstein, G. (2002). *The yoga tradition: Its history, literature, philosophy and practice*. Delhi, India: Bhavana Books and Prints.
4. Rama, S., Ballentine, R., & Ajeya, S. (1986). *Yoga and psychotherapy: An evolution of consciousness*. Honnesdale, PA: Himalyan Institute Press Walsh, R., & Vaughan, F. (Eds.) (1993). *Paths beyond ego: The transpersonal vision*. Los Angeles: Tarcher/Perigee.
5. Walsh,R., Shapiro, S.L. (2006) *The meeting of Meditative Disciplines and Western Psychology: A mutually Enriching Dialogue*. *American Psychologist*. Vol.46, 3, 227-239.