

(012-A&H-07-01) HOLISTIC YOGA AND CONSCIOUSNESS CULTIVATION

Significance of the Program:

In an era dominated by intelligence but lacking intellect, this program addresses the urgent need to rebuild human intellect. By harmonizing tradition, technology, and pedagogy, graduates gain the tools to alleviate stress, combat depression, and contribute to a world plagued by social issues. This diploma empowers individuals to rise above crises, fostering a resurgence of intellect for the betterment of the human species.

Career Options:

Upon completion of this program, graduates can pursue diverse career paths, combining their expertise in Yoga and Consciousness, Technology:

- Yoga and Consciousness Trainer
- Personality Development Consultant for Educational Institutions
- Online Yoga and Consciousness Course Developer
- Inner Engineering and Technology Specialist

Outcomes of the Program:

1. Holistic Yoga and Consciousness Education Proficiency:

- Develop proficiency in traditional Yoga and Consciousness alongside contemporary teaching methods.
- Explore technology-enhanced approaches for effective Yoga and Consciousness education.

2. Yoga and Consciousness Expertise:

- Gain expertise in Physical, Emotional and Intellectual development
- Apply oneself to enhance teaching methodologies and create engaging Inner engineering lessons.

3. Traditional Yoga and Consciousness Preservation and Education:

- Explore strategies for preserving and transmitting traditional Yoga and Consciousness knowledge.
- Incorporate technology in documenting and disseminating traditional Yoga and Consciousness education resources.

4. Interactive Yoga and Consciousness Technology for Education:

- Utilize interactive technologies to enhance Yoga and Consciousness learning experiences.
- Develop strategies for incorporating technology in traditional yoga and Consciousness education settings.

Major Course Outline:

1. History Of Human Development through Yoga and Consciousness:

- Study of Age of perception, Age of Observation, Age of Scientific enquiry, Age of Contemplation.
- The Plant, Animal and Human (The dilemma of choice and Herd instinct)

2. The Mind wreaks Havoc:

- Departments of mind (Likes and Dislikes, Worry and Anxiety, Desires, you know not what you want, The two Motivations, Attachment)

3. Interactive Yoga and Consciousness Education:

- The vital role of the Intellect (Stopped Thinking, Result of Non-thinking, Role of faith, Objectivity in Life).
- Intellect versus Intelligence (Intellect is not Intelligence, Intelligence does not develop intellect, Need to Develop intellect).

4. What paucity of Intellect Creates

- Freedom and Bondage, Richness and poverty, Health and Ill health, Love and Attachment, Knowledge and wisdom, Abstinence and enjoyment, Mundane and Spiritual