

NATIONAL EDUCATION POLICY-2020

**Common Minimum Syllabus for all
Uttarakhand State Universities and Colleges for
First Three Years of Higher Education**

**PROPOSED CO-CURRICULAR SYLLABUS
MEDITATION
2021**

Curriculum Design Committee, Uttarakhand

Sr.No.	Name & Designation
1.	Prof. N.K. Joshi Vice-Chancellor , Kumaun University Nainital Chairman
2.	Prof. O.P.S. Negi Vice-Chancellor , Uttarakhand Open University Member
3.	Prof. P. P. Dhyani Vice-Chancellor , Sri Dev Suman Uttarakhand University Member
4.	Prof. N.S. Bhandari Vice-Chancellor, Soban Singh Jeena University Almora Member
5.	Prof. Surekha Dangwal Vice-Chancellor, Doon University, Dehradun Member
6.	Prof. M.S.M. Rawat Advisor, Rashtriya Uchchatar Shiksha Abhiyan, Uttarakhand Member
7.	Prof. K. D. Purohit Advisor, Rashtriya Uchchatar Shiksha Abhiyan, Uttarakhand Member

EXPERT COMMITTEE

S.N.	Name	Designation	Department	Affiliation
1.	Prof. Devi Prasad Tripathi	Vice-Chancellor Uttarakhand Sanskrit University, Haridwar		
2.	Prof. P.C. Kavidayal	Director, Sir J.C Bose Campus, Bhimtal	Management	Kumaun University, Nainital
3.	Prof Rajeev Upadhyay	Director IQAC	Geology	Kumaun University, Nainital
4.	Prof Atul Joshi	Head/ Dean	Commerce	Kumaun University, Nainital
5.	Prof Divya Upadhyay	Director	UGC HRDC	Kumaun University, Nainital
6.	Dr Bhaskar Chaudhary	Assistant Professor	Education	SSJ University, Almora
7.	Dr Ashutosh Bhatt	Assistant Professor	Computer Science	UOU
8.	Dr Jitendra Pandey	Assistant Professor	Computer Science	UOU
9.	Dr. Mahendra Rana	Assistant Professor	Pharmaceutical Sciences	Kumaun University, Nainital
10.	Dr. Nandan Singh Bisht	Assistant Professor	Economics	Kumaun University, Nainital
11.	Dr. Ritesh Sah	Assistant Director	UGC-HRDC	Kumaun University, Nainital
12.	Dr. Sparsh Bhatt	Assistant Professor	Statistics	Kumaun University, Nainital

SYLLABUS PREPARATION COMMITTEE

S.N	Name	Designation	Department	Affiliation
1.	Prof. Devi Prasad Tripathi	Vice-Chancellor Uttarakhand Sanskrit University, Haridwar		
2.	Prof Rajeev Upadhyay	Professor	Geology	Kumaun University, Nainital
3.	Prof. Jaya Tewari	Head	Sanskrit	Kumaun University, Nainital
4.	Dr. Lajja Bhatt	Assistant Professor	Sanskrit	Kumaun University, Nainital
5.	Dr. Mahendra Rana	Assistant Professor	Pharmaceutical Sciences	Kumaun University, Nainital
6.	Dr. Nandan Singh Bisht	Assistant Professor	Economics	Kumaun University, Nainital
7.	Dr. Reetesh Sah	Assistant Director	UGC-HRDC	Kumaun University, Nainital
8.	Dr. Sparsh Bhatt	Assistant Professor	Statistics	Kumaun University, Nainital
9.	Dr. Deepakshi Joshi	Assistant Professor	Law	Kumaun University, Nainital
10.	Dr Ashutosh Kumar Bhatt	Assistant Professor	Computer Science	Uttarakhand Open University, Haldwani
11.	Dr Manish Tripathi	Assistant Professor		S.S.J Campus, S.S. J University, Almora
12.	Dr. Jetendra Pnde	Assistant Professor	Computer Science	Uttarakhand Open University, Haldwani
13.	Dr. Bhaskar Chudhary	Assistant Professor	Education	S.S.J Campus, S.S. J University, Almora
14.	Dr. Archana Sah Negi	Assistant Professor	Pharmaceutical Sciences	Kumaun University, Nainital
15.	Dr. Pradeep Kumar	Teaching Personnel	Sanskrit	Kumaun University, Nainital

MEDITATION

Programme: Under Graduation	Year:3	Semester: 5
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Subject: Co-curricular Course

CourseCode: CCS 08	Course Title: Meditation
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Meditation is a practice by which a person achieves a greater sense of awareness, wisdom, introspection, and a deeper sense of relaxation. Practiced for millennia, it is the discipline of concentrating on a single object, thought, sound, movement, or on attention itself. Many people meditate to achieve a greater sense of spiritual awareness and understanding of their professed religion, but it can be practiced by anyone regardless of their religious beliefs and background.

In this course, we will explore the various techniques of meditation, such as sitting, standing, and yoga. Becoming aware of your thoughts, surroundings, sounds, smells, bodily movements, and especially your breath are fundamental techniques of meditation. The basic objective is to be present – here and now. It is the act of being precisely in the moment, neither controlling your mind rigidly nor letting it go completely but being aware of who you are and where you are.

Meditation is about being comfortable and at peace. As we explore the several techniques of practicing meditation, you can pick and choose those practices that make you most comfortable. It is important to leave your preconceived notions of meditation behind you, keep an open mind, and be willing to learn the art of meditation.

Learning Outcomes

By successfully completing this course, students will be able to:

- Demonstrate mindfulness of breathing.
- Demonstrate proper meditation postures.
- Describe health benefits of meditation.
- Summarize history of meditation.
- Summarize meditation and religion.
- Describe path to enlightenment.
- Demonstrate meditation techniques.
- Summarize meditation and yoga.
- Demonstrate mastery of lesson content at levels of 70% or higher.

Credits: Nil	Core Compulsory
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Max. Marks: 100	Min. Passing Marks:40
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Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0

Unit	Topic	No. of Lectures
Unit I	Fundamentals ofMeditation Introduction toMeditation Basic principles ofmeditation Happiness & Meditation Benefits ofMeditation Concentration andmeditation Various forms of Meditation	5

Unit II	Concentration and Meditation Definitions of concentration The power of concentration Aids of concentration Patience in concentration Objects for concentration Benefits of concentration	5
Unit III	Meditation The Koshes – Our Great Human Heritage The Chakra System – Centres of Unity The Gunas – Steps of Evolvement Obstacles in Meditation	5
Unit IV	Upanishad & Meditation Sthoola Dhyana (Gross/physical meditation) Jyotirmaya Dhyana (dhyana full of light) Sookshma Dhyana (subtle meditation) Saguna Dhayan (Concrete meditation) Nirgun Dhayan (Abstract meditation) Methods of Meditation – Mandukya Upanishad	5
Unit V	Types of Meditation Tantra: Yantra and Mantra for meditation Japa (chanting) meditation Ajapa Japa Meditation Shoonya Meditation Antar Mouna Yoga Nidra	5
Unit VI	The Chakra Systems – Centers of Unity Seven Chakras – Muladhara (at the anus), Svadhisthana, (at the root of organ of generation), Manipura (at the navel), Anahata (in the heart), Visuddha (at the neck), Ajna (in the space between two eyebrows) & Sahasrara (at the crown of head) Nadis – Ida, Pingala, Shushumna	5

Suggested Reading:

1. Practical yoga Psychology by Bihar School of Yoga
2. Gheranda Samhita by Swami Niranjananada Saraswati
3. Concentration and Meditation by Swami Sivananda Saraswati
4. Yoga & Mental Health by R. S. Bhogal
5. Yoga & Modern Psychology by Kaivalyadham Asharam
6. Yoga for Stress Management by Sri Venkatkrishnan
7. Yoga for Stress Relief by Swami Shivapramananda
8. Yoga Nidra by Swami Styananda Saraswati
9. Yoga and Kriya by Swami Satyananda Saraswati
10. Mandukya Upanishad

Suggested Online Link: None

Suggested equivalent online courses: None

This course can be opted as a co-curricular course by the students of following subjects:

B.A.
B. Com
B.B.A
B.Sc.
B.F.A
B. Lib
B.A.LL.B. (Hons)
B.A.LL. B
B.B.A.LL.B.
B. Pharm

Suggested Continuous Evaluation (25 Marks):

Internal Assessment	Marks	External Assessment	Marks
Midterm Test	10	Written Examination	75
Assignment	5		
Presentation	5		
Attendance & class performance	5		

Course Prerequisites:

No pre-requisite required, open to all.