

Course Title	Literature on Yoga and its Translation
Course Code	TS 123
Semester	I and III
No. of Credits	5
Name of Faculty Member(s)	Dr. Kokila Kalekar
Course Description: words (100 words)	<p>Yoga has been declared as the Cultural Heritage of India. The cross cultural enthusiasm and universal appeal of Yoga was testified when the UN General Assembly Resolution for declaration of 21st June as the International Yoga Day was co-sponsored by a record number of 175 countries including all the five members of UN Security Council.</p> <p>The growing popularity of Yoga all over the world emphasizes the need for the educated Indian youth to have at least some knowledge of ‘the invaluable gift of India’s ancient tradition’.</p> <p>Ancient and Medieval Indian Literature is replete with references to Yoga. The present course introduces the students to the wide variety of Literature on Yoga and the translations produced in the Modern Period.</p> <p>It also imparts knowledge about how the very concept of Yoga has undergone a sea change from a spiritual discipline to a physical, mental and psychological discipline whose tenets have proved useful even in the Corporate world as is evident in the Management and HR classes.</p>
Evaluation Scheme	Internal – 40% External – 60%