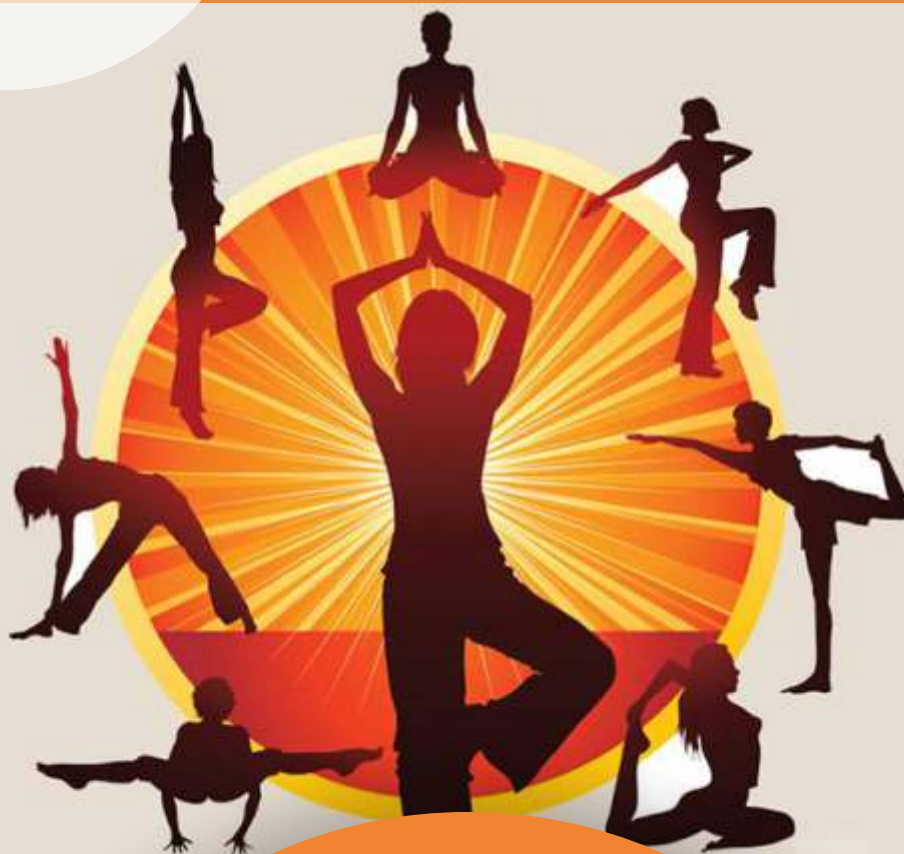




SHARDA
UNIVERSITY
Beyond Boundaries



**SHARDA SCHOOL OF
HUMANITIES &
SOCIAL SCIENCES**



COURSE
**YOGA THROUGH TIME:
FROM ANCIENT WISDOM TO
NATIONAL IDENTITY**
(NV80005)

VALUE ADDED
COURSE BROCHURE-30 HRS
2025-26

ABOUT THE UNIVERSITY

Sharda University is a leading Educational institution based out of Greater Noida, Delhi NCR. A venture of the renowned Sharda Group of Institutions (SGI), The University has established itself as a high quality education provider with prime focus on holistic learning and imbining competitive abilities in students.

ABOUT SCHOOL

The **Sharda School of Humanities and Social Sciences (SSHSS)** plays a crucial role in providing students with an ambience that is helpful in developing an understanding of modern social issues through science, technology and management with an interdisciplinary approach. SHSS has a unique and unique role of providing a creative educational programmer that focuses on overall understanding of complexities of life with an emphasis on Indian cultural values and ethics.

The academic programs are specially designed in accordance with the best global practices. We combine the best practices of teaching and classroom learning and complements them with practical training and experiential learning. The school is equipped with modern facilities for the students and supported by a state-of-the-art library having large collections of books, journals, audio-visual aids and other learning materials.

KEY HIGHLIGHTS

SSHSS adopts the interdisciplinary and integrative pedagogical approach to systematically impart training for diverse languages, literature, histories and cultures. SHSS at Sharda University takes the global learning environment to a new level with cultural, creative and academic activities.

The school is equipped with a language lab with access to Pearson Global English Software; Wi- Fi enabled spacious classrooms with projectors and other audio-visual aids. SHSS has emerged as the epicenter of cultural, creative and academic activity at Sharda University with students from all over the world creating a multi-cultural environment and a vibrant global network of students.

Department of Humanities and Social Sciences

The Department of Humanities and Social Sciences offers various courses that encourage the spirit of enquiry and critical analysis of new categories of thought that connects individual experience to the wider social life.

Committed to the pursuit of excellence in higher education, the department offers degrees at Bachelor, Masters and PhD levels in English Literature, Political Science, History, Psychology and Sociology. The department also offers various short term courses in language proficiency. It offers special "bridge" courses and Communicative English Programs to students seeking to improve their language skills. The Remedial English course we offer to university students is always in demand and is found useful by a wide range of students from various disciplines.

VISION, MISSION OF THE UNIVERSITY

Vision: To serve the society by being a global University of higher learning in pursuit of academic excellence, innovation and nurturing entrepreneurship.

Mission:

1. Transformative educational experience
2. Enriched by educational initiatives that encourage global outlook
3. Develop research, support disruptive innovations and accelerate entrepreneurship
4. Seeking beyond boundaries

CORE VALUES

Core Values: • Integrity • Leadership • Diversity • Community

VISION, MISSION OF THE SCHOOL

Vision: To become one of the leading schools of humanities and social sciences by setting global standards of excellence in ingenious curriculum, teaching-learning methods, professional development, and cross-cultural understanding.

Mission:

- M1. To promote learning and employability skills among students.
- M2. To promote study of humankind and its manifestation.
- M3. To help students succeed in their academic and professional lives.
- M4. To encourage research and promote knowledge creation.

CORE VALUES

Core Values: • Integrity • Leadership • Diversity • Community

ABOUT THE COURSE

This course explores how yoga transformed in modern India from a spiritual path to a physical and national practice. It examines how colonialism, science, and health discourses reshaped traditional ideas of yoga. Students will learn how yoga moved from meditation to body-centered asanas. The course highlights yoga's role in building a disciplined, healthy citizenry. It introduces the concept of somatic nationalism, where the body symbolizes national strength. Designed for all learners, the course uses simple texts and classroom discussions.

PROFILE

Dr. Sajad Ahmad Dar holds his doctorate from Aligarh Muslim University (AMU). He has been a recipient of the Maulana Azad National Fellowship (MANF) and the Indian Council of Historical Research (ICHR) Fellowships. His areas of research are Urban History of Qasbahs/Townships, Communalism, and the Associational Politics of 19th and early 20th Century India. He is actively engaged in probing how urban spaces, identity politics, and social hierarchies evolved in colonial and post-colonial India. He is a double Gold Medalist and a State level Rank Holder as well. Moreover, he has delivered public talks on "Tipu Sultan: A Villain or a Warrior" and "Indian Political Discourse Post-1990" for Udaan Education Research Foundation, as a step towards popular history.

COURSE SCHEDULE

Week	Content	Duration Hrs.
1	Daily yoga warm-up with 3–5 classical postures.	2
2	Ancient definitions (Patanjali, Gita, Hatha texts) with modern interpretations.	2
3	Differentiating classical & modern yoga	2
4	Video Viewing: https://youtu.be/4BA-XshHrF0?si=O9Lmz3Pm71Tsb0TE	2
5	Debate: "Relevance of yoga across eras."	2
6	Role Play: Re-enact a dialogue between a British Orientalist and an Indian reformer.	2
7	Lab Observation: Watch a video or demonstration on how yoga is used in therapy (e.g., heart rate, breathing).	2
8	Poster Making: "Yoga for Health" – Design a scientific-style health awareness poster.	2
9	Guest Session: Meet a yoga therapist or trainer to discuss yoga and health.	2
10	Asana Lab: Learn, practice, and photograph 5–7 key modern yoga postures.	2
11	Manual Comparison: Bring two yoga books (one traditional, one modern) and compare posture emphasis	2
12	Create a Flow: Students design a 10-minute yoga routine focused on physical wellness.	2
13	Timeline Creation: Major events linking yoga and nationalism	2
14	Interview Assignment: Interview a yoga teacher or elder on yoga and Indian identity.	2
15	Group Discussion: "Is yoga Indian, global, or both?"; Create a Short Video: 2-minute team video promoting yoga as national pride or cultural diplomacy.	2
Total		30 hrs

Course Module

School: SSHSS

Program: B.A./ B.A. (Hons)/ B.A. (Hons with Research)

Branch: B.A./ B.A. (Hons)/ B.A. (Hons with Research)

Batch : 2025-29

Current Academic Year: 2025-26

Semester: VII

1. Course Code	NV80005	
2. Course Title	Yoga Through Time: From Ancient Wisdom to National Identity	
3. Credits	Value Added Course (Audit)	
4. Contact Hours	30 Hours	
Course Type	Value Added Course (Audit)	
5. Course Objective	<ol style="list-style-type: none"> 1. Introduce students to the changing meaning of yoga from ancient spiritual practice to a modern, body-focused system. 2. Explain how colonialism influenced Indian traditions, especially how Indians began presenting yoga through modern and scientific ideas. 3. Understand the shift in yoga's focus from mind and meditation to body and health. 4. Discuss how yoga became part of India's nationalist project, promoting discipline, strength, and pride in Indian identity. 5. Explore the connection between yoga and somatic nationalism, where the body was seen as a symbol of national renewal. 6. Encourage critical reflection on how cultural practices like yoga were reshaped to serve both health goals and political ideas. 	
6. Course Outcomes	<p>Students will be able to:</p> <p>CO1: Describe how the meaning and practice of yoga changed in response to colonial and modern influences.</p> <p>Co2: Identify key differences between traditional yoga and its modern, body-centered form.</p> <p>Co3: Explain how yoga was redefined using the language of science and health.</p> <p>Co4: Discuss how yoga became part of India's nationalist movement, especially as a symbol of strength and discipline.</p> <p>Co5: Understand the idea of somatic nationalism and how the human body came to represent the strength of the nation.</p> <p>Co6: Reflect on the political and cultural reasons behind the revival and reshaping of yoga in early 20th-century India.</p>	
7. Course Description	<p>This course explores how yoga transformed in modern India from a spiritual path to a physical and national practice. It examines how colonialism, science, and health discourses reshaped traditional ideas of yoga. Students will learn how yoga moved from meditation to body-centered asanas. The course highlights yoga's role in building a disciplined, healthy citizenry. It introduces the concept of somatic nationalism, where the body symbolizes national strength. Designed for all learners, the course uses simple texts and classroom discussions.</p>	
8. Outline syllabus		CO Mapping
Unit 1	Introduction to Yoga	
A	Daily yoga warm-up with 3–5 classical postures.	CO1
B	Ancient definitions (Patanjali, Gita, Hatha texts) with modern interpretations.	CO1
C	Differentiating classical & modern yoga.	CO1
Unit 2	Yoga and Colonial Encounter	
A	Video Viewing: https://youtu.be/4BA-XshHrF0?si=O9Lmz3Pm71Tsb0TE	CO2
B	Debate: “Relevance of yoga across eras.”	CO2
C	Role Play: Re-enact a dialogue between a British Orientalist and an Indian reformer.	CO2
Unit 3	Science and the Modern Body	
A	Lab Observation: Watch a video or demonstration on how yoga is used in therapy (e.g., heart rate, breathing).	CO4
B	Poster Making: “Yoga for Health” – Design a scientific-style health awareness poster.	CO4
C	Guest Session: Meet a yoga therapist or trainer to discuss yoga and health.	CO3
Unit 4	The Body in Yoga: A New Focus	
A	Asana Lab: Learn, practice, and photograph 5–7 key modern yoga postures.	CO3
B	Manual Comparison: Bring two yoga books (one traditional, one modern) and compare posture emphasis	CO4
C	Create a Flow: Students design a 10-minute yoga routine focused on physical wellness.	CO3
Unit 5	Somatic Nationalism: Nationalism and the Healthy Body	
A	Timeline Creation: Major events linking yoga and nationalism	CO3, CO5
B	Interview Assignment: Interview a yoga teacher or elder on yoga and Indian identity.	CO3, CO5
C	Group Discussion: “Is yoga Indian, global, or both?”; Create a Short Video: 2-minute team video promoting yoga as national pride or cultural diplomacy.	CO5, CO6
Mode of examination	Assignments; Quiz; Viva	
Text book/s and other sources	<p>Alter, Joseph, Yoga in Modern India: The Body Between Science and Philosophy, Princeton University Press, 2024.</p> <p>Alter, Joseph, The Wrestler's Body: Identity and Ideology in North India, University of California Press, 1992.</p> <p>Watt, C. A. (1997). Education for national efficiency: constructive nationalism in North India, 1909–1916. Modern Asian Studies, 31(2), 339-374.</p> <p>Alter, J. S. (1994). Somatic nationalism: Indian wrestling and militant Hinduism. Modern Asian Studies, 28(3), 557-588.</p>	