

NPTEL Video Lecture Topic List - Created by LinuXpert Systems, Chennai

NPTEL Video Course - Management - NOC:Yoga and Positive Psychology for Managing Career and Life

Subject Co-ordinator - Prof. Ashish Pandey

Co-ordinating Institute - IIT - Bombay

Sub-Titles - Available / Unavailable | MP3 Audio Lectures - Available / Unavailable

- Lecture 1 - Why the Course on Managing Self and Career
- Lecture 2 - Present Context of Professional Work
- Lecture 3 - State of Wellbeing of Indian Youth
- Lecture 4 - Link between Self-Management and Career Management
- Lecture 5 - Journey of Positive Psychology
- Lecture 6 - Can there be a Universal Positive Psychology ?
- Lecture 7 - Difference in Good Life and Life Satisfaction
- Lecture 8 - Why Yoga with Positive Psychology ?
- Lecture 9 - Genesis of this Course
- Lecture 10 - Using Stories to Understand Optimal Experiences
- Lecture 11 - Fundamental Questions in Positive Psychology
- Lecture 12 - What Positive Psychology is Not
- Lecture 13 - Positive-Negative Dialects of Well-Being
- Lecture 14 - Positive Psychology: The Second Wave
- Lecture 15 - Positivity and Human Potential in Yogic Traditions
- Lecture 16 - Holistic Life Goals
- Lecture 17 - Embracing Emotions and Positive Behavior
- Lecture 18 - Discovering Dharma
- Lecture 19 - Distinction with Negative Human Potential
- Lecture 20 - Positive Events: 16 Sanskaras
- Lecture 21 - Four Ashrams or Stations in Life
- Lecture 22 - Yagna - Positive Event
- Lecture 23 - Positive Institutions
- Lecture 24 - Family - A Positive Institution
- Lecture 25 - Yoga and Governance
- Lecture 26 - Positive Governance
- Lecture 27 - Macro and Micro Integration in Yogic Perspective
- Lecture 28 - Self and Society
- Lecture 29 - Point for Action and Reflection

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- Lecture 30 - Health and Wellbeing
- Lecture 31 - How does wellbeing affect life ?
- Lecture 32 - Yogic Perspectives of Health and Wellbeing
- Lecture 33 - Doshas
- Lecture 34 - Mind-body Complex
- Lecture 35 - Diseases in Yogic Perspective
- Lecture 36 - Panch Kosha or Five Layers of Self
- Lecture 37 - Managing Mind
- Lecture 38 - Factors to Enhance Well-being
- Lecture 39 - Self-Realization - The Ultimate Joy
- Lecture 40 - What is the Indian Worldview ?
- Lecture 41 - Ways of Attaining Well-Being
- Lecture 42 - TattvaBodh and Wisdom
- Lecture 43 - Indriyajaya or Self-Control
- Lecture 44 - Indriyajaya in Positive Psychology
- Lecture 45 - Dharmic Drishti (Vision)
- Lecture 46 - Dharmic Desires and Pursuits
- Lecture 47 - Dharmakriya in Positive Psychology
- Lecture 48 - Sukhayu-Hitayu
- Lecture 49 - Dharmakriya, Sukhayu-Hitayu and Career Success ?
- Lecture 50 - What is our real nature ?
- Lecture 51 - How the Mind Works: A Yogic Perspective
- Lecture 52 - Obstacles in Attaining Wellbeing
- Lecture 53 - Reflection on Functioning of the Mind
- Lecture 54 - How to avoid Klisht Vrittis ?
- Lecture 55 - Crossing Obstacles to Well-Being
- Lecture 56 - Six Inner Treasures
- Lecture 57 - How are the Six Inner Treasures Valuable
- Lecture 58 - Mental, Vital and Physical Consciousness
- Lecture 59 - Major Forms of Yoga in Indian Tradition
- Lecture 60 - Ashtanga Yoga or Raj Yoga
- Lecture 61 - Yoga for Panch Koshas
- Lecture 62 - Three Pillars of Health
- Lecture 63 - Spiritual Significance of Food
- Lecture 64 - Eight Factors about Food
- Lecture 65 - Seasons with Revolving Sun and Impact on Physiology
- Lecture 66 - Contemporary Knowledge about Food and Mental Health
- Lecture 67 - Food and Activities during the Cycle of the Day
- Lecture 68 - Yogasanas to Integrate Body and Emotions

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- Lecture 69 - Interoception, Asanas and Well-Being
- Lecture 70 - Characteristics of Asanas
- Lecture 71 - Process for Moving into Posture
- Lecture 72 - Asanas for Different Body Constitution
- Lecture 73 - Notes on Pranayama
- Lecture 74 - Contemporary Evidences of Prana
- Lecture 75 - Prana Vayu, Nadi System and Chakras
- Lecture 76 - Pranayama Practices and Conscious Breathing
- Lecture 77 - Process and Benefits of Diaphragmatic Breathing
- Lecture 78 - Guidelines for Pranayama
- Lecture 79 - Nadi Shodhana Pranayama (Alternate Nostril Breathing)
- Lecture 80 - Tranquilizing Pranayamas
- Lecture 81 - Organizational Suffering and Dysfunctional Behaviors
- Lecture 82 - Introduction to Pratyahara
- Lecture 83 - Indriya-Pratyahara: Control of the Senses
- Lecture 84 - Methods of Pratyahara
- Lecture 85 - Understanding Emotional Intelligence
- Lecture 86 - Emotional Intelligence and its Relation to Everyday Behavior
- Lecture 87 - How Yoga Helps in Emotional Balance
- Lecture 88 - Positive and Negative Emotions
- Lecture 89 - Dealing with Negative Emotions
- Lecture 90 - How Yoga Helps in Equanimity of Mind
- Lecture 91 - What are the 7 Stages of Wisdom
- Lecture 92 - What Yoga does for Balancing Emotions and Cognitions
- Lecture 93 - How Yoga Impacts Student's Performance: Empirical Studies