

Subject card

Subject name and code	Yoga philosophy in the business world, PG_00177363						
Field of study	Economics, International Economic Relations						
Date of commencement of studies	October 2024		Academic year of realisation of subject			2025/2026	
Education level	Bachelor's studies		Subject group			Obligatory subject group in the field of study Optional subject group Humanistic-social subject group	
Mode of study	part-time studies		Mode of delivery			at the university	
Year of study	2		Language of instruction			Polish	
Semester of study	4		ECTS credits			2.0	
Learning profile	academic		Assessment form			credit	
Conducting unit							
Name and surname of lecturer (lecturers)	Subject supervisor		dr Joanna Fryca				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	20.0	0.0	0.0	0.0	0.0	20
	E-learning hours included: 0.0						
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	Number of study hours	20		0.0		0.0	20
Subject objectives	Expanding the cognitive perspective and complementing the knowledge, skills and competencies acquired in the economics major with issues of yoga philosophy and its relationship to the business world.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[MSG3_W01] has an advanced knowledge of economic sciences, in particular of economics and its place in the system of sciences, including within related disciplines	He has advanced knowledge of the nature of social and economic sciences, understands their role in interpreting the relationship between the individual and social and economic structures, is able to analyze economic phenomena from a perspective that integrates economic rationality with philosophical and ethical values, including those drawn from yoga philosophy, and, if necessary, consults with the instructor to resolve doubts or solve related problems.	[SW1] oral statement/ conversation/discussion
	[EKONL3_K06] is willing to be guided in his professional life by business ethics and corporate social responsibility, to respect others and to be loyal to his employer	He is ready to be guided in his professional life by business ethics and social responsibility, and manifests an attitude of respect for others, self-discipline, mindfulness and loyalty to his employer, in accordance with the idea of harmony between personal development and ethical action in the business environment.	[SK1] oral statement/conversation/ discussion [SK6] demonstration of practical skills [SK8] observation of student's independent or team work
	[EKONL3_W05] has advanced knowledge of man as a subject who creates social structures and the principles of their functioning and of his action in these structures, knows well the motives of human economic decision-making	He has an in-depth knowledge of man as a subject who creates and functions in socio-economic structures, and knows the motives of his economic decisions also in the context of inner values, well-being, mindfulness and self-discovery, according to the principles of yoga philosophy.	[SW1] oral statement/ conversation/discussion
	[MSG3_W11] has an advanced knowledge of (legal, organisational, ethical) rules and norms organising economic structures and institutions (in particular those on the international market)	He has an in-depth knowledge of the human being as an entity that creates and functions in socio-economic structures, and knows the motives behind his economic decisions also in the context of inner values, well-being, mindfulness and self-discovery, according to the principles of yoga philosophy.	[SW1] oral statement/ conversation/discussion
	[MSG3_K06] is ready to be guided in his/her professional life by business ethics and corporate social responsibility, to respect others and to be loyal to his/her employer	He is ready to be guided in his professional life by business ethics and social responsibility, and manifests an attitude of respect for others, self-discipline, mindfulness and loyalty to his employer, in accordance with the idea of harmony between personal development and ethical action in the business environment.	[SK1] oral statement/conversation/ discussion [SK6] demonstration of practical skills [SK8] observation of student's independent or team work
	[EKONL3_W01] has advanced knowledge of the nature of social sciences, their place in the system of sciences, knows the role of economic sciences in this system and uses universal economic terminology	He has advanced knowledge of the nature of social and economic sciences, understands their role in interpreting the relationship between the individual and social and economic structures, is able to analyze economic phenomena from a perspective that integrates economic rationality with philosophical and ethical values, including those drawn from the philosophy of yoga and, if necessary, consults with the instructor to resolve doubts or solve related problems.	[SW1] oral statement/ conversation/discussion

Subject contents	Topic 1: Yoga as a determinant of human housekeeping behavior Developing inner balance and clarity of mind as a basis for conscious decision-making. The essence of yoga. The impact of yogic practices on reducing impulsive behavior. The role of mindfulness in analyzing risks and market opportunities. Building an ethical and sustainable approach to resource management. Topic 2: Philosophical Roots of Yoga Analysis of Old Indian texts: the Vedas, Upanishads, Bhagavadgita and Patanjali's Yoga-sutra. The principles of balancing body, breath and mind as the foundation of spiritual development. Translation of classical teachings into modern management methods. Inspiration for holistic strategies and wellbeing in organizations. Topic 3: Types of Yoga Division of yoga by chronology. Characteristics of Ashtanga Yoga (Raja Yoga), Hatha Yoga, Bhakti Yoga, Karma Yoga, Jnana Yoga in the context of individual development. Integration of mindfulness elements in business practice. Selection of techniques to meet the specific needs of the leader and team. A flexible approach to training and development programs. Topic 4: Yoga ethics in the eight path (Ashtanga Yoga) Yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, samadhi as the eight members (paths) of Ashtanga Yoga. Practical implementation of the principles of integrity, responsibility and compassion in business relationships. Creating a culture based on mutual trust. The importance of yoga ethics for the long-term development of the organization. Topic 5: Yoga as an embodied philosophy. The subtle anatomy of man Discussion of the five shells of being (kośa) of man, i.e. the bodies: physical, energetic, mental, intellectual and bliss. The role of energy channels (nadi), chakras in maintaining balance. Holistic building of employee well-being through space and rituals. Applications in designing a friendly work environment. Topic 6: Stability in Yoga, or the importance of the physical body (Asana) The importance of asanas for strengthening posture, flexibility and endurance in office work. Improving posture and coordination as prevention of ailments of a sedentary lifestyle. Practical stretching sessions in the company's daily routine. Asana as a foundation for further breathing and meditation practices. Topic 7: Vitality in Yoga, or the importance of the energy body (Prana) Breathing techniques as tools for regulating the flow of vital energy, increasing concentration and vitality. The role of breathing in stress management, burnout prevention and adaptability to rapid market changes. Regular breathing practices as part of organizational culture. Topic 8: Clarity in Yoga, or the importance of the mind body (Manas) Principles of mind functioning. Meditation practices as a tool for removing distractions and negative patterns, improving the ability to focus on business goals. The impact of a cleared, clear mind on creative problem solving. Regular meditation practices as part of organizational culture. Topic 9: Wisdom in Yoga, or the importance of the body of intellect (Vijnana) Developing intuition and critical thinking through practices of reflection and self-discovery. Eliminating schematic decision-making through deeper discernment. Creating a competitive advantage based on wisdom and deep understanding of processes. Theme 10: Happiness in Yoga, or the importance of the body of divinity (Ananda) Experiencing inner joy independent of external conditions as a result of the harmony of the five bodies. Strengthening mental resilience and positive attitude in the team. Creating an inspiring work climate through practices that support happiness. The role of the leader as a catalyst for a culture of happiness. Topic 11: Integrated Yoga Mechanisms Affecting the Human Host Synergy of Yogic Practices in Building Holistic Leadership Competencies. Impact of simultaneous work with body, breath and mind on soft competencies. Improving stress resistance, concentration and empathy. A model for holistic leadership development. Topic 12: The impact of yoga on people's economic behavior - micro level The role of yoga in shaping individual business behavior and consumer behavior, i.e. the supply and demand side of the market. Changing consumer and financial habits through increased self-awareness. Shifting from short-term gratification to long-term investment in growth and well-being. Building ethical patterns of behavior at the individual level. Topic 13: The impact of yoga on business operations - mezzo level The role of yoga in improving the quality of business management. Implementing yoga practice programs in entities as a tool for integrating teams and increasing commitment. Reducing absenteeism and improving the work atmosphere through regular asana and meditation sessions. Building a culture based on cooperation, support and mutual trust. Synergistic effect on productivity and innovation, as well as business ethics. Topic 14: The impact of yoga on the economic system - macro level The role of yoga in the functioning of the entire economic system of a region, country or economic community, as well as the industry occupying a specific place in this system. Reduction of health care costs through stress prevention and public health promotion. Creating a sustainable development model based on ethical values. Topic 15: Can yoga change the business world? Is a paradigm shift in business towards an economy of value possible? Analysis of alternatives to the short-term, competitive model through the lens of cooperation and ethics. A case study of companies that have introduced yoga practices and achieved increases in customer loyalty and employee satisfaction. Impact on financial performance and long-term organizational sustainability. Challenges and opportunities for integrating yoga values into global economic structures.		
Prerequisites and co-requisites	Interest and desire to learn more about yoga philosophy and its multifaceted impact on the nature of economic relations.		
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	essay	50.0%	100.0%

Recommended reading	Basic literature	Fryca J., <i>Joga a ekonomia, czyli kilka refleksji o użyteczności jogi w poprawie jakości gospodarowania</i>, Współczesna Gospodarka, 2024, Tom 18, Nr 2 (42), s. 83-94. Iyengar B.K.S., <i>Joga światłem życia. Wewnętrzna podróż ku przemianie</i>, Galaktyka, Łódź 2006. Kofman F., <i>Świadomy biznes. Jak budować wartość poprzez wartości</i>. Galaktyka, Łódź 2019. Stec K., <i>Joga i relaks jako elementy zdrowia publicznego</i>, [w:] <i>Aktywność fizyczna i problematyka stresu</i>, red. A. Biskupek-Wanot, B. Wanot, K. Kasprowska-Nowak, WN Uniwersytetu Humanistyczno-Przyrodniczego im. Jana Długosza w Częstochowie, Częstochowa 2020, s. 138-162. Włodarczyk K., <i>Działania firm wspierające zdrowy styl życia pracowników</i>, Przedsiębiorczość i Zarządzanie, 2019, 6(3), s. 227-237.
	Supplementary literature	Bogle J.C., <i>Dość. Prawdziwe miary bogactwa, biznesu i życia</i>, PTE Warszawa 2009. <i>Bhagavadgita, czyli pieśń Pana</i>, Zakład Narodowy im. Ossolińskich, Wrocław 1988. Chopra D., Simon D., <i>Joga. Siedem duchowych praw z ćwiczeniami</i>, Wydawnictwo Studio Emka, Warszawa 2009. Hausner J., <i>Spółeczna czasoprzestrzeń gospodarowania. W kierunku ekonomii wartości</i>. Wydawnictwo Nieoczywiste, Warszawa 2019. Iyengar B.K.S., <i>Światło Jogasutr Patańdzalego</i>, Galaktyka, Łódź 2011. Marcinkowska-Rosół M., <i>Hathapradipika. Wstęp, tekst, przekład z objaśnieniami</i>, Wydawnictwo UAM, Poznań 2018. Sokołowska J., <i>Duchowość w zarządzaniu wybrane zagadnienia</i>, Annales. Etyka w Życiu Gospodarczym, 2012, 15(1), 347-353. Swami Rama, Swami Ajaya, Ballentine R., <i>Joga a psychoterapia. Zawiłości ludzkiej psyche</i>, Helion, Gliwice 2023.
	eResources addresses	
Example issues/ example questions/ tasks being completed		
Work placement	Not applicable	

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