



# MANGALORE UNIVERSITY

## Department of Human Consciousness and Yogic Sciences M.Sc. Yogic Science

### II SEMESTER

#### YSH451 FOUNDATION OF YOGIC SCIENCE-III

#### Learning Objectives:

To make the students to have knowledge of –

- Fundamental classical texts of yoga.
- Detailed study of Gheranda Samhita and Sivayoga Dipika.
- Development of Sivayoga.
- Study of different yogic practices.

#### Learning Outcome:

- The student will have the knowledge of Gheranda Samhita and Sivayoga Dipika.
- The student will have the theoretical knowledge of different limbs of yoga according to Ghatayoga.
- Knowledge of classification of yoga. Evolution theory, bahyayoga.
- Knowledge of place of practice, means to control citta and other relevant points.
- Improvement of character, development of sincerity.

<b>I</b>	<b>Ghatayoga and its applications - I</b>	<b>12 Hrs</b>
	1) Ghatayoga – Introduction, Saptanga yoga, Benefits.	
	2) Satkriyas – Classification, Practising methods and benefits.	
	3) Asana– Classification, Practising methods and benefits.	
	4) Mudra – Introduction, 25 Mudras – Classification, Practising methods and benefits.	
<b>II</b>	<b>Ghatayoga and its applications - II</b>	<b>12 Hrs</b>
	1) Pratyahara– Classification, Practising methods and benefits.	
	2) Pranayama– Classification, Practising methods and benefits.	
	3) Meditation– Classification, Practising methods and benefits.	
	4) A comparative study of Hathayoga and Ghata yoga.	
<b>III</b>	<b>Methods of Samadhi Practice in Siva yoga -I</b>	<b>12 Hrs</b>
	1) Shivayogadipika – Introduction, Classification of yoga, Classification of Rajayoga, Comparison between Rajayoga and Shivayoga.	

- 2) Evolution theory, two types of Shivajnana, Qualities of a teacher, Shivaswarupa. Importance of physical health, Hatha yoga a means to attain physical health, Bahya yoga, Antaranga yoga, Yama, Niyama, Asana.

#### **IV Methods of Samadhi Practice in Siva yoga -II**

**12 Hrs**

- 1) Place of practice of Hathayoga, Pranayama, Prakrtayoga, Vaikrtayoga, Kevalakumbhaka, Amana yoga, Ajapagayathri, Nadi, Pranava, Bandha, Duration of Pranayama, Meditation. Antarangayoga – Pratyahara, object for Meditation, Posture, Chakra, Adhara, Means to control Citta.
- 2) Dharana, Duration and Objects of Dharana, Samadhi and definition, Conducives for Samadhi, benefits of Astangayoga – Hathayoga – Layayoga – Mantrayoga.

#### **REFERENCE BOOKS**

1. Sadashivabrahmendra Saraswati(1978), Shivayogadipika, Ananda Ashramagranthavali, Pune- 410403
2. Swami NiranjanaSaraswati, Gherandasamhita, Bihar School of Yoga, Munger, Bihar-811201
3. Swami Digambaraji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala-410403
4. Swami Vivekananda(1982), Rajayoga, Ramakrishna Ashrama Publications, Dehi Entally Road kolkata-700014.
5. Swami Digambaraji (1970), Hathayoga Pradipika of Swatmarama, Kaivalyadhama, Lonavala, Pune - 410403.
6. Swami NiranjanaSaraswati, Yoga Darshan, Sri Pachadashanam Paramahansa Alakh Bara, Deoghar-814113
7. Swami Adidevananda(1998), Patanjala Yoga Darshana – Vyasa Bahshya sahitha, Shri Ramakrishna Ashrama, Mysore – 570020.
8. Swami NiranjanaSaraswati(1997), Hathayogapradipika, Bihar School of Yoga-811201