



MANGALORE UNIVERSITY

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

YSH453 BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-I

Learning Objectives:

- Historical development of Yoga and Yogic science.
- Chronological development of Yogic science.
- Fundamentals of Yoga.
- Knowledge of energy and Nadis.
- Fundamentals of various therapy techniques.

Learning Outcome:

- Health and therapy concepts of Indian system.
- Basic concept of Yoga therapy.
- Knowledge of various therapeutical method of yoga.

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| I | Origin and Historical study of Yoga | 12 Hrs |
| | 1) Origin and Historical development of yoga and yogic texts up to Patanjali | |
| | 2) Historical development of yoga in the period of Patanjali. | |
| | 3) Historical development of yoga – Post Patanjali period. | |
| | 4) Comparision between Sankhya and Yoga | |
| II | Evolution theory of Yoga | 12 Hrs |
| | 1) Sankhyayoga – Introduction, 3 fold afflictions, means to overcome afflictions. | |
| | 2) 25 entities according to Sankhya, means of knowledge, Satkaryavada, similarities and dissimilarities of vyakta and avyakta, Triguna, Subtle body. | |
| | 3) Evolution theory of Yoga. | |
| | 4) Isvara, Citta, Buddhi &Manas in Yoga. | |
| III | Kundalini Yoga | 12 Hrs |
| | 1) Historical development, principles of Kundalini yoga. | |

- 2) System of Nadies, Senses, Chakras, Marmasthanas.
- 3) Function and form of Chakras.
- 4) Prana, its classification, awakening of Kundalini and Samadhi.

IV Fundamentals of Naturopathy, Pranic Healing, other yogas, Different

Meditational Techniques

12 Hrs

- 1) Naturopathy, Pranic Healing, Reckhi – Concepts, objects and basics.
- 2) Fundamentals of – Siddha Samadhi yoga, Divya yoga and Sudarshana Kriya yoga.
- 3) Meditational Techniques-Vipasana, Preksha, Transcendental
- 4) Meditational Techniques : Saguna- with statue, light(lamp) etc. and Nirguna - without object – Svasa, Pranava, Soham etc.

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2. Swami Virupakshananda (1995) Samkhya Karika of Ishwara Krishna. Shri Rama Krishna Math Mylapur, Madras 600004
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4. Swami Janananda (1938), Philosophy of Yoga, Sri Ramakrishnasharma Publications, Calcutta-711202
5. S.N.Dasgupta (1924), Yoga as a Philosophy and Religion, MotilalBanarsi das publications,Delhi-110007
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