



# MANGALORE UNIVERSITY

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

### I SEMESTER

#### YSH401 FOUNDATION OF YOGIC SCIENCE-I

##### Learning Objectives:

- To make the students to have knowledge of fundamental classical texts of yoga.
- Development of yoga according to the system of Maharshi Patanjali.
- Detailed study of Patanjala Yoga Sutra.
- Study of citta and its modifications.

##### Learning Outcome:

The student will have:

- The knowledge of Patanjala Yoga Sutra.
- The theoretical knowledge of attaining of Samadhi in the case of a practitioner with concentrated citta.
- The knowledge of method of practice of yoga in the case of an individual with citta which is not concentrated.
- The theoretical knowledge of concentration methods, their application, attaining of kaivalya.

#### **I Introduction to Yoga Sutra**

**12Hrs**

- 1) Yoga-Meaning, Definition, Aim, Objects, Concepts, Misconcepts.
- 2) Nature of Yoga Science, Definition of Yoga, the nature of seer in pure and modified state, Vrttis – Nature, classification, definition, method to control of cittavrttis.
- 3) Samprajnata Samadhi and its classification, Asamprajnata and its classification. Variation in the attainment of Asamprajnata Samadhi; Ishwarapranidhana – a means to attain Samadhi, Definition & quality of Ishwara.
- 4) Chittavikshepa, Chittaprasadana and its associates, control of Chittavikshepa, different methods of manasthiti and its benefits. Samapatti, Sukshnavishayatwa, Sabijasamadhi, Speciality of Nirvichara, Rthambaraprajna, Nirbijasamadhi.

#### **II Kriya Yoga**

**12Hrs**

- 1) Kriya-yoga and its benefits; classification, methods to control kleshas, karmasaya.
- 2) Vipaka of kleshamula, Heyaswarupa, Heyahetu, Drsyas and Drasta.
- 3) Samyoga-Nature & cause, Hanopaya, Hanaswarupa.
- 4) Vivekakhyaathi, Astanga yoga.

### III Samyama and its applications

12Hrs

- 1) Dharana, Dhyana, Samadhi, Samyama, Antaranga and Bahiranga yoga, Application and benefits of Parinama, Dharma and Dharmi,
- 2) Parinamanyatva, Samyama on – Parinamatraya, knowledge of bhutaruta, Parachitta jnana, Antardhana.
- 3) Aparantajnana, Samyama on – Maitri, Surya, Chandra, Nabhichakra, Kanthakupa, Kaurmanadi, Murdhajyothi, Pratibha, Hrdaya, Swartha, Udana, Samana, and their benefits.
- 4) Attainments of divyashrotra, Akashagamana, Bhutajaya, Animadi siddhi, Indriyajaya, Kaya jaya, Sarvajnatva, Kaivalya, Vivekajnana, knowledge of satva and purusha and its benefits – According to Patanjala Yoga sutra - Chapter – III.

### IV Kaivalya in Patanjala Yoga Sutra

12Hrs

- 1) Kaivalya–Introduction, Siddhi, Jatyantaraparinama, Nirmanachitta.
- 2) Karma, Vasana, Smrti and Samskara, Support of vasana, Guna and its existence, Vastu, Jnata and Ajnata of Vastu.
- 3) Quality of everknown of purusha, Non-self illumination of Buddhi and its function.
- 4) Chitta, Dharmamegha Samadhi, Infinite knowledge. Mutation of Guna, Krama, Pratiprasava and Kaivalya – According to PatanjalaYogasutra – Chapter IV.

### REFERENCEBOOKS:

1. Swami Vivekananda(1982), Rajayoga, Ramakrishna Ashrama Publications, Dehi Entally Road, Kolkata-700014.
2. Swami Satyananda (1983), Four Chapters on Freedom (Commentary on the Yoga Sutras of Patanjali) , Bihar School of Yoga, Munger-811201
3. HariharanandaAranya (1984), Yogasutras of Patanjali, University of CalcuttaPress, Calcutta - 700014.
4. Omananda Tirtha, Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur – 273005.
5. Taimini.I.K.(1961), The Science of Yoga, Theosophical PublishingHouse, Adyar, Madras.- 600020
6. Swami Vivekananda (1982), Rajayoga Conquering the Internal nature, Advaita Ashrama Calcutta-700014
7. Swami Vivekananda (1998), Rajayoga Conquering the Internal nature, Advaita Ashrama Calcutta-700014
8. Goswami surajith (2005), Patanjala yoga vam Hatha yoga, Sathyam publishing House New Delhi.
9. Swami Adidevananda(1998) Patanjala Yoga Darshna- Vyasa Bhashya Sahitha, Sri Rama Krishna Ashrama Mysore-570020.