YSH203 **BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-I**

Course 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.

Course Outcome:

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

I Basic Yogic concepts in Bhagavadgita **15 Hrs**

1) Sankhya yoga according to Chapter II
2) Karma yoga according to Chapter II & III
3) Dhyana yoga according to Chapter VI
4) Trigunas and nature of Prakriti according to Chapter XIV

II Evolution theory of Yoga **15 Hrs**

1) Sankhyayoga – Introduction, three 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 Fundamentals of Naturopathy, Pranic Healing, other yogas, Different Meditational Techniques **15 Hrs**

1) Introduction to Naturopathy, Accupressure, Accupunture, Pranic Healing, Reckhi.
2) Meditational Techniques-Vipasana, Preksha, Transcendental
3) Introduction to Yoga traditions – Krishanamacharaya, Kaivalyadhama, Bihar school of Yoga, Divine life Society, Iyengar Yoga, Sudarshanakriya yoga.
4) Meditational Techniques: Saguna- with statue, light (lamp) etc. and Nirguna - without object – Svasa, Pranava, Soham etc.

IV Yoga Teaching Methodology 15 Hrs

1) Traditional and Modern concepts of teaching
2) Different types of teaching methods
3) Micro & Macro Teaching mbn ethods
4) Relavance of Yogic Science in Education to develop - Morality, Behaviour, Personality etc.

Reference Books

1. Chandradhar Sharma. (2016). *A Critical Survey of Indian Philosophy* (14 ed.). Delhi:Motilal Banarsidass110007Jawahar Nagar, Delhi.
2. Isvara Krsna. (1995). *Samkhya Karika.* (Swami Virupakshananda, Ed.) Kolkatta: Advaita AshramaKolkata, West Bengal 700014.
3. Iswara Krishna. (2007). *Sankhya Karika And The Bhashya; Or Commentary Of Gaudapada.*Montana:Kessinger Pub CoMontana, 59937, United States.
4. J.C. Aggarwal. (2010). *Principles, Methods and Techniques of Teaching* (2 ed.). Chennai:Vikas Publication House Pvt LtdChennai, Tamil Nadu 600034.
5. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 ed.). Mangalore: Suyoga Publication, Mangalore-574279.
6. Radhakrishnan, P. (1995). *The Bhagavadgita.*New York*:* Aquarian New YorkNY 10022, United States.
7. Richard J. Gerrig, & Philip G. Zimbardo. (2009). *Psychology and Life* (19 ed.). Hudson :Pearson New Jersy,221 River St, Hoboken, NJ 07030, United States.
8. Shastri Swami Jagannath. (2017). *Sankhyakarika (Srimadiswarkrishnavirchit).*Delhi:Motilal BanarsidassJawahar Nagar, DelhiDelhi, 110007.
9. Stagner, R., & Solley, C. (1970). *Basic Psychology.*New York:McGraw-Hill New York,2 Pennsylvania Plaza #20, New York, NY 10121, United States.
10. Surendranath Dasgupta. (2002). *Yoga as Philosophy and Religion.* New York: Dover Publications Inc Mineola, NY 11301 .
11. Swami Atmananda. (1966). *The Four Yogas.*Mumbai:Bharatiya Vidya BhavanMumbai 400034.
12. Swami Jnanananda. (1938). *The Philosophy of Yoga.*Jaipur:Bachubhai RawatJaipur, Rajasthan 302004.
13. Swami Krishnananda. (2009). *A Short History of Religious and Philosophic Thought.*Rishikesh:Divine Life SocietyRishikesh, Uttarakhand,Uttarakhand 249192 India.