

M.Sc. YOGIC SCIENCE

SYLLABUS FOR CBCS SCHEME

I SEMESTER

YSH101 FOUNDATION OF YOGIC SCIENCE-I

Course 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.

Course 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

15 Hrs

- 1) 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.
- 2) 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.
- 3) Chittavikshepa, Chittaprasadana and its associates, control of Chittavikshepa, different methods of manasthiti and its benefits.
- 4) Samapatti, Sukshma-vishayatva, Sabijasa-madhi, Speciality of Nirvichara, Rthambaraprajna, Nirbijasa-madhi.

- II Kriya Yoga 15 Hrs**
- 1) Kriya-yoga and its benefits; classification, methods to control kleshas, karmasaya.
 - 2) Vipaka of kleshamula, Heyaswarupa, Heyahetu, Drsya and Drasta.
 - 3) Samyoga-Nature & cause, Hanopaya, Hanaswarupa.
 - 4) Vivekakhyathi, Astanga yoga – Bahiranga yoga
- III Samyama and its applications 15 Hrs**
- 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, Parachittajnana, 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 15 Hrs**
- 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.