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, Sukshmavishayatwa, 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, Drsya and Drasta.
3) Samyoga-Nature & cause, Hanopaya, Hanaswarupa.
4) Vivekakhyathi, 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.

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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.
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5. Taimini.I.K.(1961), The Science of Yoga, Theosophical PublishingHouse, Adyar, Madras.- 600020
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8. Goswami surajith (2005), Patanjala yoga vam Hatha yoga, Sathyam publishing House New Delhi.
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