MANGALORE UNIVERSITY

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

II SEMESTER

YSH451 FOUNDATION OF YOGIC SCIENCE-III

Learning Objectives:

To make the students to have knowledge of –

- Fundamental classical texts of yoga.
- Detailed study of Gheranda Samhita and Sivayoga Dipika.
- Development of Sivayoga.
- Study of different yogic practices.

Learning Outcome:

- The student will have the knowledge of Gheranda Samhita and Sivayoga Dipika.
- The student will have the theoretical knowledge of different limbs of yoga according to Ghatayoga.
- Knowledge of classification of yoga. Evolution theory, bahyayoga.
- Knowledge of place of practice, means to control citta and other relevant points.
- Improvement of character, development of sincerity.

I Ghatayoga and its applications - I 12 Hrs

1) Ghatayoga – Introduction, Saptanga yoga, Benefits.
2) Satkriyas – Classification, Practising methods and benefits.
3) Asana– Classification, Practising methods and benefits.
4) Mudra – Introduction, 25 Mudras – Classification, Practising methods and benefits.

II Ghatayoga and its applications - II 12 Hrs

1) Pratyahara– Classification, Practising methods and benefits.
2) Pranayama– Classification, Practising methods and benefits.
3) Meditation– Classification, Practising methods and benefits.
4) A comparative study of Hathayoga and Ghata yoga.

III Methods of Samadhi Practice in Siva yoga -I 12 Hrs

1) Shivayogadipika – Introduction, Classification of yoga, Classification of Rajayoga, Comparison between Rajayoga and Shivayoga.

2) Evolution theory, two types of Shivajnana, Qualities of a teacher, Shivaswarupa. Importance of physical health, Hatha yoga a means to attain physical health, Bahya yoga, Antaranga yoga, Yama, Niyama, Asana.

IV Methods of Samadhi Practice in Siva yoga -II 12 Hrs

1) Place of practice of Hathayoga, Pranayama, Prakrtayoga, Vaikrtayoga, Kevalakumbhaka, Amana yoga, Ajapagayathri, Nadi, Pranava, Bandha, Duration of Pranayama, Meditation. Antarangayoga – Pratyahara, object for Meditation, Posture, Chakra, Adhara, Means to control Citta.

2) Dharana, Duration and Objects of Dharana, Samadhi and definition,Conducivesfor Samadhi, benefits of Astangayoga – Hathayoga – Layayoga – Mantrayoga.

REFERENCE BOOKS

1. Sadashivabrahmendra Saraswati(1978), Shivayogadipika, Ananda Ashramagranthavali, Pune- 410403
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3. Swami Digambaraji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala-410403
4. Swami Vivekananda(1982), Rajayoga, Ramakrishna Ashrama Publications, Dehi Entally Road kolkata-700014.
5. Swami Digambaraji (1970), Hathayoga Pradipika of Swatmarama, Kaivalyadhama, Lonavala, Pune - 410403.
6. Swami Niranjanananda, Yoga Darshan, Sri Pachadashanam Paramahamsa Alakh Bara, Deoghar-814113
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