MANGALORE UNIVERSITY

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

YSH453 BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-I

Learning 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.

Learning Outcome:

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

I Origin and Historical study of Yoga **12 Hrs**

1) Origin and Historical development of yoga and yogic texts up to Patanjali
2) Historical development of yoga in the period of Patanjali.
3) Historical development of yoga – Post Patanjali period.
4) Comparision between Sankhya and Yoga

II Evolution theory of Yoga **12 Hrs**

1) Sankhyayoga – Introduction, 3 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 Kundalini Yoga **12 Hrs**

1) Historical development, principles of Kundalini yoga.

2) System of Nadies, Senses, Chakras, Marmasthanas.

3) Function and form of Chakras.

4) Prana, its classification, awakening of Kundalini and Samadhi.

IV Fundamentals of Naturopathy, Pranic Healing, other yogas, Different Meditational Techniques **12 Hrs**

1) Naturopathy, Pranic Healing, Reckhi – Concepts, objects and basics.

2) Fundamentals of – Siddha Samadhi yoga, Divya yoga and Sudarshana Kriya yoga.

3) Meditational Techniques-Vipasana, Preksha, Transcendental

4) Meditational Techniques : Saguna- with statue, light(lamp) etc. and Nirguna - without object – Svasa, Pranava, Soham etc.

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