

MANGALORE UNIVERSITY
DEPARTMENT OF YOGIC SCIENCE
M.Sc. YOGIC SCIENCE

SPECIALISATION: YOGA THERAPY

III SEMESTER

YSH501A BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II

Learning Objectives:

- To know the basics of Jnana Yoga.
- To know the yogic methods in Upanishads.
- To know yogic methods in Yoga Vasishtha.
- Understanding of Yoga therapy concepts in certain classical texts.

Learning Outcome:

After the completion of course the student will be able to understand-

- Jnana Yoga and its application in Yoga therapy.
- Yogic concepts in the selected Upanishads and their practical usage.
- Explain Yogic methods in Yoga Vasishtha and their practicality.
- Describe and to apply the therapy concepts in the selected classical texts.

I	Basics of Jnanayoga	12 Hrs
1)	Jnanayoga – Introduction, Prasthanatraya, Anubandhachatustaya, Subject matter, Qualification for study of Jnana Yoga.	
2)	Guru, Adhyasa, SamastiandVyasti aspects of Adhyasa.	
3)	Nature of reality, Apavada, Brahma, Evolution theory, Panchakosa theory	
4)	Steps to realization, Samadhi and its obstacles.	
II	Yogic methods in Upanishats	12 Hrs
1)	Nadabindupanishat	

- 2) Dhyana-bindhupanishat
- 3) Kathopanishat
- 4) Shwethshwata-upanishat

III Yogic methods in Yogavasistha

12 Hrs

- 1) Citta, its qualities, Cittavikaras, Cittacikitsa.
- 2) Manas, Rupa, Existence, Sadacara, Ahankara, Bandhabandha Jivanmukta.
- 3) Yoga and its explanation, Jnana, Indriya and Vairagya.
- 4) Jnana, Suk Yogopadesa, Nirvana, Visranti.

IV Yoga therapy concepts in classical text

12 Hrs

- 1) Patanjala yoga sutra
- 2) Hathayogapradipika
- 3) Gheranda Samhita
- 4) Shivayoga dipika



REFERENCE BOOKS

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2. Ishwarakrishna (2000), Sankhyakarika, parimala publication, Delhi-110007
3. Dr.S.Radhakrishna(1948), Shirmadbhagavadgeeta, George Allen and Unwin Ltd, London
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6. Swami Jnanananda(1938), Philosophy of Yoga, Sri Ramakrishnashrama Publications, Calcutta-711202
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8. Krishna Chaitanya(1986), Gita for Modern man, Clarion Books, New Delhi-110003
9. Swami Krishnananda(1973), A short history of religions and philosophic thought in India, The divine life society Shivanandanagar, Rishikesh-249192

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18. Swami Harshananda(1995) , Vedanthasara of Sadananda,Sri Rama Krishna Ashram, Yadavagiri, Mysore - 5700020.

