

YSH203 BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-I

Course 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.

Course Outcome:

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

I Basic Yogic concepts in Bhagavadgita

15 Hrs

- 1) Sankhya yoga according to Chapter II
- 2) Karma yoga according to Chapter II & III
- 3) Dhyana yoga according to Chapter VI
- 4) Trigunas and nature of Prakriti according to Chapter XIV

II Evolution theory of Yoga

15 Hrs

- 1) Sankhyayoga – Introduction, three 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 Fundamentals of Naturopathy, Pranic Healing, other yogas, Different Meditational Techniques

15 Hrs

- 1) Introduction to Naturopathy, Accupressure, Accupunture, Pranic Healing, Reckhi.
- 2) Meditational Techniques-Vipasana, Preksha, Transcendental
- 3) Introduction to Yoga traditions – Krishnamacharaya, Kaivalyadhama, Bihar school of Yoga, Divine life Society, Iyengar Yoga, Sudarshanakriya yoga.
- 4) Meditational Techniques: Saguna- with statue, light (lamp) etc. and Nirguna - without object – Svasa, Pranava, Soham etc.

IV Yoga Teaching Methodology

15 Hrs

- 1) Traditional and Modern concepts of teaching
- 2) Different types of teaching methods
- 3) Micro & Macro Teaching methods
- 4) Relevance of Yogic Science in Education to develop - Morality, Behaviour, Personality etc.

Reference Books

1. Chandradhar Sharma. (2016). *A Critical Survey of Indian Philosophy* (14 ed.). Delhi: Motilal Banarsidass 110007 Jawahar Nagar, Delhi.
2. Isvara Krsna. (1995). *Samkhya Karika*. (Swami Virupakshananda, Ed.) Kolkatta: Advaita Ashrama Kolkatta, West Bengal 700014.
3. Iswara Krishna. (2007). *Sankhya Karika And The Bhashya; Or Commentary Of Gaudapada*. Montana: Kessinger Pub Co Montana, 59937, United States.
4. J.C. Aggarwal. (2010). *Principles, Methods and Techniques of Teaching* (2 ed.). Chennai: Vikas Publication House Pvt Ltd Chennai, Tamil Nadu 600034.
5. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 ed.). Mangalore: Suyoga Publication, Mangalore-574279.
6. Radhakrishnan, P. (1995). *The Bhagavadgita*. New York: Aquarian New York NY 10022, United States.
7. Richard J. Gerrig, & Philip G. Zimbardo. (2009). *Psychology and Life* (19 ed.). Hudson : Pearson New Jersey, 221 River St, Hoboken, NJ 07030, United States.
8. Shastri Swami Jagannath. (2017). *Sankhyakarika (Srimadishwarkrishnavirchit)*. Delhi: Motilal Banarsidass Jawahar Nagar, Delhi Delhi, 110007.
9. Stagner, R., & Solley, C. (1970). *Basic Psychology*. New York: McGraw-Hill New York, 2 Pennsylvania Plaza #20, New York, NY 10121, United States.
10. Surendranath Dasgupta. (2002). *Yoga as Philosophy and Religion*. New York: Dover Publications Inc Mineola, NY 11301 .
11. Swami Atmananda. (1966). *The Four Yogas*. Mumbai: Bharatiya Vidya Bhavan Mumbai 400034.
12. Swami Jnanananda. (1938). *The Philosophy of Yoga*. Jaipur: Bachubhai Rawat Jaipur, Rajasthan 302004.
13. Swami Krishnananda. (2009). *A Short History of Religious and Philosophic Thought*. Rishikesh: Divine Life Society Rishikesh, Uttarakhand, Uttarakhand 249192 India.