

CENTRAL UNIVERSITY OF KERALA
DEPARTMENT OF YOGA STUDIES
M.Sc. YOGA THERAPY

MYG 5202 Principles, Philosophy and Practice of Yoga.

Course Code	MYG5202	Semester	II
Course Title	<i>Principles, Philosophy and Practice Of Yoga.</i>		
Credits	4	Type	Core

Course Description

This course is oriented to provide a knowledge based skill in the application of Yoga that enhances the employability of the student as a Yoga Therapist. The course is teaching the essence of Ghata yoga principles and practices based on classical texts. The course is discussing the kriyas, asanas and mudras in details. It also teaches advanced lessons of Sankhya philosophy and Yoga in Bhagavathgitha.

Course Outcome

- Students can read and understand the traditional Ghta Yoga text, and Well knowledge in the ancient concept of Yoga.
- **Students get the knowledge in the traditional method of practicing yogasanas , Pranayamas, Kriyas, Bandhas etc. and skill in the application of it.**
- Students gets the knowledge on the Principles of Hatha Yoga.
- **Students get the detailed knowledge about the ancient aspect of yoga therapy.**
- Students gets detailed knowledge in sankhya darshana

Course Structure

The following is a detailed syllabus MYG5202 Principles, Philosophy And Practice Of Yoga.

Module

This module is focussed to teach the principles and practice of yoga based on various classical texts, First two units are discussing the concept of Ghatayoga practice. Third unit teaching advanced learning of sankhya darshana. Fourth and fifth units are included the learning of Yoga in bhagavath geetha.

Unit I. Ghata yoga and its applications. (13 hours)

- Ghata yoga – Introduction, Saptanga yoga, Benefits. Satkriyas Classification, Practising methods and benefits.
- Asana– Classification, Practising methods and benefits.
- Mudra – Introduction, 25 Mudras – Classification, Practising methods and benefits.

Unit II. Ghata yoga and its applications. (13 hours)

- Classifications of Prathyahara, Practicing methods and benefits.
- Pranayama– Classification, Practising methods and benefits.
- Meditation– Classification, Practising methods and benefits. A comparative study of Hathayoga and Ghata yoga.

Unit III. Advanced sankhya philosophy. (12 hours)

- Classifications and functions of Karanas in Sankhya philosophy, Prathyaya Sarga, Bhavas and its classifications due to Thrigunas.
- Interdependence of Lingasarga, Prathyayasarga and Bhuthasarga.

- Importance of Prakrthi with example, Discriminative knowledge.

Unit IV. Selected chapters in Bhagavat geetha.

(12 hours)

- Sankhya Yoga, Nature of eternal athman, Qualities of buddhi for attaining samadhi.
- Nature of Karma to attain eternal Wisdom, Definitions of Yoga in Bhagavath Geetha.
- State of the mind in Samadhi, Qualities of self-realized person, Root cause of all the mental afflictions.

Unit V. Selected chapters in Bhagavat geeta

(11 hours)

- Nature of Mithyacara, Nature of Yogarudha, Method of Meditation, Lifestyle for achieving success in Yoga.
- Method of Controlling the mind, qualities of Trigunas, Yama and Niyamas in Bhagavath Geetha, Satvika food, Rajasika food, Tamasika food.
- Tapas of Physical, Verbal and Mental, Meaning of "OM TAT SAT".

Testing & Evaluation

Internal Assessment - 40 marks.

Internal examination I - 15 marks, internal examination II - 15 marks, Assignments 10

End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

References

Books

1. Alladi Mahadeva Shastri, The Bhagavath Geetha;With the Comentry of Shankaracharya, Samatha Books, 10 Kamaraj Bhavan, Mount Road Madras, 1977
2. Swami Diagambarji, DrM.L Gharote , Gheranda Samhitha, S.M.Y.M Samithi Kaivalyadhama, Lonavla Maharashtra; 1997
3. Swami Maheshananda , Shiva Samhitha; A Critical Edition,SMYM Samithi, Kaivalya Dhama Publications, Lonavla Maharashtra; 2010
4. Swami Maheshananda, Vasishtha Samhitha, SMYM Samithi, Kaivalya Dhama Publications, Lonavla Maharashtra; 2010.
5. Swami Mukthibodhananda Swara Yoga, The Tantric Science of Brain Breathing, Yoga Publication Trust, Ganga Darshan, Munger, Bihar; 2008.
6. Swami Nirajanananda Saraswathi, Gheranda Samhitha, Bihar Yoga Bharathi, Munger, Bihar; 1997.
7. Swami Niranjananda saraswathi, Sankhya Darshan, Yoga Publication Trust, Bihar School of Yoga, Munger, Bihar; 2010
8. Swami Virupakshananda , Samkhyakarika of Ishwarakrishna, Sriramakrishna Matt, Mylapur Chennai; 2006