

Course Type	Course Code	Name of Course	L	T	P	Credit
DE	NHSD509	INTRODUCTION TO YOGA PHILOSOPHY	3	0	0	3

Course Objective
The objective of the course is to discuss major aspects of Yoga Philosophy. The Yoga Philosophy has practical utility. By understanding the practice of the <i>Astangayoga</i> of Patanjali, a holistic mental and physical development can be achieved.
Learning Outcomes
<p>Upon successful completion of this course, students will:</p> <ul style="list-style-type: none"> • Understand the meaning and significance of Hata Yoga • Know the <i>Astangayoga</i> of Patanjali, • Know the different Yogas in Bhagavad Gita • Explain the significance of Yoga for a holistic mental and physical development.

Unit No.	Topics to be Covered	Lecture Hours	Learning Outcome
1	<ul style="list-style-type: none"> • Systems of Indian Philosophy • History and Development of Yoga Philosophy • An Introduction to Yoga History, Theory, and Practice • Yoga beyond <i>Asana</i> • Developing studentship (<i>Brahmācarya</i> and <i>Svādhyāya</i>) • How to be more Self-reflective and Conscious of during Yoga Practice. 	8	This unit will make students understand, what is Indian Philosophy? An Introduction to Yoga history, theory, and practice.
2	<ul style="list-style-type: none"> • The Early History of Yoga • Origins of <i>Haṭha</i> Yoga • Vedānta, Sāṃkhya, Ascetic Practices, Tantra and Śaivism • Overview of the Textual Traditions of Yoga: <i>Yogasūtras</i>, <i>Bhagavadgītā</i>, <i>Upaniṣads</i>, <i>Haṭhapradīpikā</i> 	6	This part will help students understand the origin and branches of Hata Yoga. Yoga in different Indian Traditions. An overview of the textual traditions of yoga.
3	<ul style="list-style-type: none"> • Overview of the <i>Yogasūtra</i> of Patañjali: a brief History of the Text and its Prominence in the Yoga World Today • The Relationship between <i>Yoga</i> and <i>Sāṃkhya</i> Philosophy (<i>Tattvas</i> and three <i>Guṇas</i>) • The <i>Yogasūtra</i> relation to Hinduism, Buddhism, and Jainism • Philosophical Dualism vs. Non-Dualism 	8	This unit will explain an overview of the <i>Yogasūtra</i> of Patañjali: a brief history of the text. The relationship between <i>Yoga</i> and <i>Sāṃkhya</i> philosophy.

4	<p><i>Aṣṭāṅgayoga</i>, the “The Eight Auxiliaries of Yoga”</p> <p><i>Anthakaranas</i>, Concept of <i>Citta</i></p> <p>Yoga Ethics: the <i>Yamas</i> and <i>Niyamas</i></p> <p>The Role of <i>Āsana</i> or Posture within Classical Yoga</p> <p>The function of <i>Prāṇāyāma</i></p> <p>The centrality of Meditation and Concentration</p> <p>Practice: <i>Samādhi</i> and <i>Kaivalya</i></p> <p><i>Mudra-s (Bandha)</i>, <i>Nadi-s</i>.</p> <p><i>Chakra-s</i>: Meaning, Location, types and its importance in Hatha Yoga.</p> <p><i>Kundalini</i>: Meaning, Synonyms, Location, Method for Awakening</p> <p><i>Yogasūtra</i> and Modern Yoga Practice</p>	12	This will make students aware of the <i>Aṣṭāṅgayoga</i> , the “The Eight Auxiliaries of Yoga”. The <i>Anthakaranas</i> , Concept of <i>Citta</i> .
5	<ul style="list-style-type: none"> • The Bhagavad Gītā • Overview of the Text: A Brief History of the Text and its Importance • The Meaning of <i>Dharma</i>, <i>Karma</i> and <i>Samsāra</i> • The Different <i>Yogas</i> in the Bhagavad Gita • <i>Karmayoga</i>, the Yoga of Action, • <i>Jñānayoga</i>, the Yoga of Knowledge, • <i>Bhaktiyoga</i>, the Yoga of Devotion • The Relationship between <i>Sāṅkhya</i>, <i>Yoga</i>, and <i>Vedānta</i> 	8	Help in understanding the Bhagavad Gita: a brief history of the text. The meaning of <i>Dharma</i> , <i>Karma</i> and <i>Samsāra</i> . The different <i>Yogas</i> in the Bhagavad Gita
TOTAL LECTURE HOURS		42	

Text Books:

1. Karel Werner: Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
2. Fenerstein, George: The Yoga Tradition: It's History, Literature, Philosophy practice,
3. Asana Pranayama & Mudra Bandha, Bihar School Of Yoga, Munger, 1969.
4. Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore, 2006
5. Philosophy of Hatha Yoga (English) Himalayan International Institute of Yoga Science and Philosophy, 1998, 2nd Rev. ed., Pennsylvania)

Reference Books:

1. Dasgupta, S.N.: Hindu Mysticism, Motilal Banarsidass, Delhi 1927
2. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 2000
3. Stephen Sturges: The Yoga Book. Motilal Banarsidass, Delhi, 2004
4. Hatha Yoga Pradipika of Svratmarama, The Adyar Library, publications, Chennai. 2000