

GE-14: Philosophy of Yoga

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the Course			Eligibility criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/Practice		
Philosophy of Yoga	04	3	1	0	Semester II Passed	Working Knowledge of Sanskrit

Learning Objectives

This course approaches Patanjali's Aphorisms on Yoga as philosophical psychology. The course aims to make students aware of the importance of balance in life and to make them aware of the theoretical and practical aspects of Balanced Living inherent in Sanskrit texts and apply them to live a better life. Graduates who read this course should be able to see that in order to bring balance in life, a proper understanding of one's life situation is necessary. For this understanding, Shravana, Manana, and Nididhyasana are important tools.

Learning outcomes

Graduates must know the true essence of listening (acquisition of information) manana (reflection) and nididhyasana (unflinching commitment). In this segment, students can learn how to improve concentration. They will be able to identify the causes of indecisiveness and confusion and will learn how emotional stability can lead to clearer thinking. This section should help students to understand the importance of Ashtang yoga and Kriyayoga for the purification mind. Teamwork and social cohesion require interpersonal skills. One needs to know that one's behavior can create conflicts. Students should learn how active engagement with action is most conducive to healthy and successful living. By reading this segment, learners should develop a more balanced approach to life.

Detailed Syllabus

Unit I 12 hrs

Introduction and History of Yoga Philosophy
 Psychology of Yoga
 Method of Self-presentation: Hearing (śravaṇa), Reflection (manana) & meditation (nididhyāsana) - (Bṛhadāraṇyakopaniṣad, 2.4.5) and Vedantasara

Unit II 12 hrs

Concept of Yoga: (Yogasūtra 1.2)
 Restriction of fluctuations by practice (abhyāsa) and passionlessness (vairāgya): (Yogasūtra)
 Concentration:

Unit III **12 hrs**

Eight Folds of Yoga (aṣṭāṅgayoga)

Yoga of action (kriyāyoga)

Four distinct means of mental purity (cittaprasādana) leading to oneness

Unit IV **09 hrs**

Pancha Kosha: Theory of Personality (5 Insights of great Indian psychology)

Sri Aurobindo's Integral Yoga.

Essential/recommended readings

1. Indian Philosophy
2. उपनिषद् रहस्य
3. एकादश उपनिषद्
4. *Yoga Sutras of Patanjali*

Additional Resources:

Examination scheme and mode: Subject to directions from the Examination Branch/University of Delhi from time to time.