

KARNATAKA SAMSKRIT UNIVERSITY
DEPARTMENT OF COUNSELING & YOGATHERAPY
PAMPA MAHAKAVI ROAD, CHAMARAJAPETE
BANGALORE-560018

PREAMBLE M.Sc(Yoga Therapy And Counselling)

Karnataka Samskrit University conceptualized the M.Sc(Yoga Therapy And Counselling) with the objective of producing Yoga therapists/ consultants/ spiritual counselors who would assist conventional medicine specialists in their profession to get rid of wide range of psychosomatic ailments. The academic council approved the syllabus and suggested to implement in the academic year 2022-23. The duration of the course remained the same and entire duration of M.Sc. Yoga Therapy program under the division of Yoga And Counseling is divided into 2 years (4Semesters).

TITLE OF THE COURSE

M. Sc. Yoga Therapy And Counseling.

DURATION OF THE COURSE:

M.Sc in Yoga Therapy and Counseling will be of two years duration containing Four Semesters. A student taking admissions in a particular Academic session has to complete the course within a 4 maximum period of Four consecutive Academic years from the Academic year of his/her admission.

ELIGIBILITY

- Degree/Graduation In Revelan Subject(BA/B.Sc in Yoga, BNYS, BAMS)*
- Any Degree In Pattern 10+2+3/ 10+3+3 And Any Diploma/PG Diploma In Yoga from any Educational Institution/board (govt. authorized) .

GOALS OF M.Sc. Yoga Therapy And Counseling Program

1. Become aware of the research advances and developments in the field of Yoga and Naturopathy.
2. Acquire a spirit of scientific inquiry and oriented to the principles of research methodology.
3. Plan and design a module of Yoga Therapy for a particular problem.

INSTITUTIONAL GOALS

After the completion of graduation program in B.Sc. Yoga Therapy, the students must:

1. Be able to design a Yoga module based on the severity of the condition with consultation with medical doctors.
2. Be proficient in the Yoga therapy techniques he/she prescribes for health issues.

3. Develop a humane attitude towards the patients and never give burden to a patient in terms of financial affordability.
4. Enjoy an urge for self-improvement, directed towards advanced expertise or research in the field of Yoga.
5. Be able to give spiritual counseling and explain the manifestation of a disease in the context of Yogic scriptures and spiritual lures.
6. Explore and understand the cause of his/her problem for which the patient has been suffering.
7. Be able to work successfully in a variety of health care settings.
8. Develop integrity, responsibility, reliability, dependability and compassion, which are characteristics required for successful professional life.
9. Develop leadership and communication skills to work as leading therapist in healthcare teams.

OBJECTIVES OF THE PROGRAM

- To train Sadhakas – inner researchers, Spiritual counselors and cultural ambassadors powered with the wisdom of Yoga – Spirituality to explore certain subtle dimensions of Consciousness.
 - To promote the ancient Gurukula system of education with the wisdom of Vedanta, the principles and practices of integrated modules of Yoga/Yajna techniques with a scientific fervor of the west.
1. To train the students to teach ancient scriptures related to Yoga and Vedanta in the department of the Universities as an Assistant professor.
 2. To train students in Yoga & Yajna based therapy so as to enable the students to become well versed in Yoga & Yajna based therapy.
 3. To integrate Yoga & Yajna based therapy with other systems of medicine to speed up the process of recovery.
 4. To explore the possibilities of promoting Yoga & Yajna based therapy integrating ancient medical practice at conventional medical facilities attached to the institute.
 5. To produce Yoga and Yajna based therapists with in depth understanding of basic sciences and mechanism of action of every technique prescribed for a disease.
 6. To bring all round personality development of the students at all levels of their personality.

ELIGIBILITY FOR APPEARING IN THE EXAMINATION :

1. A student is required to attend a minimum of 75% of the Theory classes failing which he will not be allowed to attend the End semester examination. There will be a maximum of 10% concession on health grounds or for participation in Cultural, Sports, NCC, NSS or any other Academic / Official assignments with due permission of the Competent authorities.
2. Likewise a student having less attendance of 75% in Practical classes will not be allowed to appear for the Practical examination and Assessment at the end of the semester.

COURSE STRUCTURE :

- a) One semester will be of 90 working days with a minimum of six hours of Theory and Practical classes.

- b) First two semesters will be of 23 Credits, 3rd semester will be on 23 or 24 credit and in the 4th semester, there will be Dissertation along with Theory and practicals papers.
- c) There are presently 36 Theory papers (8 Hard Core, 16 Soft Core and 12 Open Elective), 5 Practical and 4 Sessional spread over four semesters.
- d) Each Theory paper shall be of 3 or 4 or 5 credit and 60 hour duration in a semester.
- e) Each Practical will be of 120 hours duration (including tutorial classes) having 6 credit each.
- f) The Theory papers will usually be conducted from 10.30 AM to 5.00 PM in the day time. The medium of instruction will be English, Kannada and Sanskrit*.

DEGREE REQUIREMENT & PROMOTION :

Degree requirement:

In order to qualify for M.Sc degree in Yoga Therapy And Counseling from the University, a Student must complete all Theory papers with a minimum of D Grade in every theory item and minimum of C Grade in every Practical and Sessional item.

Promotion :

- A student having backlogs in Theory shall have to clear the back paper examination, which will be held along with the normal End semester examination for Autumn and Spring semester, as the case may be.
- However, a student will not be promoted to the 2nd Year if he has a Grade below C in any of the Practical items in 1st& 2nd Semesters. A student failing to achieve the required level of attendance in Practical will have to repeat the Practical sessions at a suitable time with the permission of the Competent Authority and clear the Continuous Assessment and Practical End semester examination.

Karnataka Samskrit University, Chamarajapete, Bengaluru-18

Syllabus for MSc Yoga Therapy & Counseling

(Two Years-4 semester)

MSC 1ST SEMESTER

Sl. No	Paper	Sub Code	Subject Title	Total Marks	No. of Hours	No. of Credits
Hard core subjects						
1	Paper-1	MYTC1401	Foundation of yoga-1*	70+30=100	60	5
2	Paper-2	MYTC1402	Fundamentals of Counseling*	70+30=100	60	5
Soft Core Subjects						
3	Paper-3	MYTC1SC1403	Human Anatomy & Physiology	70+30=100	60	4
4	Paper-4	MYTC1SC2403	Patanjala Yoga Sutra (Samadhi & Sadhana padas)	70+30=100	60	4
5	Paper-5	MYTC1SC3403	Sanskrit Basic and Grammar	70+30=100	50	4
6	Paper-6	MYTP1PC404	Practical- Yoga Skill and Props-I*	50+50=100	120	6
Open elective subjects						
7	Paper-7	MYTC10E1405	Shrimad Bhagwad Geeta (Jnana Yoga & Karma Yoga)	70+30=100	60	3
8	Paper-8	MYTC10E2405	Samkhya Karika	70+30=100	60	3
9	Paper-9	MYTC10E3405	Yoga Practical: Asana, Pranayama, Dhyana Etc....	50+50=100	90	4
*Compulsory paper's						

MSC 2ND SEMESTER

Sl. No	Paper	Sub Code	Subject Title	Total Marks	No. of Hours	No. of Credits
Hard core subjects						
1	Paper-1	MYTC01	Foundation of yoga-2*	70+30=100	60	5
2	Paper-2	MYTC02	Hatha Yogic Texts*	70+30=100	60	5
Soft Core Subjects						
3	Paper-3	MYTC03	Patanjala Yoga Sutra (Vibhuti & Kaivalya Padas)	70+30=100	60	4
4	Paper-4	MYTC04	Methods of Teaching Yoga and Value Education	70+30=100	60	4
5	Paper-5	MYTC05	Yogic Counseling	70+30=100	60	4
6	Paper-6	MYTP02	Practical- Yoga Skill and Props-II*	50+50=100	120	6
Open elective subjects						
7	Paper-7	MYTC06	Shrimad Bhagwad Geeta (Bhakthi yoga & dhyana yoga)	70+30=100	60	3
8	Paper-8	MYTC07	Yoga & Naturopathy	70+30=100	60	3
9	Paper-9	MYTC08	Yoga vasistha	70+30=100	60	3
*Compulsory paper's						

MSC 3rd SEMESTER

Sl. No	Paper	Sub Code	Subject Title	Total Marks	No. of Hours	No. of Credits
Hard core subjects						
1	Paper-1	MYTC01	Yoga And Mental health *	70+30=100	60	5
2	Paper-2	MYTC02	Research Methodology*	70+30=100	60	5
Soft Core Subjects						
3	Paper-3	MYTC03	Scientific Approaches of Yoga	70+30=100	60	4
4	Paper-4	MYTC04	Shiva samitha	70+30=100	50	4
5	Paper-5	MYTT01	Yoga Therapy for Common Ailments – I	50+50=100	90	5
6	Paper-6	MYTP03	Practical- Yoga Therapy Techniques*	50+50=100	120	6
Open elective subjects						
7	Paper-7	MYTC05	Yogic diet And Nutrition	70+30=100	60	3
8	Paper-8	MYTC06	Integrated Alternative Therapy	70+30=100	60	3
9	Paper-9	MYTOP02	Yoga Practical: Teaching and Therapeutic methods Etc....	50+50=100	90	3
*Compulsory paper's						

MSC 4TH SEMESTER

Sl. No	Paper	Sub Code	Subject Title	Total Marks	No. of Hours	No. of Credits
Hard core subjects						
1	Paper-1	MYTC01	Counseling Techniques and skills*	70+30=100	60	5
2	Paper-2	MYTC02	Dissertation*	70+30=100	60	5
Soft Core Subjects						
3	Paper-3	MYTC03	Gheranda samitha*	70+30=100	60	4
4	Paper-4	MYTC04	Field works (schools & health care centers)	70+30=100	60	4
5	Paper-5	MYTP04	Practical- Methods of Scientific Writing and Synopsis Presentation	50+50=100	120	6
6	Paper-6	MYTT02	Yoga Therapy for Common Ailments –II	50+50=100	120	6
Open elective subjects						
7	Paper-7	MYTOP02	Advanced Yoga Techniques- Practical Cum Viva-voce	50+50=100	90	3
8	Paper-8	MYTC05	Vaidhyakiya Subhasitha	70+30=100	60	3
9	Paper-9	MYTC06	Yogic Counseling	70+30=100	60	3
*Compulsory paper's						

Foundation of Yoga

Course Objectives & Course Outcomes

This Course Provides The Preparation of Student Towards Providing An Introduction of Yoga And Its Important Streams, A Brief Introduction of Indian Philosophy; A Brief History And The Basis Different Yoga. The Student Will Be In A Position To Appreciate The Yogic Way of Living, Which They Can Inculcate In Their Life Style And Will Be Prepared To Teach Others The Benefits of Same.

Unit-I: Introduction:

- Yoga It's Meaning and Definition.
- Aim And Objectives of Yoga
- Origin, History and Development of Yoga.
- Relevance and Scope of Yoga In Modern Age
- Misconceptions About Yoga and Their Solutions.
- Difference Between Yogic and Non-Yogic System of Exercises.

Unit-II: Essentials of Yoga Practices

- Disciplines And Failures in Yogic Practices
- Place & Timing of Yogic Practices
- Diet For Yoga Practitioner: Pathya & Apathya
- Obstacles In The Path of Yoga Practice
- Sequence For Yogic Practices

Unit-III: Types of Yoga : It's Brief Introduction

- Bhakti Yoga
- Gyana Yoga
- Karma Yoga
- Raja Yoga
- Hatha Yoga
- Mantra Yoga
- Laya Yoga

Unit-IV: Life Sketch & Contribution of Eminent Yogi's And Institutes of Yoga

- Maharshi Patanjala, Gorakshanath And Swami Vivekanand, Krishnamacharya
- Swami Kuvalyananda (Kevalyadham, Lonavala)
- Swami Satyanand (Bihar School Of Yoga)
- Swami Shivananda (Divine Life Society)
- Krishnamacharya Yoga Mandiram - Mandaveli, Chennai
- Malladihalli Raghavendra Swami (Tituka) - Anatha Sevashrama Trust Chiradurga
- Ramamani Iyengar Memorial Yoga Institute – Pune

References:

1. Vijnananand Saraswati – Yog Vijyan, Yoga Niketan Trust, Rishikesh, 1998.
2. Rajkumari Pandey-Bhartiya Yoga Parampara Ke Vividh Ayam, Radha Publication, Nd, 2008
3. Swami Vivekanand - Jnan, Bhakti, Karma Yoga & Rajyoga, Advait Ashram, Culcutta 2000 and Ramakrishana Ashram.
4. Kamakhya Kumar -Yoga Mahavigyan, Standard Publisher, New Delhi.
5. Kalyan (Yogank)- Gita Press Gorakhpur, 2002.
6. Kalyan (Yoga Tatwank)-Gita Press Gorakhpur, 1991.

FUNDAMENTALS OF COUNSELLING AND GUIDANCE

Unit –I

Counselling Fundamentals: Introduction-Definition – Development and goals- preparation - Counselor-counselee relationship - counseling process: Steps – purposes of counseling - Approaches to Counseling: Directive, Non-directive, Psychoanalytic, Humanistic, Reciprocal inhibition technique, Eclectic approach.

Unit – II

Process of Counselling : Introduction – Objectives – the process of counseling – Factors Influencing Counseling Process.

Unit – III

Special Areas of Counselling: Marital and Family counseling- Students counseling - Parental counseling - Employee Counselling - Geriatric Counselling – Trauma and Victim Counselling – Counselling the Patients - Pastoral counseling –

Unit –IV

Scope of Guidance - Fundamentals of Guidance: - Theories of Guidance –theories of career choice: Super, Holland,

Unit – V

Educational guidance: Meaning, Need, Objectives and functions, Principles - Areas of Guidance: Educational settings: Schools and Colleges – Vocational and Career Guidance

References:

1. Shertzer and Stone, Fundamentals of Counseling, , Houghton Mifflin Co.,
2. Kumari. S, & Tomar M. Guidance and Councelling, Shree Publishers & Distributors. New Delhi.
3. Shah Alam, Basics of Guidance and Counselling, Global vision Publishing House, New Delhi

HUMAN ANATOMY & PHYSIOLOGY

Unit -1: Cell, Tissue & Immune System

- Cell organelles–Mitochondria, Golgi body, ER, Lysosome, Peroxisome, Centrosome, Plasma Membrane, Cytoplasm, Nucleus-Nuclear Membrane, Chromosome, Nucleolus, DNA&RNA
- Homeostasis, Transport Across Cell Membrane
- Tissue: Types, Structure and Function
- Immunity: Innate Immunity, Acquired Immunity,
- Allergy, Hypersensitivity and Immunodeficiency,
- Psycho-Neuro-Immunology.

Unit-2: Muscular-Skeletal System

- Anatomy Of the Skeleton
- Classification Of Bones-Axial bones and Appendicular Bones
- Types Of Joint–Synovial Joints and Fibrous Joint
- Structure Of Synovial Joints
- Types Of Muscles In The Body (Striated, Smooth muscle, Cardiac muscle)
- Mechanism Of Muscle Contraction
- Neuromuscular Junction

Unit-3: Respiratory System

- Respiratory System of Human-Nose, Nasal cavity, Pharynx, Trachea, Larynx, Bronchioles, Lungs
- Mechanism of Breathing (Expiration and inspiration)
- Transport of Respiratory Gases (Transport of Oxygen and Transport of Carbon dioxide)
- Regulation of Respiration
- Pulmonary Ventilation

Unit-4: Cardiovascular System

- Anatomy Of Heart
- Functional Anatomy of Blood Vessels
- Composition And Function Of Blood–Plasma, Rbc, Wbc And Platelet
- Properties Of Cardiac Muscle
- Generation And Conduction of Cardiac Impulses
- Cardiac Output And Cardiac Cycle
- Blood Pressure And Regulation Of Blood Pressure
- Organisation Of System And Pulmonary Circulation

Unit-5: Digestive System , Nutrients And Metabolism

- Digestive System Of Human-Mouth, Buccal cavity, Pharynx, Oesophagus, Stomach, Large intestine, Small intestine, Anus
- Associated Glands-Liver, Pancreas, Salivary Glands, Gallbladder
- Physical Digestion-Mastication, Swallowing, Peristalsis
- Chemical Digestion- Digestion Of Carbohydrate, Fats And Protein
- Absorption Of Carbohydrate, Fats And Protein
- Gastro-Intestinal Motility,
- Gastro Intestinal Hormones
- Functions Of Colon (Symbiosis),
- Nutrients- Carbohydrates, Fats, Proteins, Minerals, Vitamins, Dietary Fibre,
- Balanced Diet
- Metabolism: Catabolism and Anabolism

Unit-6: Excretory System

- Excretory System Of Human-Kidney, Ureter, Urinary Bladder, Urethra
- Structure Of Nephron
- Mechanism Of Urine Formation-Ultra-Filtration, Selective Re-Absorption, Tubular Secretion
- Water Balance: Regulation Of Water Intake, Water Output And Fluid Volume
- Renal Mechanisms For The Control Of Blood
- Diuretics And Micturition

Unit-7: Endocrine System & Reproductive System

Structure, Location, Secretion (Hormones) And Functions Of Important Endocrine Glands:

- Hypothalamus,
- Pituitary,
- Thyroid And Parathyroid Gland
- Adrenal,
- The Endocrine Pancreas,
- Pineal Gland
- Secretion And Functions Of Testis And Ovaries
- Basic Anatomy Of Reproductive System
- Menstrual Cycle,
- Male And Female Sex Hormones,
- Pregnancy & Lactation

Unit-8: Nervous System & Special Senses

- Introduction To Nervous System,
- Neuron: Structure, Types and Functions
- Classification Of Nerve Fibres
- Nerve Conduction Synaptic Transmission
- Central Nervous System: Brain (Fore Brain, Mid Brain and Hind Brain) And Spinal Cord

- Autonomic Nervous System: Sympathetic And Para Sympathetic
- Peripheral Nervous System: Spinal And Cranial Nerves
- Basics About Special Senses: Eye (Vison), Ear (Hearing) And Tongue (Taste)

Reference Books:

1. Anatomy And Physiology For Nurses, Ross And Wilson
2. Anatomy And Physiology For Nurses- A. K. Jain
3. Manav Sharer Rachana Evam Kriyavigyan, Abrarahemad, Sadabalam And Asish Mahavar, Vardhaman Publishers
4. Basic Anatomy And Physiology- A. K. Jain,Second Edition Apc Publications.

PATANJALA YOGA SUTRA

Unit-1: Samadhi Pada

- What Is Yoga?
- Culmination Of Yoga (Sutra: 3)
- Vritti And Its Classifications (Sutra: 5-11)
- Necessity Of Abhyāsa & Vairāgya (Sutra: 12)
- Foundation Of Abhyāsa (Sutra: 13-14)
- Lower & Higher Form Of Vairagya(Sutra: 15-16)
- Definition Of Samprajīa And Asamprajīa Samādhi (Sutra: 17-20)
- Definition & Attribute Of Ishwara (Sutra: 24-25)
- Praëava And Sādhana For Ishwara (Sutra: 27-28)
- Result Of Sādhana (Sutra: 29)
- Obstacles In The Path Of Yoga(Sutra: 30-31)

Unit-2: Sadhana Pada

- Discipline For Sādhana (Sutra: 1-2)
- Klesha – Avidya, Asmita, Rāga, Dvesha And Abhinivesha (3-9)
- Modification Of The Klesha.
Meditation (Sutra: 10-11)
- Karmāshaya And Its Fruits (Sutra: 12-14)
- Pleasure And Pains Are Both Painful (Sutra: 15-17)
- Four Stages Of Guëäs (Sutra: 19)
- Puruñā And Prakāti(20-24)
- Definition Of Hāna (Sutra: 25-26)
- Stages Of Enlightenment (Sutra: 27)
- Necessity Of Yoga Practice (Sutra: 28)
- Bahiraiga Yoga (Sutra: 29-55)

Reference Books:

1. Four Chapters Of Freedom, Swami Satyanada Saraswati, Bys, Munger
2. The Science Of Yoga, Taimini
3. Patanjala Yoga Sutra- Geeta Press Gorakhpur
4. Patanjala Yoga Sutra- Nandalal Dashora

SANSKRIT BASIC AND GRAMMAR

Part A

Unit-1:

Sanskrit Varnamala – Varnamala – Hṛsvasvaragaḷu – Dhīrgasvaragaḷu - Samtūkhtha Svaragaḷu
Vyanjanani – Vargiya and Avargiya- Alpa Prana Maha Prana – Nasika - Anunashika

Unit-2:

Maheshwara Sutra, Kagunitha, Purna Aksharani, Shubhanta Padani, Ajjantha Pulinga Shabaaha,
Ajantha Srilinga Shabdha, Napumsakalinga Shabdha, Allantha Shabdha

Unit-3:

Sandhi Prakarna – Swara sandhi, vijnana sandhi, visarga sandhi - Join words and split words.

Unit-4:

Samaha Prakarana, Karaka prakaram

Part – B

Unit-1

- Samskrith Parichaya (Language introduction) - Story of Panini & His Works,
- Concept of Place of Letters & Mechanism of Birth of Each Letter
- Basic Rules for Recognition of Nouns.

Unit-2

Shubhashitani (Kamadakha eti) Niti - NitiPata – Punyakoti – Sasyashastra – Vidhyarthi dharma

Unit-3

- Paragraph Writing on Specific Topic. Using All Nouns, Pronouns, Prepositions, Time, Days, Number Etc.
- Reading And Writing Practice With The Help Of Stories And Very Basic Texts In Saaskatam.
- Glimpse Of Science In Saaskatam With Reference To Vimanikashastra, Ganitashastra Etc

Recommended Books:

1. Samskrita Bharati Published Books & Flash Cards
2. Sarala Book Published by Samskrita Bharati, Bangalore
3. Sugama Book Published by Samskrita Bharati, Bangalore
4. Sukhada Book Published by Samskrita Bharati, Bangalore

PRACTICAL YOGA SKILL AND PROPESES I

Unit-I: Prayer, Sithilikarana Vyayama, Breathing Practices

Breathing Exercise

Udara, urha, Greevaswasha, Purna , marjala, shwana, kati swahasas

Kriyathmaka Vyama

- Padaanguli chalane, padaa chalane, padaa parshva chalane , padaa bramana, janusandhi chalane, ura sandhi chalane 1,2,3 ,urdhava prasaditha eka/dhwi padaa chalane /bhramana cycling clockwise- anti clockwise, kati chalane
- Parshnisandhi chalane, urusandhi chalane prakara , kati sandhi chalane prakara, anguli chalane, sanchalane ,
- Yoga exercise for eyes, Neck exercise

Surya Namaskar- Including beejakshara surya mantras (*as per YogaSanjevini -start with right leg)

Unit-II: Asana

Standing Asana & therapeutic methods

- Tadaasana -prakara
- Vrikshaasana
- Utkatasana
- ardha kati chakra
- Ardha chakrasana etc..

Sitting Asana

- Dandasana
- Badakonasana
- Padmasana
- Vajrasana
- Ustrasana
- Vakrasana etc..

Supine Asana

- Halasana & prakars
- Setubandhasana
- Shavasana
- Salabhasana
- Makrasana, etc.

Unit-III: Pranayama

- Anuloma & villoma
- Chandranuloma & suryanoloma
- Chandrabhedan & Suryabhedan'
- Nadishodana etc

Unit IV Mudra And Bandha

- Chin Mudra
- Chinmaya Mudra
- Adimudra Apana,
- Apna Vayu Murdra,
- Linga Mudra
- Shanka Mudra

Reference Books:

1. Asana, Mudra, Pranayama and Bandha- Swami Satyanada Saraswati, Bsy, Munger
2. Light on Yoga, Bks Iyenger
3. Hatha Yoga Pradeepika, Swami Satyanada Saraswati, Bsy, Munger
4. Yoga sanjeevini – department of ayush bengaluru
- 5.

SHRIMAD BHAGWAD GEETA-1
(Jnana Yoga & Karma Yoga)

Unit-I

Introduction of Geeta. Historical Background of Bhagwad Geeta. Concept of Yoga in Geeta. Characteristics of a Yoga

Unit-II

General Introduction of Bhagwad Geeta Relevance of Scope; Essentials of Bhagwad Geeta the meaning of the terms- Atmaswrupa, Stithaprajna.
Bhagwad Geeta- A Discovery of Life: Varna & Ashram Vyavastha

Unit-III

Karma Yoga
Classification of Karma, Concept of Svadharma Concept of Loksangraha, Philosophy of Nishkama karmayoga

Unit-IV

Janna Yoga

Books Recommended

1. Ved Vyas- Sri Mad Bhagwat Gita
2. Acharya Shankar (Translation)- Sri Mad Bhagwat Gita
3. Lok Manya Tilak- Sri Mad Bhagwat Gita
4. Satya Vrat- Shiddhalankar- Sri Mad Bhagwat Gita
5. Goyanka, G- Sri Mad Bhagwat Gita
6. 3वाम िीचम=यान द- मानिवनमाणकला

SAMKHYA KARIKA

UNIT-1 Introduction to Samkhya darshan-I

- General Introduction to Samkhya karika
- Nature of Dukha
- Introduction to 25 elements
- Praman- Vivechan
- Satkaryavada
- Vyakta-Avyakta
- Causes of Failure

UNIT-2: Introduction to Samkhya darshan-II

- Nature of Gunas
- Purasha Vivechana
- Buddhi k Lakshana and Dharma
- Ahamkara se Sarg Privritti
- Trayodash karana ewam Sukshma sharir
- Mukti vivechana

Reference books:

1. Samkhaya Karika—Ishwar Krishna. Chokhamba Publication, Delhi
2. Samkhaya Karika- Ishwar Krishna, Motilal Banarasi Das, Delh

YOGA PRACTICAL: ASANA, PRANAYAMA, DHYANA...

Asana and Pranayama - 1

Asanas

Pawanmuktasana Series-1,2& 3

Vajrasana Group of Asanas :Vajrasana, Veerasana, Marjari-asana, Shashankasana, Shashank Bhujangasana, Pranamasana, ArdhaUshtrasana, Ushtrasana

Standing Asanas : Hasta Utthanasana, Tadasana, TiryakaTadasana, Kati Chakrasana, Tiryaka Kati Chakrasana, Meru Prishthasana, Utthanasana, DrutaUtkatasana, Samakonasana, Dwikonasana, Trikonasana, UtthitaLolasana, Dolasana

Padmasana Group of Asanas: Yogamudrasana, Matsyasana, BaddhaPadmasana, Lolasana, Kukkutasana

Backward Bending Asanas: TiryakaBhujangasana, ArdhaShalabhasana, Shalabhasana, Dhanurasana, Gomukhasana

Forward Bending Asanas: Paschimottanasana, JanuSirshasana

Spinal Twisting Asanas : Meru Wakrasana, Bhunamanasana

Relaxation Asanas :Shavasana, Advasana, Jyestikasana, Makarasana, MatsyaKridasana

Meditation Asanas :Sukhasana, ArdhaPadmasana

Surya Namaskara

Pranayama:

NadiSodhana Pranayama (Normal & Alternate Nostril Breathing)

Bhramari Pranayama

Ujjayi Pranayama

Mudra Bandha

Mudra: Chin Mudra, bhairava mudra, yoni mudra, shambhavi mudra, yoga mudra, maha mudra

Bandha: Jalandhara Bandha, Uddiyana bandha, mulabandha

Asana and Pranayama- 2

Asanas

Vajrasana Group of Asanas :Simhagarjanasana, Vyaghrasana, SuptaVajrasana

Padmasana Group of Asanas:Yogamudrasana, Matsyasana, Gupta Padmasana,

BaddhaPadmasana, Lolasana, Kukkutasana

Backward Bending Asanas:Kandharasana, UtthanPrishthasana, Setu Asana

Forward Bending Asanas:GatyatmakPaschimottanasana, PadaPrasarPaschimottanasana, Ardha

Padma Paschimottanasana, Meru Akarshanasana, Hasta PadaAngushthasana,

SirshaAngusthaYogasana, EkaPadaPadmottanasana

Spinal Twisting Asanas :ArdhaMatsyendrasana, ParivrittiJanuSirshasana

Inverted Asanas:Moordhasana, VipareetaKarani Asana, Sarvangasana, Halasana,

DrutaHalasana

Balancing Asanas:EkaPadaPranamasana, Garudasana, Natarajasana, EkaPadasana, Utthita

Hasta Padangusthasana, Merudandasana, Ardha Padma Padmottanasana, Vatayanasana,

Santolanasana, Vashishthasana

Meditation Asanas :Siddhasana, Siddha Yoni Asana, Swastikasana, Simhasana

Surya Namaskar (with Mantra)

Pranayama

NadiSodhanaPranayama(AntarKumbhak), Sheetali Pranayama, Seetkari Pranayama, Bhastrika Pranayama, Kapalbhatai Pranayama

Relaxation, Meditation and Satkriyas

JalaNeti, Sutra Neti, Kunjal, Shankhprakashalan, Yoga Nidra,
Dharana Practices