

PAPER – 6

YOGASHASTRA

PART – A

1. Definition of Yoga according to various classics; types & brief introduction to prevailing techniques of Yoga throughout the world
2. Chronological development of Yogic Practices from pre-vedic to modern era.
3. Streams of Yoga: Principles and practices
Hathayoga, Rajayoga, Mantrayoga, Layayoga, Jnanayoga, Bhaktiyoga, Karmayoga, Tantrayoga.
4. Brief introduction of Patanjala Yoga Sutra: Time & introduction of author, Total number of chapters, number of sootras in each chapters and total number of Sootras, primary introduction of subjects described in each chapter.
5. Explanation of the following sootras of Patanjala Yoga Sutra:
 - Samadhi Pada : Sootra no. 2 and 6 to 11
 - Sadhan Pada : Sootra no. 1, 3, 5 to 9, 16, 29, 30, 32, 46 to 49, 52 to 55.
 - Vibhuti Pada : Sootra no. 1 to 4
6. Philosophical aspects of Yoga in Shrimad Bhagvad Geeta:
 - Yoga is dexterity in action (Karma Yoga)
 - The characteristics of Sthitapragna (Samkhya Yoga)
 - Yoga of Devotion and characteristics of devotee (Bhakti Yoga)
 - Yoga of knowledge (Jnana-Vijnana Yoga)
 - The doctrine of Rebirth
 - The Yoga of discrimination and divine with characteristics of Gunatita (Gunatraya & Shraddha Traya Vibhaga Yoga)

PART – B

1. Explanation of following concepts according to Hatha Pradipika.

- Introduction to the text – Hath Pradipika, its time, author and importance of the text.
- Signs of Nadi Shuddhi.
- Yoga Matha – practice place.
- Yuktaayukta Pranayam.
- Factors for success in Yogic practice.
- Factors obstructing Yogic practices.
- Nadanusandhan
- Kundalini
- Relation of Rajyoga and Hathayoga.
- Relation of Man and Vayu.

2. Explanation of various concepts according to Gheranda Samhita:

- Introduction to the text – Gherand Samhita, its time, author and importance of the text.
- Importance of body cleansing.
- Shatkarm with their types.
- Seasons for Yogaabhyaas.
- Pranayama – its types, stages.
- Pratyahara
- Dhyan & it's types
- Samadhi & it's types

3. Explanation of various concepts according to Shiva Samhita:

- Introduction to the text – Shiv Samhita, its time, author and importance of the text.
- Types of yoga
- Nadis
- Sadhaka – types & duration of success according to type of Sadhak
- Vighna in Mukti
- Benefits of Chakra Dhyan

4. Explanation of following concepts according to Goraksha Samhita:

- Introduction to the text – Goraksha Samhita, its time, author and importance of the text.
- No. Of Yogang
- Nadis
- 29 special sites of the body
- Praanvidya
- Pranavabhyaas

5. Explanation of concept of Pran, Vayu and Ashta Mahasiddhi in yogic texts
6. Preventive & Curative aspects of Yoga
7. Introduction to principal institutes of Yoga and their contribution towards the promotion and propagation of Yoga
 - a. Kaivalyadhama, Lonavla
 - b. Iyengar School of yoga – Pune
 - c. Shivananda Ashrama-Rishikesh
 - d. Bihar School of Yoga – Munger (Bihar)
 - e. Kayavarohana Tirth – Vadodara
 - f. Vishwayatana yoga Institute (CRIY, MDNIY)
 - g. M.P.I.Y.N.E.R.-Gujarat Ayurved University, Jamnagar,
 - h. C.C.R.Y.N.,Delhi,
 - i. Vivekanand Institute Yoga, Bangalore.