PGDY S1 01
Exam Code : FY

Introduction to Yoga

First Semester

DIPLOMA IN YOGA

KRISHNA KANTA HANDIQUI STATE OPEN UNIVERSITY

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COURSE INTRODUCTION

Introduction to Yoga is the First Course of First Semester Diploma in Yoga programme. This course will introduce you with the various topics of Yoga philosophy and their importance. There are four units in this course. The 1st unit introduces you to Yoga philosophy. Here the origin and literature of yoga is discussed in detail. The 2nd unit deals with Patanjal Yoga Darshan. The 3rd unit is about introduction to Gheranda Samhita. The 4th unit is about introduction to Hathayoga Pradipika.

While going through a unit, you will notice some along-side boxes, which have been included to help you know some of the difficult, unseen terms. Again, we have included some relevant concepts in 'LET US KNOW' along with the text. And, at the end of each section, you will get 'CHECK YOUR PROGRESS' questions. These have been designed to self-check your progress of study. It will be better if you solve the problems put in these boxes immediately after you go through the sections of the units and then match your answers with 'ANSWERS TO CHECK YOUR PROGRESS' given at the end of each unit.

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UNIT 1 :	**Introduction of Yoga Philosophy** Definition of Philosophy, Yoga in philosophical term, Definition of Yoga, Origin of Yoga, Yoga Literature, Yoga Pandits, Classification of Yoga, Principles of Yoga, Goals and benefits of Yoga.	**5 - 24**
UNIT 2 :	**Introduction to Patanjal Yoga Darshan** Description of Patanjal Yoga Darshan, About Patanjali-The creator of Yoga Darshan, The Yoga Sutras of Patanjali, Chittabhoomi and its remedies, Chittavritti, Ways to control Chittavritti, Classification of Samadhi-Sampragyata and Asampragyata, Writambharapragya, Klesha, Definition and nature of God , Omkaar or Pranav, Heya, Kaivalya, Bivekgyan or Bivekkyati, Yoga anga.	**25 - 56**
UNIT 3 :	**Introduction to Gheranda Samhita** A brief introduction to *Gheranda Samhita*, Saptasadhan or seven fold path of *Gheranda Samhita*, Shodhan (*Shatkarma* for purification) : Dhouti, Basti, Neti, Louliki, Trataka, Kapalbhatti; Drihata (*Asana* for strengthening): Important *Asana*, Practice techniques of important *Asana*s and their benefits; Stairya (*Mudra* for steadying): Name of *Mudra*s and their benefits, Description of *Mudra*s; Dhairya (*Pratyahar* for calming): *Pratyahar* yoga; Laghav (*Pranayama* for lightness): Practice of *pranayam* and the necessary conditions for its practice, Classification of *Pranayama* or *Kumbhak*, Pratakshya (*Dhyana* for perception): Classification of *Dhyana*; Nirlipta (*Samadhi* for isolation): Definition and classification of *Samadhi* ; The 6 types of *Samadhi.*	**57 - 112**
UNIT 4 :	**Introduction to Hathayoga Pradipika** Hathayoga Pradipika- a brief introduction, Relation between Hathayoga and Rajayoga, Importance of Hathayoga and significance of its secrecy, Tradition of Hathayoga, Suitable place to practice Hathayoga, Obstacles in the path of yoga, Favourable conditions for yoga-Yama and Niyama, Asana, Mitahar (Diet of a Yogi), Conditions and characteristics of success in hathyoga, Pranayama: Benefits of Pranayam, Nadi shuddhi and Unmanibha, Kanistha, madhyam and Uttam Pranayama, Proper and improper pranayama and their results, Classification of pranayama; Shatkriya: Dhouti, Basti, Neti, Trataka, Nouli, Kapalbhati; Gajakarani kriya; Classification of *Kumbhak*: Process of Asta*Kumbhak* and their benefits; *Kundalini shakti;* Importance of Susumna Nadi; Mudrabandha- classification and benefits; Process of Dashamudra; Amroli Mudra; Samadhikram; Definition of Nada and its importance-Process of Nadanusandhan, 4 stages of Nada; Significance of Nada and its results.	**113 - 166**