PGYG S2 C04

TWO YEAR MASTER'S DEGREE COURSE

(CBCS in Accordance with NEP 2020)

SEMESTER-II

PATANJALI'S YOGA SUTRA

Guru Prasad Das School of Interdisciplinary and Vocational Studies

KRISHNA KANTA HANDIQUI STATE OPEN UNIVERSITY

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COURSE INTRODUCTION

This is the fourth Discipline Specific Core (DSC) course of the MA Yoga Programme. This course introduces the learners to Patanjali's Yoga Sutra. This course will introduce you with the various topics of foundational philosophical guide to classical yoga; explain the purpose of yoga, the obstacles on the path and the means to attain self realization. There are fourteen units in this course. The 1st unit introduces you to Introduction to Patanjali's Yoga Sutra I; here brief introduction to Sage Patanjaliand Patanjali's Yoga Sutra, and Commentators of the Sutras with their Commentaries discussed in detail. The 2nd unit deals with Introduction to Patanjali's Yoga Sutra II, here brief introduction to the subject matter of the Yoga Sutras, Definition of Yoga, Purpose and Nature of Yoga discussed in detail. The 3rd unit is about the Concept of Chitta Bhumi and Chitta Vrittis discussed in detail. The 4th unit is about the ChittavrittiNirodhopaya discussed in detail. The 5th unit is about the Types and nature of Samadhi discussed in detail. The 6th unit is about the Chitta Vikshepas and Chittaprasadan.The 7th unit is about the Kriya Yoga and Panchkleshas. The 8th unit is about the Dukhavada and Vivekakhyati

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The 9th unit is about the Saptadha Prajna and rebirth. The 10th unit deals with the Brief introduction to Ashtanga yoga I; here Concept of Yama, Niyama and Asana discussed in detail. The 11th unit is about the brief introduction to Ashtanga yoga II; here concept of Pranayama, Pratyahara, Dharana, Dhyana and Samadhi discussed in detail. The 12th unit is about the Concept of Samyam and Vibhuti. The 13th unit is about the Concept of Samskar, vivekjnanaand Siddhi. The 14th unit is about the types of karma.

While going through a unit, you may also notice some text boxes, which have been included to help you know some of the difficult terms and concepts. You will also read about some relevant ideas and concepts in 'LET US KNOW' along with text we have kept 'CHECK YOUR PROGRESS' questions in each unit. These have been designed to self-check your progress of study. The hints for the answers to these questions are given at end of the unit. We

advise that you answer the questions immediately after finish reading the unit in which these questions occur. We have also included a few books in the ‘FURTHER READING’ list which will be helpful for further consultation.

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