



## IIT Mandi

### Proposal for a New Course

**Course number** : IK501  
**Course Name** : Yoga Sutras  
**Credit Distribution** : (format: 2-0-1-3, (Lectures-Tutorial-Practical-Total credits)  
replace with relevant numbers)  
**Intended for** : Ph.D, Master students, elective for UG students  
**Prerequisite** : None  
**Mutual Exclusion** :

#### 1. Preamble:

*India has a great treasure of knowledge and Ashtanga yoga is one of those timeless wisdoms. Yoga treats man as a transcendental spiritual being; it accords the highest position to the inner consciousness and proposes that the physical body is a by-product of the processes in consciousness, not the other way round, as envisioned by modern Scientific and Medical disciplines. Today in many countries, Yoga has gained an image as a system of exercise, physical fitness and calisthenics, totally playing down the core psychological and spiritual transformation that is brought out by following Patanjali's eight-fold framework. In this course students are imparted with this traditional wisdom, not just as a physical exercise program, but for unfolding the latent divinity in the practicing individuals. Practices that enhance the student's personality to lead a harmonious and peaceful existence.*

#### 2. Course Modules with quantitative lecture hours: 3 Units = 28 Hours

##### Unit 1: Philosophy of Yoga (14 Hours)

##### Unit 1/Topic 1: Yoga and Yoga Texts (Total = 6 Hours)

###### 1. Yoga – Basic Introduction

- a . Meaning and Definition
- b . Importance of Yoga - holistic personality development
- c . Laukik and Adhyatmik benefits of Yoga
- d . Myths and Facts of Yoga
- e . Yoga's Mula Pravakta - Hiranyagarbha

###### 2. Introduction to Bharatiya Yoga Darshana

- a . Pathanjali Yogasutras
- b . Sankhya darshana - theoretical concepts

- c . Pathanjali Yogasutras - Vyasa Bhashya
- d . Yoga siddhanta in Bhagavad-Gita
- e . Yoga siddhanta in Upanishads (Katha, Svetashvatara etc)
- f . Pauranic Yoga siddhantas (Kapila)
- g . Jaina Yoga siddhantas
- h . Bauddha Yoga siddhantas
- i . Other Yogas - Tantra, Mantra, Laya, Kundalini Yogas

**3. Various paths to Yoga: Jnana, Bhakti, Karma, Ashtanga and Hatha Yoga**

- a . Jnana Yoga - Vivekachudamani, Uddav Gita, Ashtavakra Samhita
- b . Bhakti Yoga - Narada Bhakti Sutras, Shrimad Bhagavatam
- c . Karma Yoga - Bhagavad Gita, Mahabharata
- d . Ashtanga Yoga - Patanjali Yogasutras
- e . Hatha Yoga - Gheranda Samhita, Hatha Yoga Pradipika, Goraksha Samhita

**4. Yoga and Sampradayas**

- a . Nath Sampradaya
- b . Shaiva Sampradaya
- c . Shakta Sampradaya
- d . Vaishnava Sampradaya
- e . Bauddha Sampradaya

**Unit 1/Topic 2: Ashtanga Yoga Sutras (4 Hour)**

1. Prasthavana 2.28 and 29
  - a . Yama - 2.30
  - b . Niyama - 2.32
  - c . Asana - 2.46
  - d . Pranayama - 2.49
  - e . Pratyahara - 2.54
  - f . Dharana - 3.1
  - g . Dhyana - 3.2
  - h . Samadhi - 3.3

2. Dinacharya - Importance and Practice

**Unit 1/Topic 3: Yoga Culture and Value Education (4 Hour)**

1. Prominent Streams of Yoga
  - a . Jnana Yoga (Discernment)
  - b . Bhakti Yoga (Emotional)
  - c . Karma Yoga (Kriti)
  - d . Raja Yoga (Ashtanga Yoga)
2. Positive and Negative Human Behaviours (Daivi Gunas, Asura Gunas)
  - a . Daivi Sampada - Bhagavad Gita - 16.1-3
  - b . Asuri Gunas - Bhagavad Gita - 16.4,7,8,9,10,11-18
3. Four Principles Of Jnana Yoga
  - a . Viveka
  - b . Vairagya
  - c . Shat Sampatti
  - d . Mumukshutva
4. Relevance of Ancient Indian values in modern life
  - a . Purusharthas
  - b . Ashrama Vyavastha
  - c . Varna Vyavastha - Bhagavad Gita - 14.13
  - d . Samskaras

## **Unit 2: Manas and Sharira - Maintenance and Cleansing (6 Hours)**

### **Unit 2/Topic 1: *Mental and Physical Aspects of the Body***

- a. Antahkarana Chatushtaya (Manas, Buddhi, Ahankara, Chitta)
- b. Notion of Self and Health and its Metaphysics in Yoga
- c. Feelings and Emotional well-being (9 Rasas)
- d. Qualities of evolved intellect i.e., Buddhi
- e. Well being in Yoga and Ayurveda
- f. Impact of positive and negative human tendencies on Psycho-social behavior (Prajnaparadha, Pratipaksha Bhavana, Vitarka Badha)
- g. Shoucha Niyamas
- h. Balanced Food and Nutrition - Ahara Vihara
- i. Maintenance of health through Asana and Pranayama

## **Unit 3: Applications of Yoga (8 Hours)**

### **Unit 3/Topic 1: *Practical Application of Yoga to Life***

Modern view of Yoga.

Application of principles of Yoga for holistic living.

1. Management Techniques
  - a. Application to Career Management
  - b. Public speaking and leadership qualities
  - c. Workplace wellbeing
  - d. Interventions for managing Self and Career
2. Psychology
  - e. Concept of Positive Psychology and Stress Management
  - f. Managing the five states of Chitta Bhumis (Kshipta, Mudha, Vikshipta, Ekagra, and Nirudha)
  - g. Treatment and Counseling of Mentally challenged persons
  - h. Prevention of Addiction and Counseling for De-Addiction
3. Application of Yoga in Defense
  - i. Application of Upayas (Sama-dana-bheda-dandopayas) using Yoga
  - j. Fasting in Yoga (Speech, Food, and Sleep)

### **Unit 3/Topic 2: *Personality and Family Relationships***

- k. Forsaking enmity (Vaira tyaga) and constructive relationships (vishva bandhutva)
- l. Techniques for family relationship management (Inclusive temperament, Avoiding Competition, Service attitude)

## **Laboratory/practical/tutorial Modules: 3 Units (14 Hours)**

### **Unit 1/Topic 2: (4 Hour)**

Tutorials: Ashtanga Yoga Sutras, discussion of eight angas with examples, recitation and memorization of important sutras in this context

Tutorials: Yoga for Students (Includes Theory)

1. Surya Namaskaras
2. Basic Pranayama and Kriyas
3. Eyesight improvement
4. Voice Culture
5. Focus and concentration techniques
6. Memory improvement techniques
7. Relaxation technique

### **Unit 1/Topic 3: (2 Hours)**

#### Practicals

1. Anger management
2. Ego management
3. Time management
4. Removing obstacles in the path of wellbeing

#### **Unit 2/Topic 2: Subtopics (1 Hour)**

Lec-Dem: Shat karma Shuddhi (Cleansing of Body) Demonstration

1. Neti
2. Dhauti
3. Basti
4. Trataka
5. Nauli
6. Kapalabhati

#### **Unit 2/Topic 3: Subtopics (2 Hours)**

Tutorials: Yoga Techniques - Demo and Quick Practice

1. Important Vyayamas
2. Pratyahara
3. Dharana
4. Dhyana
5. Samadhi

#### **Unit 3/Topic 3: Subtopics (5 Hour)**

Practicals: General Yoga Protocol (Children and Youth)

1. Asanas
2. Pranayama
3. Mudra and Bandh
4. Vyayama
5. Sukshma Vyayama

Yoga for Women

Yoga for Elderly

Practicals: Yoga and Positive Psychology

### **3. Text books:**

*(Relevant and Latest, Only 2)*

1. Patanjali Yog Darshan based on Vyasa Bhashya, by Dr. P. V. Karambelkar, Publishers - Kaivalyadham, Lonavla
2. **Online Resources:** <https://dharmawiki.org/index.php/Category:Yoga>

### **4. References:**

- Hatha Pradipika of Swami Svatmarama, edited by Swami Digambarji and Kokaje, Publishers - Kaivalyadham, Lonavala
- Bhawuk, DPS (2011) Spirituality and Indian psychology. Springer, New York.
- Ranganathananda, S. (2000). Universal message of the Bhagavad Gita.
- Sri Aurobindo. (1942). Essays on the Gita, Vol. 13. Calcutta: Arya Publishing House.
- Swami Anubhavanada, & Kumar, A. (2007). Management with a difference: Insights from ancient Indian wisdom. New Delhi: Ane Books India.
- Swami Bodhananda Saraswati. (1998). Management lessons from Patanjali's yoga sutras. In *Inspirations from Indian wisdom for management*. Ahmedabad Management Association.

- Mind and Self: Patanjali's Yoga Sutra and Modern Science by Subhash Kak, Mount Meru Publishing

#### Books from Bihar School of Yoga, Munger, Bihar, India

- Hatha Yoga Pradipika by Swami Muktibodhananda, Yoga Publications Trust, Munger, Bihar, India
- Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali, by Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar, India
- Gheranda Samhita by Swami Niranjanananda Saraswati, Yoga Publications Trust, Munger, Bihar, India
- Yoga Chudamani Upanishad: Crown Jewel of Yoga by Satyadharma, Swami, Yoga Publications Trust, Munger, Bihar, India
- The Dynamics of Yoga by Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar, India
- Prana and Pranayama by Swami Niranjanananda Saraswati, Yoga Publications Trust, Munger, Bihar, India
- Surya Namaskara by Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar, India

#### Reference Papers

- Pandey, A and Navare, A.V. (2018) Paths of Yoga: Perspective for Workplace Spirituality. In *The Palgrave handbook of Workplace Spirituality and Fulfilment*. Palgrave Macmillan Cham.
- Pandey A, Gupta RK, Arora AP (2009) Spiritual climate of business organizations and its impact on customers' experience. *J Bus Ethics* 88(2):313–332.
- Sharma S (1999) Corporate Gita: lessons for management, administration and leadership. *J Hum Values* 5(2):103–123
- Pandey A, Gupta RK, Kumar P (2016) Spiritual climate and its impact on learning in teams in business organizations. *Glob Bus Rev* 17(3S).
- Adhia, H., Nagendra, H. R., & Mahadevan, B. (2010). Impact of adoption of yoga way of life on the emotional intelligence of managers. *IIMB Management Review*, 22(1-2), 32-41.
- Sternberg, R. J. (1993). Intelligence is more than IQ: The practical side of intelligence. *Journal of Cooperative Education*, 28(2), 6-17.
- Srinivas, K. M. (1994). Organization development: Maya moksha. *Work Motivation Models for Developing Country*. New Delhi: Sage Publications.
- Chakraborty, S. K., & Chakraborty, D. (2008). Spirituality in management - Means or end? Oxford University Press.
- Orme-Johnson, D. W., Zimmerman, E., & Hawkins, M. (1992). Maharishi's vedic psychology: The science of the cosmic psyche. In H. S. R. Kao, & Y. H. Poortinga (Eds.), *Asian perspectives on psychology* (pp. 282).

**5. Similarity with the existing courses:  
(Similarity content is declared as per the number of lecture hours on similar topics)**

S. No.		Course Code	Similarity Content	Approx. % of Content
1.				

**6. Justification of new course proposal if cumulative similarity content is >30%:**