

**Indian Knowledge System and Mental Health Applications (IKSMHA) Center
IIT Mandi**

COURSE TITLE: YOGASUTRA

Focus Area/Subject Area: Holistic development through the practice of *Ashtanga Yoga*.

Credits: 3

Eligibility: B.Tech. (3rd & 4th)/M.Tech./ M.Sc./ MA/ PhD

Prerequisite: Basics understanding of Hindi/ Sanskrit language

Details of the Instructor:

Sri. Vishwas Phatak, Visiting Faculty, IKSMHA Centre, IIT Mandi

Course Objectives:

1. Impart traditional wisdom of *Ashtanga* yoga as quoted by *Maharshi Patanjali*.
2. Emphasize the core psychological and spiritual transformation outlined in *Maharshi Patanjali's* eightfold framework.
3. Cultivate understanding of yoga beyond physical exercise, focusing on unfolding latent divinity within individuals.
4. Enhance students' personality traits conducive to leading a harmonious and peaceful existence.
5. Promote awareness of yoga as a transcendental spiritual practice rather than just a system of physical fitness.

Learning Outcome:

The learning outcomes entail a comprehensive understanding of **Yoga Philosophy**, encompassing foundational texts and diverse paths of practice. Students will grasp theoretical concepts such as *Sankhya Darshana* and *Patanjali Yogasutras* and demonstrate proficiency in *Ashtanga Yoga's* eight limbs. They will analyze positive and negative human behaviors outlined in classical texts like the *Bhagavad-Gita*, applying insights to moral conduct. Additionally, learners will recognize the relevance of ancient Indian values in modern society and develop skills for fostering harmonious relationships. Through this, they'll integrate yoga principles into personal and professional lives, aiming for holistic well-being and self-realization. Overall, the outcomes aim to empower students with deep insights into yoga's philosophical, practical, and ethical dimensions.

SYLLABUS

Unit 1: Philosophy of Yoga (14 Hours)

Topic 1: *Yoga and Yoga Texts (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

Topic 2: *Ashtanga Yoga Sutras (4 Hours)*

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

Topic 3: *Yoga Culture and Value Education (4 Hours)*

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)

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)

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
 - a. Concept of Positive Psychology and Stress Management
 - b. Managing the five states of Chitta Bhumis (Kshipta, Mudha, Vikshipta, Ekagra, and Nirudha)
 - c. Treatment and Counseling of Mentally challenged persons
 - d. Prevention of Addiction and Counseling for De-Addiction
3. Application of Yoga in Defense
 - a. Application of Upayas (Sama-dana-bheda-dandopayas) using Yoga
 - b. Fasting in Yoga (Speech, Food, and Sleep)

Topic 2: *Personality and Family Relationships*

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

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

Unit 1

Topic 1: (4 Hours)

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)

- a. Surya Namaskaras
- b. Basic Pranayama and Kriyas
- c. Eyesight improvement
- d. Voice Culture
- e. Focus and concentration techniques
- f. Memory improvement techniques
- g. Relaxation technique

Topic 2: (2 Hours)

Practicals

- a. Anger management
- b. Ego management
- c. Time management
- d. Removing obstacles in the path of wellbeing

Unit 2

Topic 1: Lec-Dem: Shat karma Shuddhi (Cleansing of Body) Demonstration (1 Hour)

- a. Neti
- b. Dhauti
- c. Basti
- d. Trataka
- e. Nauli
- f. Kapalabhati

Topic 2: Tutorials: Yoga Techniques - Demo and Quick Practice (2 Hours)

- a. Important Vyayamas
- b. Pratyahara
- c. Dharana
- d. Dhyana
- e. Samadhi

Unit 3

Topic 1: General Yoga Protocol (Children and Youth) (5 Hours)

Practicals: Asanas

- a. Pranayama
- b. Mudra and Bandh
- c. Vyayama
- d. Sukshma

Topic 2: Vyayama Yoga

Practicals: Yoga and Positive Psychology

References/ Learning Resources:

Text books:

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>

References:

1. *Hatha Pradipika of Swami Svatmarama*, Edited by Swami Digambarji and Kokaje, Publisher: Kaivalyadham, Lonavla
2. *Spirituality and Indian psychology* by DPS Bhawuk, Publisher: Springer, New York
3. *Universal Message of the Bhagavad Gita* by Swami Ranganathananda
4. *Essays on the Gita, Vol. 13* by Sri Aurobindo, Publisher: Arya Publishing House, Calcutta
5. *Management with a Difference: Insights from Ancient Indian Wisdom* by Swami Anubhavanada & A. Kumar, Publisher: Ane Books India, New Delhi
6. *Management Lessons from Patanjali's Yoga Sutras* by Swami Bodhananda Saraswati, Publisher: Ahmedabad Management Association
7. *Mind and Self: Patanjali's Yoga Sutra and Modern Science* by Subhash Kak, Publisher: Mount Meru Publishing
8. Various books from Bihar School of Yoga, Munger, Bihar, India
9. *Hatha Yoga Pradipika* by Swami Muktibodhananda, Publisher: Yoga Publications Trust, Munger, Bihar, India
10. *Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali* by Swami Satyananda Saraswati, Publisher: Yoga Publications Trust, Munger, Bihar, India
11. *Gheranda Samhita* by Swami Niranjanananda Saraswati, Publisher: Yoga Publications Trust, Munger, Bihar, India
12. *Yoga Chudamani Upanishad: Crown Jewel of Yoga* by Satyadharma Swami, Publisher: Yoga Publications Trust, Munger, Bihar, India
13. *The Dynamics of Yoga* by Swami Satyananda Saraswati, Publisher: Yoga Publications Trust, Munger, Bihar, India
14. *Prana and Pranayama* by Swami Niranjanananda Saraswati, Publisher: Yoga Publications Trust, Munger, Bihar, India
15. *Surya Namaskara* by Swami Satyananda Saraswati, Publisher: Yoga Publications Trust, Munger, Bihar, India Research Papers
16. *Paths of Yoga: Perspective for Workplace Spirituality* by A. Pandey and A.V. Navare, Published in *The Palgrave Handbook of Workplace Spirituality and Fulfilment*, Palgrave Macmillan Cham, 2018
17. *Spiritual Climate of Business Organizations and Its Impact on Customers' Experience* by A. Pandey, R.K. Gupta, and A.P. Arora, Published in *Journal of Business Ethics*, 2009
18. *Corporate Gita: Lessons for Management, Administration and Leadership* by S. Sharma, Published in *Journal of Human Values*, 1999
19. *Spiritual Climate and Its Impact on Learning in Teams in Business Organizations* by A. Pandey, R.K. Gupta, and P. Kumar, Published in *Global Business Review*, 2016
20. *Impact of Adoption of Yoga Way of Life on the Emotional Intelligence of Managers* by H. Adhia, H.R. Nagendra, and B. Mahadevan, Published in *IIMB Management Review*, 2010
21. *Intelligence Is More Than IQ: The Practical Side of Intelligence* by R.J. Sternberg, Published in *Journal of Cooperative Education*, 1993
22. *Organization Development: Maya Moksha* by K.M. Srinivas, Published in *Work Motivation Models for Developing Country*, New Delhi: Sage Publications, 1994
23. *Spirituality in Management - Means or End?* by S.K. Chakraborty and D. Chakraborty, Published by Oxford University Press, 2008
24. *Maharishi's Vedic Psychology: The Science of the Cosmic Psyche* by D.W. Orme-Johnson, E. Zimmerman, and M. Hawkins, Published in *Asian Perspectives on Psychology*, edited by H.S.R. Kao & Y.H. Poortinga, 1992.