

| CO Nos. | Course Outcomes |
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| CO 1 | Understand the concepts of Yoga Philosophy, cessation of mental modifications, the Kleshas (afflictions) and goal of Kaivalya (liberation). |
| CO 2 | Analyze the principles of Ashtanga Yoga and integrate them into practical frameworks and techniques. |
| CO 3 | Critically evaluate siddhis and their roles and limitations in the context of spiritual growth and liberation. |
| CO 4 | Synthesize insights from the interaction of Purusha and Prakriti, explain its relevance to contemporary spiritual and intellectual discourse. |

Syllabus:

Unit 1

Understanding the definition of Yoga, types of Chitta-vrittis, multiple choices of tools for stilling the mind like Abhyasa & Vairagya, stages of Samadhi, obstacles in practices (like disease, doubt, laziness and distraction), role of Ishwara and devotion towards him in achieving Samadhi.

Unit 2

Demonstrating the understanding of preparatory practices of Kriya yoga, five Kleshas (afflictions) and how they cause suffering, outline of eight limbs of Yoga, importance of discipline, explain the first five limbs of Yoga, and provide a practical approach to cultivate a disciplined lifestyle.

Unit 3

Explaining the last 3 limbs and integration of them into Samyama, the siddhis like levitation & telepathy etc., the dangers of siddhis in the path of liberation, critically analyzing the tattvas (elements), connection of body & mind, how mastery over mind influences the surroundings, the importance of transcending beyond siddhis.

Unit 4

Synthesizing the knowledge of Karma & Kaivalya, describe how Kaivalya neutralizes Karma, distinction between and role of Purusha & Prakriti, false identification causing bondage, raising above the gunas, discuss the state of liberation and realization of unity between individual and universal consciousness.

References:

1. Vivekananda, Swami, 2021, The Yoga Sutras of Patanjali, Srishti Publishers. ISBN: 9789390441136
2. Satchidananda, Swami, 1985, The Yoga Sutras of Patanjali, Integral Yoga Publications, Buckingham, Virginia. ISBN: 978-0-932040-28-2
3. Bryant, Edwin, 2015, The Yoga Sutras of Patañjali: A New Edition, Translation, and Commentary, Farrar, Straus and Giroux. ISBN: 9781429995986
4. Ganganatha Jha, *Yogasarasamgraha of Vijñanabhikṣu*, New Delhi: Parimal Publications, 1995. ISBN: 9788171101085
5. Rukmani, T.S., 2016, Yogavarttika of Vijñanabhikṣu, Vol. I – IV, Munshiram Manoharlal Publishers Pvt. Ltd., ISBN: 9788121500739, 8121500745,
6. Rukmani, T.S., 2018, Yogasutrabhāṣyavivaraṇa of Sankara (Shankaracharya) (2 vols.), Munshiram Manoharlal Publishers Pvt. Ltd., ISBN: 9788121509084
7. Hariharananda Aranya, Swami, 1983, Yoga Philosophy of Patañjali, State University of New York Press, Albany. ISBN: 0873957288 or 0873957296
8. Aurobindo, Sri, 1999, The Synthesis of Yoga, Sri Aurobindo Ashram, Pondicherry.

Evaluation pattern:

| Exam | Marks | Weightage | Type |
|--------------|-------|-----------|----------|
| Midterm | 50 | 30 | Internal |
| Assignment | 20 | 20 | |
| End Semester | 100 | 50 | External |