

UNIVERSITY OF MADRAS
B.A. DEGREE PROGRAMME IN PHILOSOPHY
 SYLLABUS WITH EFFECT FROM 2023-2024

Elective – VI Generic/Discipline Specific:
Principles and Practice of Yoga

Subject Code	Subject Name	Category	L	T	P	S	Credits	Inst. Hours	Marks		
									CIA	External	Total
309E5B	Principles and Practice of Yoga	Elective	Y	-	-	-	3	4	25	75	100
Pre - requisite	Knowledge of Citta										

Learning Objectives

LO1	Yoga is one of the oldest systems of Indian Philosophy and Patanjali as the founder of this system condensed it in one hundred and ninety-six aphorisms of sutras and it is the essential philosophy and technique of yoga. Over the centuries, scholars and teachers of yoga have attempted to expand these sutras with commentaries and explanations.
LO2	The aim of Yoga is rid the mind of its modifications in order to attain self-realization it has multifarious modifications under the stress and strain of the three gunas.
LO3	This study offers on authentic and fully comprehensive study exposing the basic concepts as well as their practical aspects.
LO4	This study is a reliable compendium covering the whole gamut of philosophical problems and metaphysical issue, concerning the yoga system.
LO5	All the system of Indian Philosophy have one goal in view, i.e. the liberation of the Soul through perfection. The Utility of the yoga is to bring out the significance of a perfect human being.

Units	Course Syllabus
Unit – 1	Introduction: Introduction: Historical background of Yoga – Definition – Nature and scope of Yoga. Yoga Sutra of Patanjali: Introduction: Yoga and Yogic tradition – The Author of the Yogasutra –: Samadhi padha: (form and aim of Yoga) (1-15 sutra): Samadhi padha (16 - 30): Objectivity is Experience – Returning to Pure Subjectivity : (31 - 40): Intense Aspiration – concept of God – : Samadhi pada (41 - 50): Becoming Harmonious with all Assimilating the object – :
Unit - II	Introductions to the Second part – on the practical of yoga (sadhana) – on attachments (vibhuti) – and on absolute Independence (Kaivalya). A series of positive steps - eight stages of yoga. : Vibhutipadah : The effect of Dharma – Interrelations of all things – the level of concentration - Understanding the structure of things. The transformation from Human to Divine. : Kaivalyapada : The entry of the eternal into the individual –The condition prior the Final Absorption.

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Unite - III	Yogic Concept from other Schools: Yoga in Siddha and Buddhism: Sources of Buddhism – Characteristic of Buddhism – the For noble truth – Eight fold path. : Nature of Buddhist Meditation. Zen Buddhism: “Zen” meaning and History – Beyond thinking – The nature of Zen Buddhism –The three essential of Zen practice.: Zen Buddhism and its enlightenment. Siddha understanding of Yoga: Introduction to Siddhas– Yoga in Tirumantiram -The Classification of the Siddhas –The Gura.: The Siddhas – tantric yoga and Alchemy – Astama Siddhis – The philosophy of Body.: Siddha views on liberation – Kaivalya.
Unite - IV	Modern Yoga Sects: Introduction to Modern yoga Sects: The Hatha yoga Pradipika of Sri Svatmarama: Integral Yoga of Sri Aurobindo: Yoga of Swami Vivekananda.
Unite - V	Yoga – Practical: Sadkiriya – Practice of Asanas and Vipasana. Practice of Pranayama and its different kinds - Pratyahara – Concentration(Dharana) and Mediation (Dhyana) and its eight kinds - – Samadhi (final attainment).

Course out Come:	
1.	Students understand Yoga as a Way of Life rather as a part of religion.
2.	Students exhibit theoretical skills of Yoga.
3.	Students demonstrate knowledge of importance of yoga in day to day life.
4.	Over the centuries, scholars and teachers of yoga have attempted to expand these sutras with commentaries and explanations. The aim of Yoga is rid the mind of its modifications in order to attain self-realization it has multifarious modifications under the stress and strain of the three gunas.
5.	This study offers on authentic and fully comprehensive study exposing the basic concepts as well as their practical aspects. This study is a reliable compendium covering the whole gamut of philosophical problems and metaphysical issue, concerning the yoga system. The Utility of the yoga is to bring out the significance of a perfect human being.

Books for Reading:

1.	<i>An Introduction to Indian Philosophy:</i> S.Chatterjee.
2.	<i>The Upanishads</i> 2 Vols. (Ed) – by Mead. G.R.S. and Chattopadhyaya, Jagadisha Chandra, Published by Theosophical Society.
3.	<i>The SankhyaKarika of Iswara Krishna</i> – by S.S. Suryanarayana Sastri.
4.	<i>The Hathayoge Pradipika</i> translated by Sinh Pancham, Allahabad.
5.	<i>The Study and Practice of yoga</i> Vol – II by Swami Kkrishnananda
6.	<i>Patanjali's Yoga Sutras: An Introduction</i> (Trans.) by T.K.V. Desikachar, Published by Affiliated East West Press Ltd.
7.	<i>The Study and Practices of Yoga: An exposition of the Yoga Sutras of Patanjali</i> Vol I, Samadhi pada by Swami Krishnananda, Published by the Divine Life Society.
8.	<i>A Study of Patanjali</i> by S.Dasgupta, Published by Motilal Banarsidess.

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9. Yoga course for All by Yogacharya Hansraj Yadav, published by Bharatiya Vidaya Bhavan.
10. The Samkhya Sutra of Pancasikha and other Ancient sages. Compiled and annotated by Swami Hariharananda Aranya.
11. The Bhagavad-Gita commentary by Sri Swami Sivananda
12. The Poetry and the Philosophy of the Tamil Siddhars by A.V.Subramania Aiyar.
13. The Poets of the Power by Kamilzvelebil.
14. Namnattu Siddhargal by R.Manikkavachagam.
Reference :
1. <i>Siddhar Thathuvam</i> (Philosophy of Siddhar) by K.Narayanan.
2. <i>An Introduction to Zen Buddhism</i> by D.T.Suzuki.
3. <i>Four yoga of Swami Vivekananda</i> – Published by Swami Tapasyanand.

Mapping with Programme Outcomes:

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 1	1	1	1	1	1	1	1	1	2	1
CO 2	2	2	2	2	2	2	2	2	2	2
CO 3	3	3	3	3	3	3	3	3	3	2
CO 4	3	3	3	3	3	3	3	3	3	1
CO 5	2	3	3	3	3	3	3	3	3	2

Strong (3) Medium (2) Low (1)

Mapping with Programme Specific Outcomes:

	PO 1	PO 2	PO 3	PO 4	PO 5	PO6	PO7	PO8	PO9	PO10
CO 1	1	1	1	1	1	1	1	1	1	1
CO 2	2	2	2	2	2	2	2	2	2	2
CO 3	3	3	3	3	3	3	3	3	3	3
CO 4	3	3	3	3	3	3	3	3	3	3
CO 5	3	3	3	3	3	3	3	3	3	3
Weightage	12	12	12	12	12	12	12	12	12	12
Weighted percentage of course contribution to POS	5-0	5-0	5-0	5-0	5-0	5-0	5-0	5-0	5-0	5-0

Strong (3) Medium (2) Low (1)