

DEPARTMENT OF YOGIC SCIENCE
Fundamental of Yoga – Multidisciplinary
Semester- 2

Unit-1 Introduction to Yoga:

Meaning, Definition and History of Yoga; Aims, Objective & Misconceptions About Yoga; Significance of Yoga in the Modern era, Brief about Streams of Yoga.

Unit-2 Brief Introduction to Yogic Text:

Introduction to Patanjali Yoga Sutra, Shrimad Bhagwad Geeta, Gheranda Samhita, Hatha Pradipika, Brief introduction to Prasthantrayi and Purushartha Chatushtaya.

Unit-3 various streams of Yoga:

Hatha Yoga, Karma Yoga, Jnana Yoga, Bhakti Yoga, Ashtanga Yoga, Mantra Yoga.

Unit-4 Lifestyle and yogic aspects of various renowned Yogis/Yoginis:

Maharshi Dayanand, Swami Vivekanada, Shri Arvind, Maharshi Raman, Pt. Shri Ram Sharma Acharya, Sant Vinoba Bhave, Maa Sharda, Mata Bhagwati Devi Sharma, ShriMaa (Arvind Ashram).