

MONAD UNIVERSITY, HAPUR U.P.

Recent Trends in Yoga and Naturopathy

Sub. Code: RCW-4-28

UNIT I - FOUNDATIONS OF YOGA :

- History, Evolution of Yoga and Schools of Yoga
- Origin of Yoga, History and Development of Yoga; Etymology and Definitions, Misconceptions, Aim and Objectives of Yoga, True Nature and Principles of Yoga
- Introduction to Vedas, Upanishads, Prasthanatrayee and Purushartha Chatushtaya
- General introduction to Shad-darshanas, Ramayana, Mahabharata
- Yoga in Modern Times: Yogic Traditions of Ramakrishna and Swami Vivekananda, Shri Aurobindo; Yoga traditions of Maharshi Ramana and Swami Dayanand Saraswati.
- Yoga in Contemporary Times: Brief Introduction to important Yoga Paramparas (lineages) Yoga Parampara of Sri T. Krishnamacharya, Yoga Parampara of Swami Shivanada Saraswati, Swami Rama of Himalayas, Maharshi Mahesh Yogi and their contributions for the development and promotion of Yoga. Swami Kuvalyananda (Kaivalyadhama), Swami Dhirendra Brahmchari.
- Introduction to Schools (Streams)of Yoga: Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana), Yoga Schools with Samkhya Yoga Tradition (Yoga of Patanjali) and Yoga Schools with Tantric Tradition (Hatha Yoga, Swara Yoga and Mantra Yoga)
- Elements of Yoga and Yogic practices in Jainism, Buddhism and Sufism.

UNIT II- BASIC YOGA TEXTS:

PRINCIPAL UPANISHADS: Brief Introduction of Ten principal Upanishads as the basis of Yogic content;

- **Ishavasyopanishad:** Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava;
- **Kena Upanishad:** Indwelling Power; Indriya and Antahkarana; Self and theMind;Intuitive realization of the truth;Truth transcendental; Moral of Yaksha Upakhyaana;
- **KathaUpanishad** :Definition of Yoga; Nature of Soul; Importance of Self Realization;
- **Prashna Upanishad:** Concept of Prana and rayi (creation); Pancha pranas;The five main questions;
- **Mundaka Upanishad:** Two approaches to Brahma Vidya-the Para and Aparaa; The greatness of Brahavidya, The worthlessness of Selfish-karma; Tapas and Gurubhakti, The origin of creation, Brahman thetarget of Meditation
- **Mandukya:** Four Statesof Consciousness and itsrelationto syllables in Omkara.
- **Aitareya Upanishad:** Concept of Atma, Universe and Brahman.
- **Taittiriya Upanishad:** Concept of Pancha Kosha; Summary of Shiksha Valli; AnandaValli; Bhruvuvalli.
- **Chandogya Upanishad:** Om, Meditation; Sandilyavidya,
- **Brihadaryanaka Upanishad:** Concept of Atman and Jnana Yoga. Union of Atman and Paramatman

SHRIMAD BHAGAVAD GITA:

General Introduction to Bhagavad Gita (B.G.). Definitions of Yoga in B.G. and their relevance & Scope; Essentials of B.G-the meanings of the terms Atmaswrupa, Stithaprajna, Sankhya Yoga (Chpt.II), Karma Yoga (Chpt.III), Sanyasa Yoga and Karma Swarupa (Sakamaand Nishkama) etc; Samnyasa, Dhyana 10 Yogas (Chpt. VI); Natureof Bhakti (Chpt.XII), Means and Goal of Bhakti-Yoga; The Trigunas and modes of Prakriti; Three Kinds of Faith.Food for Yoga Sadhaka, Classification of food (Chpt.XIV & XVII). Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI); Moksa-Upadesa Yoga (Chpt. XVIII)

YOGA VASISHTHA:

Highlights of Yoga Vashitha, Concept of Adhis and Vyadhis; Psychosomatic Ailments; The four Gatekeepers (Pillars) to Freedom; How Sukhais attained the Highest State of Bliss; Practices to overcome the Impediments of Yoga; Development of Satvaguna;Eightlimbs of Meditation; Jnana Saptabhumika. Unit II-.Yogic Texts

PATANJALA YOGA SUTRA :

Introduction: Yoga, it's meaning & purpose & Nature of Yoga;

SAMADHI PAADA : Yoga, meaning & Nature of yoga. Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta-Vrittinirodhopaya, Abhyasa and Vairagya as the tools, Types and nature of Samadhi, Concept of Ishwara and attributes of Ishwara, Process of Ishwarapranidhana.

SADHANA PAADA : Concept of Kriya Yoga, Concept of Chaturvyuhavada, Drishyanirupanam, Drasthanirupanam, Prakriti-Purusha Samyoga, Brief Introduction to Ashtanga Yoga – Yama, Niyama (Concept of Vitarka & Mahavrata), Asana, Pranayama, Pratyahara and their siddhis.

VIBHUTI & KAIVALYA PADA: Introduction of Dharana, Dhyana and Samadhi, Samyama and Siddhis; Four types of Karmas; Concept of Vasana; Vivek Khyati Nirupanam, Kaivalya.- Nirvachana.

HATHA YOGA TEXTS

- General Introduction to Hathpradeepika.
- Elements of Success (Sadhak Tatva) and Failure (Badhak Tatva) in Hath Yoga Sadhana According to Hathpradeepika. Concept of Matha, Concept of Pathya-Apathya and Mitahar in Hath Yoga Sadhana According to Hathpradeepika. Hathasiddhi ke Lakshanam.
- Meaning, Definition and Classification of Shatkarma – Dhauti, Vasti, Neti, Nauli, Tratak and Kapalbhathi.
- Meaning, Definition and Classification of Asana, Prananyama, Mudra and Bandh. Introduction of Nadanusandhan, Samadhi and Kundlini.
- Introduction of Sapsadhan, Concept of Ghath and Ghathshuddhi.
- Pathya-Apathya and Mitahar in Hath Yoga Sadhana According to Gherand Samhita.
- Introduction OF Hath Yogic Texts : Hatha Ratnavali. Shiv Samhita. Vashisht Samhita. Siddhsiddhant Padhati.

UNIT III- APPLICATION & TEACHING METHODOLOGY IN YOGA

- **Yoga in Education:** Salient features of Yoga Education, Factors of Yoga Education; Teacher, Student and Teaching, Guru-shishya parampara and its importance in Yoga

Education; Value Education, its meaning and definitions, types of values, value-oriented education and modes of living, role of value oriented education; contribution of Yoga towards development of values; Salient features of ideal Yoga teacher, role of Yoga teacher in value-oriented education, role of Yoga in development of human society; Yogic Concepts for the Development of Four Fold Consciousness - Civic Sense, Patriotic Urge, Service Zeal and Spiritual Growth;

- **Yoga for Personality Development** - Yogic attitudes for personality development, Ashtanga Yoga and personality development, personality development with special emphasis on Panchakosa. Memory and Concentration; Short-term, long-term memory, stages of memory foundation and maintenance; Yoga modules to improve memory; Barriers to concentration; creativity eastern concept, silence and creativity; yogic approach to creativity; yogic practices for creativity development; Facets of intelligence; concept of intelligence according to Yoga; Yoga practices for IQ development; Practices for Anger Management.
- **Methods of Teaching Yoga** : Teaching and learning: concepts and relationship between the two: principles of teaching: levels and phases of teaching, quality of perfect yoga guru; yogiclevels of learning, vidyarti, shishya, mimukshu; meaning and scope of teaching methods, and factors influencing them; sources of teaching methods; role of yoga of mass instruction; organization of teaching (time management, discipline etc) essentials of good lesson plan: concepts, needs, planning of teaching yoga (shodhanakriya, asana, mudra, pranyama & meditation); student's approach to the teacher: pranipaata; pariprashna; seva; (BG 4.34).