

PHILOSOPHY OF YOGA

Unit 1:

History of Yoga – Indus Valley Civilization – Vedas, Upanisads, Bhagavadgita, Tantras, Buddha and Jain Literatures, Tamil Siddhas, Tirumular's Tirumantiram – Modern Trends in Yoga.

Unit 2:

Definition of Yoga – Nature, Scope and Aim of Yoga – Various Systems of Yoga – Astanga Yoga, Hatha Yoga, Tantra Yoga, Mantra Yoga, Laya Yoga, Kundalini Yoga, Raja Yoga, Karma Yoga, Bhakti Yoga, Jnana Yoga – A General Survey of Patanjali Yogasutra.

Unit 3:

Asanas –

- a) Standing Postures – Ardhakati Cakrasana, Katicakrasana, Padahastasana, Trikonasana, Parivrtta Trikonasana, Parsvakonasana, Vrksasana.
- b) Sitting Postures – Padmasana, Vajrasana, Pascimottanasana, Vakrasana, Matsyendrasana, Baddhakonasana, Yogamudra.
- c) Lying Postures – Bhujangasana, Salabhasana, Dhanurasana, Cakrasana, Sarvangasana, Halasana, Matsyasana, Savasana or Santi asana.

Unit 4:

Pranayama – Kinds of Pranayama – Satkriyas – Mudras – Cinmudra, Adimudra, Brahmamudra, Sanmukhimudra, Viparitakaranimudra – Bandhas – Jalandara, Uddiyana, Mula and Maha Bandhas – Meditation.

Unit 5:

Yoga Therapy of Common Health Disorders – The Causes of Health Disorders – Yoga Therapy for Asthma, Arthritis, Spondulitis, Ulcers, Hypertension, Nervousness, Diabetes, Blood Pressure, Digestive Disorders and Back pain.

BOOKS FOR REFERENCE:

1. Andiappan, R., Arokya Vazhvu (Tamil), Bharati Publishers, Chennai, 1995.
2. Dasgupta, Yoga Philosophy, MLBD, New Delhi
3. Iyengar, B.K.S., Light on the Yoga Sutras of Patanjali, Harper Collins Publishers India, New Delhi, 1993.
4., Light on Yoga,
5. Joshi, K.S., Yoga and Nature Cure Therapy, Sterling Publishers, New Delhi, 1993.
6. Swami Prabhavananda, Patanjali Yoga Sutras, Ramakrishna Math, Chennai, 1953.
7. Swami Satyananda Saraswati, Asana Pranayama Mudra Bandha, Yoga Publishing Trust, Munger, Bihar, 1996.
8. Swami Abhedananda, Yoga Psychology, R.K.Vedanta Publishers, Chennai.
9. Swami Satyananda saraswathi, Meditations, Monghyr, Bihar Schools of Yoga, 1987