

B.A .(Prog.) SEM—V GE .—Paper - Philosophy of Yoga

4	Unit I Introduction and History of Yoga philosophy	01 credit	August	Psychology of Yoga Method of Self-presentation: Hearing (sravan), Reflection(Manana)and meditation (Nididhayasana)- Brhadaranyakopanishad (2.4.5) , and Vedantasara
	Unit II Concept of Yoga	01 credit	September	Yoga sutra (1.2) Restricting of fluctuations by Practice (abhyasa) and passionless (vairagya) yogasutra- Concentration
	Unit III Ashtanga yoga	01 credit	October	Eight folds of yoga -yoga of action (kriyayoga) -Four different aspects of mental purity (Citta-prasadana) leading to Oneness
	Unit IV	01 credit	November	Pancha kosha: Theory of Personality (5 Insights of great Indian Psychology)