

This paper Yoga Philosophy (Unique Paper Code 62103410) as a skill enhancement paper was taught to the students of B.A. Program (4th semester). Students were required to understand and analyse the importance of yoga by making it a part of their normal day to day routine along with the theoretical understanding and knowledge. Students were involved in making presentations of different yoga poses and practices followed by discussion in class regarding their experiences of before and after. Students were also required to have discussions regarding the practical use of Yoga Philosophy.

**CHOICE BASED CREDIT SYSTEM
DEPARTMENT OF PHILOSOPHY
B.A. (PROGRAMME)**

Skill Enhancement Elective Course: YOGA PHILOSOPHY

UNIT I

1. The Definition and Essence of Yoga
2. Jnana Yoga, Bhakti Yoga and Karma Yoga

UNIT II

1. Yoga in Jainism, Yoga in Buddhism (Vipassana) and Yoga in Bhagvadgita
2. Patanjali's Astangik Yoga Marga

Recommended Readings:

- Abhishiktananda, Swami: (1974) *Guru and Disciple*, London: Society for the Promotion of Christiana Knowledge,
- Aranya, H.: (1983) *Yoga Philosophy of Patanjali*, rev. ed.. Trans. by P. N. Mukherji, Albany, New York: Suny Press,
- Bhattacharya, H. (1956) (ed.). *The Cultural Heritage of India*, Calcutta: Ramkrishna Mission Institute of Culture, 4 vol.
- Cleary, T. (1995) translated *Buddhist Yoga: A Comprehensive Course*, Boston, Mass: Shambhala Publications.
- Dasgupta, S. N. (1930) *Yoga Philosophy in Relation to Other Systems of Indian Thought*, Calcutta: University of Calcutta.
- Gopalan S. (1974) *Outlines of Jainism*, John Wiley & Sons (Asia) Pte Ltd.
- Kaveeshwar, G. W. (1971) *The Ethics of the Gita*, Delhi: Motilal Banarsidas.

Khiknani