

# DDU Gorakhpur University, Gorakhpur

## Department of Philosophy

### M.A in Yoga & PG Diploma in Yoga Entrance Exam Syllabus

#### Unit I

- Concept, Meaning, Definitions and Nature of Yoga, Historical Tradition of yoga, Types of Yoga: Karma yoga, Jnana yoga, Bhakti yoga, Raj yoga, Hathyoga with special reference to Gorakhnath.
- Mantra yoga, Laya yoga, Kundalini yoga: Shyama Charan Lahri- Paramhansa Yoganand, Vibhutis of Yoga: Concept of Vibhuti, Sources and types of Siddhis.
- Guru or Master.
- Theory of Yoga, God, Prakriti, Purusha, Jeevatma, Process of creation.
- Five Kleshas, Reflection of mind, Abhyasa and Vairagya.

#### Unit II

- Surya Namaskar, Shatkarma: Neti, Dhauti, Nauli, Tratok, Vasti and Kapalbhati
- Asana: According to Gheranda Samhita, Padmasana, Vajrasana, Muktasana, Swastikasana, Singhasana, Makarasana, Siddhasana, Sukhasana, Veerasana, Bhujangasana, Mayurasana, Mandukasana, Sheershasna, Sarvangasana, Halasana, Bhujangasana, Muktasana, Makarasana, Shalabhasana, Chakrasana.
- Pranayama: NadishodhanPranayam, Bhastrika, Kapalbhati, Sheetli, Ujjai, Bhramari, Sheetkari, Suryabhedan, Sheetli. Kriyayogapramnayama.
- Dhyana (Meditation): Vipassana, Dhyana Yoga of Swami Vivekanand, Samagra yoga dhyana (Sri Aurobindo), Kriya yoga dhyana (Shyama Charan Lahiri-Paramhansa Yogananda), Transcendental Meditation of Maharshi Mahesh Yogi.
- Chakra-Shadhana.
- Mudra & Bandh: Khechari, Shambhavi, Gyan mudra, Chin mudra.
- Yoganidra, Ajapajaap, Antah maun, Chidakash dharana.

#### Unit III

- Introduction: Common characteristics and classification of Indian philosophical school: Āstika and Nāstika, Cārvāka School: Epistemology, Metaphysics, Ethics
- Jainism: Concept of sat, dravya, paryāya, Guṇa; Anekāntavāda, Syādvāda and Sapta-bhaṅgi-naya, Theory of Karma, Bondage and Liberation.
- Buddhism: Four noble truths, Theory of dependent origination (Pratītyasamutpāda), Definition of Reality (Arthakriyākāritvamsattvam), Doctrine of momentariness (Kṣaṇabhaṅgavāda), Theory of no-soul (Nairātmyavāda), Nirvāṇa, Hīnyāna and Mahāyāna
- Sāṅkhya: Satkāryavāda, Nature of Prakṛti, its constituents and proofs for its existence, Nature of Puruṣa and proofs for its existence, plurality of the Puruṣas, theory of evolution
- Yoga: Citta, Cittavṛtti, Cittabhūmi, Eight-fold path of Yoga (Aṣṭāṅga Yoga), God
- Nyāya: Pramā and Pramāṇa, Pratyakṣa (definition), Sannikarṣa, Classification of Pratyakṣa: Nirvikalpa, Savikalpa, Laukika, Alaukika; Anumiti, Anumāna (definition), Vyāpti, Parāmarśa, Classification of Anumāna: Pūrvavat, Śeṣavat, Sāmānyatodṛṣṭa, Kevalānvayi, Kevalavyatireki, Anvaya-vyatireki, Svārthanumāna, Parārthanumāna, Upmāna, ŚabdaPramāṇa.
- Vaiśeṣika: Padārtha, Dravya, Guṇa, Karma, Sāmānya, Viśeṣa, Samavāya, Abhāva
- Mīmāṃsā (Prabhākara and Bhatta): Arthāpatti and Anuplabdhi -as source- of knowledge.
- Advaita Vedānta: Śaṅkara's view of Brahman, Saguṇa and Nirguṇa Brahman, Three grades of Sattā: Prātibhāsika, Vyāvahārika, Pāramārthika, Jīva, Jagat, Māyā and Mokṣa.

ViśiṣṭādvaitaVedānta: Rāmānuja's view of Brahman, Jīva, Jagat, Refutation of the doctrine of Māyā, Mokṣa.


- The Philosophy of Gorakhnath (GorakhDarshan): Metaphysics, Ethics and Yoga
- Prāmāṇyavāda: Svataḥ and ParataḥPrāmāṇyavāda
- Khyātivāda: Theory of error

#### Unit IV

- The Ethics of Bhagavadgītā: Niṣkāma Karma-yoga, Sthitiprajñā, Lokasaṃgraha
- Puruṣārthās and their inter-relations.
- Meaning of Dharma, Classification of Dharma: Sāmānya dharma, Viśeṣa dharma, Sādhāraṇa dharma, Concept of Ṛṇa and Ṛta
- The general features of Jaina and Bauddha Ethics.
- The ethics of Gandhi: Eleven vows, Truth and Non-violence, End and Means, Satyagraha, Concept of seven sins.
- Nature and scope of Ethics, Theories of ethics: Teleological and Deontological.
- Postulates of morality, problem of free will and determinism.
- Moral and non-moral actions, Object of moral judgement-Motive and intention, ends and means.
- Value as standard of morality.
- Standards of morality: Hedonism- Ethical and Psychological, Utilitarianism: Bentham and Mill.
- Intuitionism, Butler's Theory of conscience as the ultimate standard of moral judgement.
- Kant's ethical theory: Good will, Categorical Imperative, Duty for-duty's sake, Perfectionism.
- Nature and scope of Philosophy of Religion, Religion, Science and Morality.
- Foundations of religious belief: Reason, Revelation, Faith and Mystical experience.
- Argument for the existence of God: Cosmological, Teleological, Moral and Ontological arguments, Nyāya arguments, Immortality of Soul, Liberation Pathways of Moksha-Karma, Bhakti, Jnana and Dhyana- with special reference to Vivekananda and PramhansaYogananada.
- The problem of evil and its solutions.
- The general features of Hinduism, Jaina, Bauddha, Islam and Christianity
- Nature of religious language: Analogical and symbolic, Cognitive and Non-cognitive.
- Religious Pluralism and the problem of the absolute truth
- Religious tolerance, conversion and secularism and meeting points of all religion.

#### Unit V

- Reasoning and Logical reasoning
- Indian National Movement: Nature and characteristics of the freedom movement, rise of nationalism and general information about attainment of independence.
- Indian Politics, Indian Political System, Panchayati Raj and Public Policy.
- General Science, General Topics related to Environment and Ecology, Biodiversity and Climate Change

  
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