



**BHARATHIDASAN UNIVERSITY,
TIRUCHIRAPPALLI - 620 024**

(Accredited With A+ Grade By NAAC In The Third Cycle)

**Department Of Physical Education And Yoga
Bachelor Of Physical Education (B.P.Ed)**

CC-YOGA EDUCATION(21BPE21)

**Sem-
II**

Credit-4





UNIT -1
INTRODUCTION

MEANING OF YOGA

- The word yoga derived from the sanskrit term “yuj” which means ‘to join’ or ‘unit’, ‘to bind’. Different authors give different meaning, ‘Union of merges’, ‘union of the jeevathma with the paramathma’.

DEFINITION OF YOGA

- “Yoga is controlling or stilling the minds movements”.
-Patanjali.

Aims and objectives of yoga

- The main aim of yoga is integrating the body, and thoughts so as to work for good ends.
- In our modern life style the human body is easily affected by many diseases, mostly due to our food habits, daily routines and also due to air and water pollution etc. The human mind is just like a fire. It could be used to preserve and also destroy. With a match stick we can light a candle and illuminate the house. At the same time it can also be used to torch house. Like that, our mind can also be used for either good or bad purpose. Many poets have compared our minds to monkey. Monkeys would not sit at one place. It will jump here and there.

- ✓ Like a monkey our thoughts will be always wavering, and ultimately the individual's peace of mind is disturbed. Through systematic and regular yogic practices, our may be made healthier and its resistance power to fight against the diseases could be enhanced, mind will get sharpened and the concentration and memory power developed. Thus mind could be channelized for thinking the right good thoughts. Then the good healthy thoughts will develop in the right direction. Yoga will pave the way for an individual to do any action peacefully and perfectly.
- ✓ The main objectives of the yogic practices are to make a man free from diseases, ignorance, egoism, miseries the affiliations of old age, and fear of death.

Yoga in Early Upanishads

- ✓ The Yoga Upanishad, (IAST: Yogatattva Upanishad), also called as Yoga Upanishad is one of the important Upanishads of Hinduism. A Sanskrit text, it is one of eleven Yoga Upanishads attached to the Atharvaveda, and one of twenty Yoga Upanishads in the four Vedas. It is listed at number 41 in the serial order of the Muktika enumerated by Rama to Hanuman in the modern era anthology of 108 Upanishads. It is, as an Upanishad, a part of the corpus of Vedanta literature collection that presents the philosophical concepts of Hinduism.
- ✓ Two major versions of its manuscripts are known. One has fifteen verses but attached to Atharvaveda, while another very different and augmented manuscript exists in the Telugu language. Which has one hundred and forty two verses and is attached to the Krishna Ayurveda. The text is notable for describing Yoga in the Vaishnavism tradition.

HISTORICAL BACKGROUND OF YOGA

✓ Pre-Classical Yoga

The beginnings of Yoga were developed by the Indus-Sarasvati civilization in Northern India over 5,000 years ago. The word yoga was first mentioned in the oldest sacred texts, the Rig Veda. The Vedas were a collection of texts containing songs, mantras and rituals to be used by Brahmans, the Vedic priests. Yoga was slowly refined and developed by the Brahmans and Rishis (mystic seers) who documented their practices and beliefs in the [Upanishads](#), a huge work containing over 200 scriptures. The most renowned of the Yogic scriptures is the Bhagavad-Gîtâ, composed around 500 B.C.E. The Upanishads took the idea of ritual sacrifice from the Vedas and internalized it, teaching the sacrifice of the ego through self-knowledge, action ([karma yoga](#)) and wisdom (jnana yoga).

Classical Yoga

In the pre-classical stage, yoga was a mishmash of various ideas, beliefs and techniques that often conflicted and contradicted each other. The Classical period is defined by Patanjali's Yoga-Sûtras, the first systematic presentation of yoga. Written sometime in the second century, this text describes the path of RAJA YOGA, often called "classical yoga". Patanjali organized the practice of yoga into an "eight limbed path" containing the steps and stages towards obtaining Samadhi or enlightenment. Patanjali is often considered the father of yoga and his Yoga-Sûtras still strongly influence most styles of modern yoga.

Post-Classical Yoga

A few centuries after Patanjali, yoga masters created a system of practices designed to rejuvenate the body and prolong life. They rejected the teachings of the ancient Vedas and embraced the physical body as the means to achieve enlightenment. They developed [Tantra Yoga](#), with radical techniques to cleanse the body and mind to break the knots that bind us to our physical existence. This exploration of these physical-spiritual connections and body centered practices led to the creation of what we primarily think of yoga in the West: [Hatha Yoga](#).

Modern Period

In the late 1800s and early 1900s, yoga masters began to travel to the West, attracting attention and followers. This began at the 1893 Parliament of Religions in Chicago, when Swami Vivekananda wowed the attendees with his lectures on yoga and the universality of the world's religions. In the 1920s and 30s, Hatha Yoga was strongly promoted in India with the work of T. Krishnamacharya, Swami Sivananda and other yogis practicing Hatha Yoga. Krishnamacharya opened the first Hatha Yoga school in Mysore in 1924 and in 1936 Sivananda founded the Divine Life Society on the banks of the holy Ganges River. Krishnamacharya produced three students that would continue his legacy and increase the popularity of Hatha Yoga: B.K.S. Iyengar, T.K.V. Desikachar and Pattabhi Jois. Sivananda was a prolific author, writing over 200 books on yoga, and established nine ashrams and numerous yoga centers located around the world.

Contribution of Thirumoolar

- Yogi thirumoolar is a tamil yogi who is one the main 63 nayanars and one of the 18 siddhars.
- Thirumoolar has authored this seminal yogic text called thirumandiram which consists of 3000 verses, and it forms a part of the key text of the tamil shaiva siddhanta. This is considered one of the best and most important scripture in tamil language.
- As most scriptures and literature are like advice and teachings sage thirumoolar's writings are more of his own experience and the verses are written in a way as if he is talking to you directly. He is one of the true yogis who explains his own journey and experiences of ashtanga yoga, which he describes as siva yoga. His teachings of yoga and the reference to its therapeutic benefits is more detailed than any other yogis including sage patanjali and any other scriptures in yoga.
- Thiru mandiram is comprised of nine tantras. The nine tantras consist of various aspects of human life. Tantra three explains in great details about ashtanga yoga, the eight limbs of yoga path. No other yogic literature or yogis has explained so much detail about the therapeutic effects of the yoga practice. In many sutras he elaborates how regular practice of ashtanga yoga helps balance all three elements in our body, preventing and curing various ailments in our body and mind.

PATANJALI YOGA

- Everybody wants to live a peaceful, wealthy and healthy life. While, in the search of wealth, man forgets himself. One is more attached to his/her family and its commitments. In such a state how can one attain the external bliss is not possible for everyone. One who is detached from his family and other external commitments alone will be able to lead a peaceful life in the world. To attain total detachment one should follow certain principles systematically right from birth to the day of surrendering one's soul to god.
- The systematic path that has been followed and practiced by our ancestors is called yoga. The great yogi, patanjali has enumerated what is called as raja yoga. The patanjali raja yoga lays down an eight fold path to reach the goals of life. They are referred to as eight limbs of yoga or astanga yoga.
- The patanjali eight limbs of yoga are yama, niyama, asana, pranayama, pratyakara, dharana, and samathi. These eight limbs are inter liked with one another. Each limb has lot of facts with in it. They can be realised or experimented only through the study of the texts and practice of the same in our life. Each limb leads progressively to the next higher stage of awareness and to spiritual life. Here all the eight limbs are constructed so that an individual develops his/her spirituality in life. The first five limbs deal with the individual outward action or external practices. It is called as Bahiranga yoga. In this stage our body and mind are purified and ready for the internal purificatory process of dharana, dhyana and Samadhi. These three disciplines are more and more internally mind oriented. So it is called as Antaranga yoga.

Yoga sutra: consideration or guideline for yoga

Dress

- The minimum possible dress is recommended. More area of our body should be exposed to the atmosphere. The dress should be loose and preferably elastic in nature prefer cotton materials to other kinds.

Time

- It can be practiced both in the evening. The morning session will be good, because during the morning the atmosphere is pure and calm and it is very easy to focus our mind in a desired direction.

Place

- The place of practice is very important. While in practice you should not be disturbed by other external factors. So your place that you are free from disturbance can select pooja room or separate hall or better if you have open terrace. The place should have proper ventilation, free from pollution, free from dust. Ants and quite calm in nature.

Body - Body should be clean particularly our stomach, and intestine should be empty. Finish your morning routine, take your bath, bath, and after 15 minute, practice the asanas. The important instruction, the body should be light and fresh. Hence the asanas are done during in the early morning hours or during the evenings.

SEQUENCE

- Usually the yogic asanas are done along with pranayama and meditation practices in the following sequence. Complete the asanas first, then follow it with pranayama and go for meditation the last.

SPREAD

- The asana is done on a flat horizontal surface covered with a clean blanket preferably a cotton cloth.

Age limit

- According to yoga literature, both male and female can practice the asanas right from the age of twelve. However the children should not remain in their final pose for long duration as adults do.

Priority

- For good results asana practice should begin with savasana. This helps the body to attain normal metabolism level which is a suitable stage for beginning the practice.

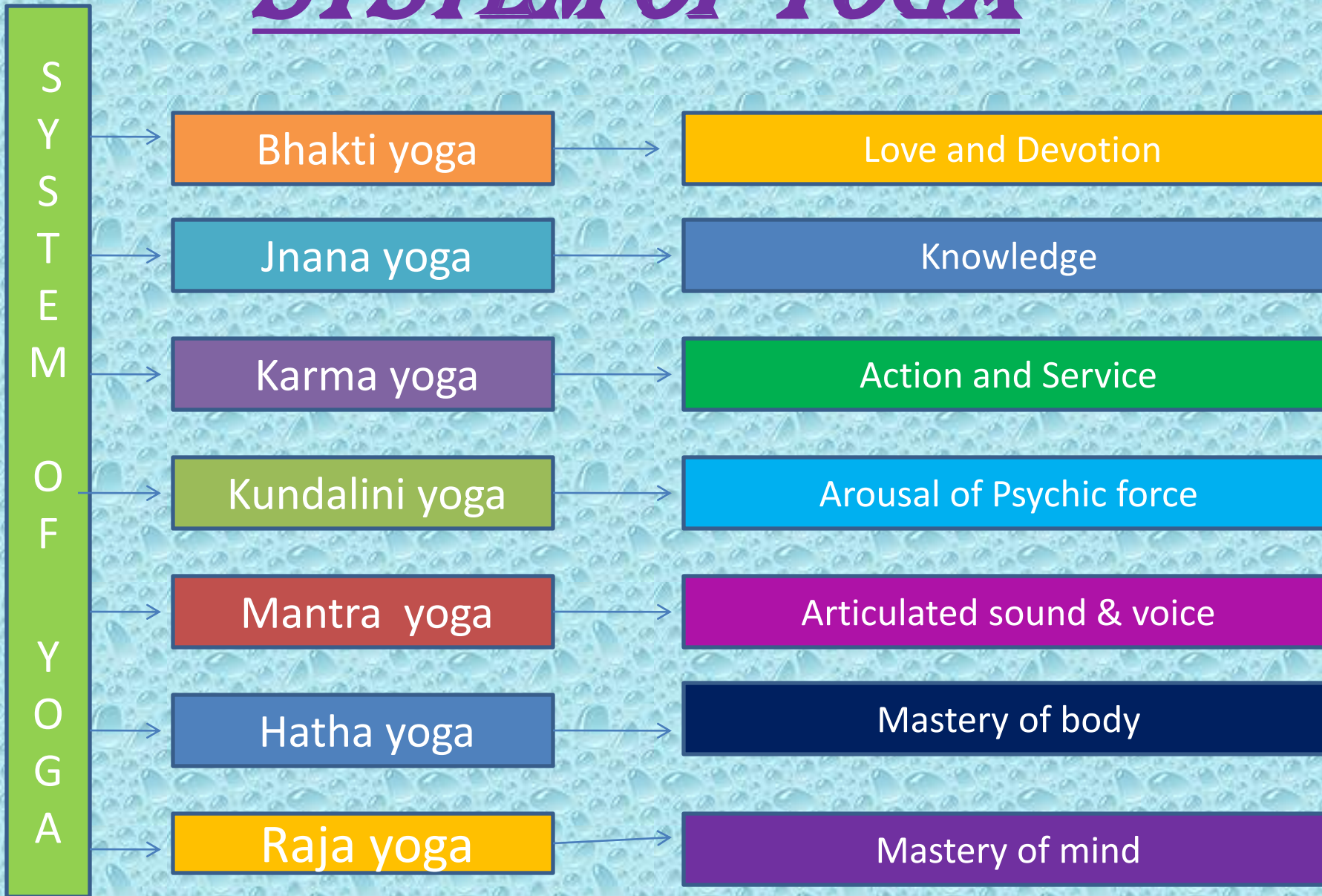
Concentration

- During the asana practice the concentration is a must. It is easily achieved when you attempt to see the tip of the nose with your eyes or try to see with your eyes the center of your forehead.

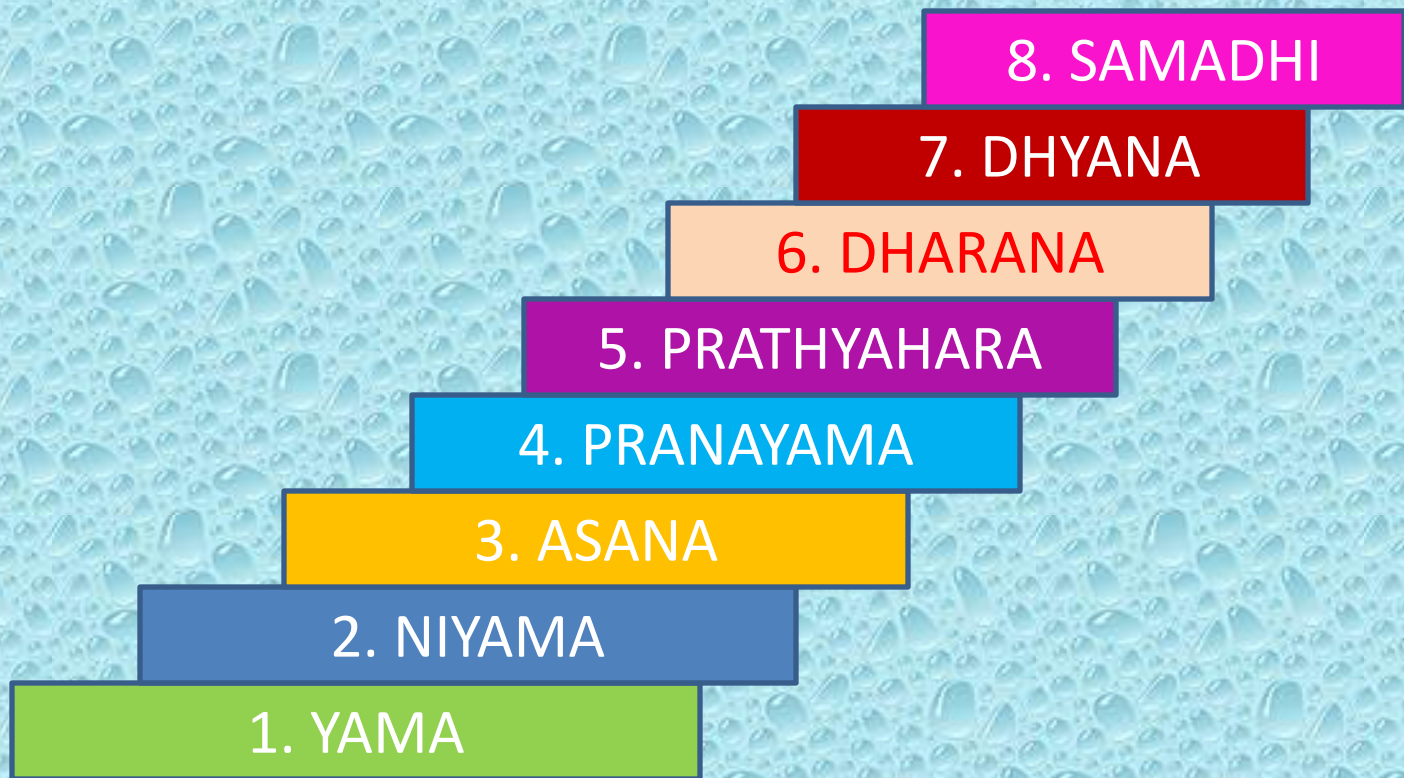
Bhagavad Gita

- The Bhagavad Gita is the most treasured and famous of India's spiritual texts. Composed of 700 Sanskrit verses, the Bhagavad Gita was written in the third or fourth century BCE as part of the epic text, the [Mahabharata](#). The Gita, as it's commonly called, is a dialogue between Prince Arjuna and Sri [Krishna](#), Arjuna's charioteer, friend and council.
- There are several reasons why the Bhagavad Gita is important to the practice of yoga. In the first chapter, the story opens to the scene of a battlefield just prior to the start of a colossal war with Arjuna asking Krishna for guidance. Knowing that by engaging in this war, family members and friends will be lost on both sides of the battle line, Arjuna is faced with a personal and ethical crisis. The resulting conversation between Arjuna and Krishna develops into a discourse on the nature of the soul, the purpose of one's life, and the threefold path of yoga.

SYSTEM OF YOGA



EIGHT LIMBS OF YOGA



1. AHIMSA
Avoid violence

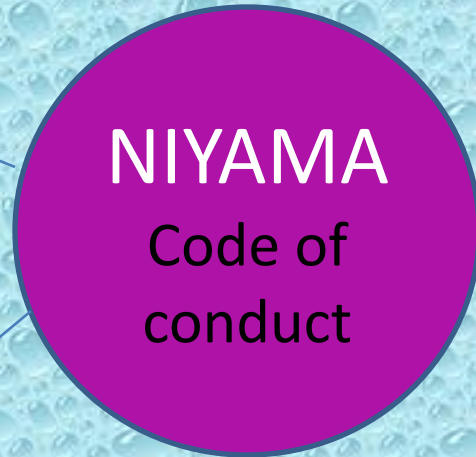
2. SATYA
Follow truth/
Avoid lies

YAMA
Code of
character

3. ASTEYA
Avoid greed/
Abstain from
stealing

4. BRAHMACHAR
YA
Avoid
lust/Practice
celibacy

5. APARIGRAHA
Avoid adding
possession



Isvara pranidhana
Absolute surrender

Svadyaya
Study

Soucha
Cleanliness

Santhosha
Contentment

Tapas
Austerity

ASANA
Posture

PRANAYAMA
Breath
control

PRATHYAHARA
Sense
withdrawal

DHARANA
Concentration

DHYANA
Meditation

SAMADHI
Self
realisation

Leading yoga education Centre's in India:

Kaivalyadhama

- The Kaivalyadhama Health and Yoga Research Center (abbreviated Kaivalyadhama), founded by [Swami Kuvalayananda](#) in 1924, is a spiritual, therapeutic, and research center with a specific aim to coordinate ancient [yogic](#) arts and tradition with modern science. Kaivalyadhama is located in [Maharashtra, India](#), with smaller branches elsewhere in India, France, and the United States.
- Kaivalyadhama performs scientific and philosophic-literary research as well as provides Yogic and [Ayurveda](#) healthcare and education.
- It also houses a Naturopathy center and hosts some 250 students per year for its various courses. Students come from India and abroad, primarily from China, Japan, Korea, France, United States, and Canada.

Bihar School of Yoga

- Bihar School of Yoga, located at Ganga Darshan Vishwa Yogapeeth, Munger, is the karma bhumi of Sri Satyananda Saraswati, chosen and declared by him to be the epicenter of the yogic renaissance in the 21st century. It was in Munger that Sri Swami Satyananda had the revelation that he would fulfill the mandate of his guru Sri Swami Sivananda Saraswati, by creating a fellowship of yoga, and devote himself to the elevation of human consciousness by disseminating the light of yoga.

SVYASA

- UGC (university grants commission) approved Swami Vivekananda Yoga Anusandhana Samsthana, with its acronym S-VYASA as a Deemed to be University in 2002. SVYASA has adopted the concept of Yoga and its applications to meet the challenges of modern society based on the teachings of Swami Vivekananda

Thank

You