

Bangabasi College  
Dept. Of Philosophy

## Values of Yoga Philosophy in daily life

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| <b>A. Introduction :</b>                 | The Yoga philosophy is an invaluable gift of the great Indian sage Patanjali to all bent upon spiritual realization. It is a great aid to those who wish to realize the existence of the spirit as an independent principle, free from all limitations of the body, the senses and the mind.   | 2 hours         |
| <b>B. Yoga Psychology :</b>              | In the Sankhya-Yoga system, the individual self (jiva) is regarded as the free spirit associated with the gross body and more closely related to a subtle body constituted by the senses, the manas, the ego and the intellect. The self knows the objects of the world through the modifications of citta or the mind.  | 3 hours         |
| <b>C. Yoga Ethics :</b>                  | Yoga here means the cessation of mental functions or modifications (cittavrttinirodha). It does not mean any kind of contact between the individual self and some other reality like God or the Absolute.  | 3 hours         |
| <b>D. The Nature and Forms of Yoga :</b> | The aim of yoga, as we have already said, is to prevent the self from identifying itself with mental modifications. But this is not possible so long as the modifications are there and the self has not realized its distinction from citta or the mind.  | 5 hours         |
| <b>E. The Eightfold Means of Yoga :</b>  | Yoga gives us the eightfold means which consists of the disciplines of (1) yama or restraint, (2) niyama or culture, (3) āsana or posture, (4) prānāyāma or breath control, (5) pratyāhāra or withdrawal of the senses, (6) dhāranā or attention, (7) dhyāna or meditation, and (8) samādhi or concentration.  | 10 hours        |
| <b>F. The Place of God in the Yoga :</b> | As distinguished from the Sankhya, the Yoga is Theistic. The Yoga has both practical and theoretical interest in grounds. Patanjali himself, however, has not felt the necessity of God for solving any theoretical problem of philosophy. For him God has more a practical value than a theoretical one. Devotion to God is considered to be of great practical value, inasmuch as it forms a part of the practice of yoga and is one of the means for the final attainment of samādhi-yoga or "the restraint of the mind." | 7 hours         |
| <b>Total Time :</b>                      |  | <b>30 hours</b> |