



Ministry of Ayush  
Government of India



## Morarji Desai National Institute of Yoga

Ministry of Ayush, Government of India

68, Ashok Road, New Delhi-110001

Organizing a

### Crash Course

on

## Patanjala Yogasutra

The core of Yoga Philosophy and Practices

25<sup>th</sup> June, 2024 to 24<sup>th</sup> July, 2024

Venue: Online Mode



Patron

**Dr. Kashinath Samagandi**

Director

MDNIY, New Delhi



Resource Person

**Prof. Om Nath Bimali**

Director

Centre for Hindu Studies and  
Head, Department of Sanskrit  
University of Delhi, New Delhi



Course Coordinator

**Dr. Arpit Kumar Dubey**

Assistant Professor

Sanskrit



Course Co-Coordinator

**Dr. Pawan Kumar**

Assistant Professor

Yoga Education

### General Guidelines

**Intake capacity-** Online (200)

**Medium of Instructions-** Hindi/ English

**Eligibility:** Anyone who is interested to understand the Yogasutra.

**Registration Fee-** Rs. 500

**Last Date of Registration** 21<sup>st</sup> June, 2024

Classes will be held 8.00am to 9.30am in Online mode ( Monday to Friday)

Certificate will be given to the participants.

**Registration Link:** <https://forms.gle/a6txjZzP2e6kBG6y8>

## About the Course

### Concept Note

Morarji Desai National Institute of Yoga (MDNIY) is an autonomous organization under Ministry of Ayush, Government of India. MDNIY is a focal Institute for Planning, Training, Promotion and Coordination of Yoga Education, Training, Therapy and Research in all its aspects. MDNIY aims to promote deeper understanding of Yoga philosophy and practices based on classical Yoga amongst people. The main Vision and Mission of the Institute is "Health, Happiness and Harmony for all through Yoga".

To materialize the aim of the MDNIY, the institute regular organize Workshops, Conferences and Crash courses on Yoga philosophy and practices accordingly a one month Crash Course on the Yogasutra of Patanjali is planned to organize.

### Yoga Sutra

The Yogasutra is a book compiled by Sage Patanjali around 200 BC. Patanjali is often called the 'Profounder of Yoga', who synthesized and organized the knowledge about yoga from the much older traditions. The Yogasutras of Patanjali is a collection of Sanskrit Sutras (aphorisms) on the theory and practice of yoga containing 195 Sutras. It is the most prominent text of classical Yoga, consequently every aspirant and yoga teacher is expected to study the text. Whether to find an inner compass or to prepare one professionally in the field of Yoga, the Yoga Sutras are the lighthouse that anchor the understanding and practice of Yoga.

Yogasutra is the first and the best known text that codifies and systematically presents the theory and philosophy of Ashtanga Yoga or the eight steps of yoga i.e. the eight elements of practice culminating in samadhi (concentration of the mind on an object of meditation). However, its main aim is kaivalya, i.e. discernment of purusha the (witness-conscious) as a separate entity from prakriti (the cognitive apparatus) and disentanglement of purusha from prakriti's muddled defilements. The Yogasutra is divided into four chapters (Pada), containing 195 aphorisms, divided as follows:

**Samadhi Pada (What is yoga?) (51 sutras) :** Samadhi is a state of direct and reliable perception (pramana) where "the seer" (Purusha, pure consciousness, the Self) abides in itself. Samadhi is the main technique the yogi learns by which to calm the mind, whereafter Kaivalya i.e. the isolation of 'the seer' from the impurities of the mind, is attained. In this chapter the author describes yoga and then the nature and the means of attaining samadhi.

**Sadhana Pada (How to achieve it?) (55 sutras) :** Sadhana means "practice" or "discipline," aiming at discriminative discernment i.e. to discern the Seer (consciousness) from its objects and the hindrances. Here the author outlines the two systems of Yoga: Kriya Yoga and Ashtanga Yoga. Kriya Yoga consists of tapas – austerity, svadhyaya - self-study of the scriptures and ishvara pranidhana – devotion to god or pure consciousness. Ashtanga Yoga is the yoga of eight limbs and the first five are explained in this chapter. 1. Yama - restraints or ethics of behaviour; Yama consists of: Ahimsa (Non violence), Satya (Truthfulness), Asteya (Non stealing), Brahmacharya (Chastity) and Aparigraha (Non possession). 2. Niyama - observances, it consists of: Saucha (Cleanliness), Santosha (Contentment), Tapas (Austerity), Svadhyaya (Self-study) and Isvara Pranidhana (Devotion to the lord) 3. Asana - A physical posture in which one can be steady and comfortable 4. Pranayama - control of the prana (breath) 5. Pratyahara - withdrawal of the senses.

**Vibhuti Pada (Benefits of yoga) (55 sutras) :** Vibhuti means "power" or "manifestation". In this chapter last three limbs of Ashtanga Yoga, known as samyama, are outlined: 6. Dharana – concentration, 7. Dhyana – meditation and 8. Samadhi – absorption, a state where besides an insight into pure awareness (purusha) one achieves samyama which gives 'supra-normal powers' (siddhi), as the yogi gains an access to and unites with the tattvas (the constituents) of prakriti. The text warns that these powers can become an obstacle to a yogi who seeks liberation.

**Kaivalya Pada (Goal of yoga) (34 sutras) :** Kaivalya, "isolation", of the Seer from the contents of the mind so it is no longer disturbed by the movements of the mind. It stands for emancipation or liberation, and is used where other texts often employ the term moksha (liberation). The Kaivalya Pada describes the process of liberation and the reality of a Seer.

### **About resource person**

This Crash Course will be conducted under the Mentorship of Prof. Om Nath Bimali. He is Professor and Head in Department of Sanskrit and Director of Centre for Hindi Studies, University of Delhi. He is a renowned educationist of Indian Knowledge System with Specialization in Paninian Grammar, Philosophy of Language and Indian Philosophy. He has more than 28 years of teaching experience in various Colleges and Universities. His more than 15 research papers and books are published. He had been a Visiting Professor for 3 years at Department of Indian Studies, Hankuk University of Foreign Studies, Global Campus, Korea and Department of Hindi, Hankuk University of Foreign Studies, Seoul Campus, Korea. Under his dynamic mentorship more than 30 students have completed Ph.D. /M. Phil research.



**मोरारजी देसाई राष्ट्रीय योग संस्थान**

**आयुष मंत्रालय, भारत सरकार**

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