

**Karuna Yoga Vidya Peetham**  
**Bangalore, India**  
**Student Weekly Self - Assessment Sheet**  
**Paper - 4 Yoga Philosophy, Lifestyle and Ethics**

| <b>4. Yoga Philosophy, Lifestyle and Ethics</b>                  | Understanding Concept | Application of Concept | Assignment | Test | Suggestion |
|--|-----------------------|------------------------|------------|------|------------|
| 1. Introduction  |                       |                        |            |      |            |
| 1.1. Shad-Darsanas (Six Systems of Indian Philosophical Thought) |                       |                        |            |      |            |
| 1.2. Goal of the Shad-Darsanas                                   |                       |                        |            |      |            |
| 1.3. Meaning   |                       |                        |            |      |            |
| 1.4. Definition of Yoga  |                       |                        |            |      |            |
| a. Yoga Vasishtha  |                       |                        |            |      |            |
| b. Bhagvat Gita  |                       |                        |            |      |            |
| c. Bhagvat Gita  |                       |                        |            |      |            |
| d. Kathopanisad  |                       |                        |            |      |            |
| e. Swami Vivekananda   |                       |                        |            |      |            |
| f. Sri Aurobindo   |                       |                        |            |      |            |
| 1.5. History of Yoga   |                       |                        |            |      |            |
| i. Pre-Vedic period (Before 3000 BC)                             |                       |                        |            |      |            |
| ii. Vedic period (3000 BC to 800 BC)                             |                       |                        |            |      |            |
|  |                       |                        |            |      |            |

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|--|-----------------------|------------------------|------------|------|------------|
| iii. Pre classical (Upanishad) period (800 BC to 250 BC) |                       |                        |            |      |            |
| iv. Classical period (184 BC to 148 BC)                  |                       |                        |            |      |            |
| <b>2. Hatha Yoga</b>                                     |                       |                        |            |      |            |
| 2.1.Introduction   |                       |                        |            |      |            |
| 2.1.1. Meaning of Hatha Yoga                             |                       |                        |            |      |            |
| 2.1.2. Asana and Hatha Yoga                              |                       |                        |            |      |            |
| 2.1.3. Pranayama and Hatha Yoga                          |                       |                        |            |      |            |
| 2.2. Nadis   |                       |                        |            |      |            |
| 2.2.1. Ida, Pingala, Shushmna                            |                       |                        |            |      |            |
| 2.1.1 Gurushishya Parampara                              |                       |                        |            |      |            |
| 2.1.2 Guru Shishya Tradition in Yoga                     |                       |                        |            |      |            |
| 2.1.3 Teaching Tradition                                 |                       |                        |            |      |            |
| 2.1.4. What is Satyananda Yoga?                          |                       |                        |            |      |            |
| 2.1.5. Satyananda Yoga involves the practice of:         |                       |                        |            |      |            |
| 2.1.6. Iyengar Yoga                                      |                       |                        |            |      |            |
| 2.1.7. The Gist: From the Known to the Unknown           |                       |                        |            |      |            |
| 2.1.8. Iyengar Alignment: The Practice of Precision      |                       |                        |            |      |            |
| 2.1.9. Ashtanga Vinyasa Yoga                             |                       |                        |            |      |            |
|  |                       |                        |            |      |            |

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| 2.3. Chakras (Energy Vortex)                    |                       |                        |            |      |            |
| 1. Mooladhara cakra                             |                       |                        |            |      |            |
| 2. Svadhisthana cakra                           |                       |                        |            |      |            |
| 3. Manipura cakra                               |                       |                        |            |      |            |
| 4. Anahata cakra                                |                       |                        |            |      |            |
| 5. Visuddhi cakra                               |                       |                        |            |      |            |
| 6. Ajna cakra                                   |                       |                        |            |      |            |
| Bindu   |                       |                        |            |      |            |
| 7. Sahasrara cakra                              |                       |                        |            |      |            |
| 3. Four attainments of life                     |                       |                        |            |      |            |
| i) Dharma (Virtue)                              |                       |                        |            |      |            |
| ii) Artha (Wealth)                              |                       |                        |            |      |            |
| iii) Kama (Pleasure)                            |                       |                        |            |      |            |
| iv) Moksha (Emancipation)                       |                       |                        |            |      |            |
| <b>3.1. Four stages of Life</b>                 |                       |                        |            |      |            |
| i) Brahmacharya Ashram                          |                       |                        |            |      |            |
| ii) Grihastha Ashrama                           |                       |                        |            |      |            |
| iii) Vanprastha Ashrama                         |                       |                        |            |      |            |
| iv) Sanyasa Ashrama                             |                       |                        |            |      |            |

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| 3.2. Gunas  |                       |                        |            |      |            |
| 1) Sattvic Guna                                     |                       |                        |            |      |            |
| 2) Rajasic Guna                                     |                       |                        |            |      |            |
| 3) Tamasic Guna                                     |                       |                        |            |      |            |
| 3.2. Karma Yoga (path of selfless action)           |                       |                        |            |      |            |
| 3.2.1. Types of Karma                               |                       |                        |            |      |            |
| i) Sanchita Karma or Stored Karma                   |                       |                        |            |      |            |
| ii) Agami Karma or Forthcoming Karma                |                       |                        |            |      |            |
| iii) Prarabdha or Vartamana Karma or Present Karma  |                       |                        |            |      |            |
| 3.3. Jnana Yoga (path of knowledge)                 |                       |                        |            |      |            |
| 3.3.1. Meaning                                      |                       |                        |            |      |            |
| 3.3.2. Jnana yoga consists of seven parts:          |                       |                        |            |      |            |
| 3.4. Raja Yoga (path of royal yoga)                 |                       |                        |            |      |            |
| 3.4.1. Aim of Raja Yoga                             |                       |                        |            |      |            |
| 3.4.2. Practice (abhyasa) and dispassion (vairagya) |                       |                        |            |      |            |
| 3.4.3. Astanga Yoga(eight limbs of yoga)            |                       |                        |            |      |            |
| (1) yama- social ethical code                       |                       |                        |            |      |            |
| (2) niyama- personal ethical code                   |                       |                        |            |      |            |
| 3.5. Path of Devotion (Bhakti Yoga)                 |                       |                        |            |      |            |

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|---|-----------------------|------------------------|------------|------|------------|
| 1. Sravana                                      |                       |                        |            |      |            |
| 2. Kirtana                                      |                       |                        |            |      |            |
| 3. Smarana                                      |                       |                        |            |      |            |
| 4. Padasevana                                   |                       |                        |            |      |            |
| 5. Archana                                      |                       |                        |            |      |            |
| 6. Vandana                                      |                       |                        |            |      |            |
| 7. Dasya  |                       |                        |            |      |            |
| 8. Sakhya                                       |                       |                        |            |      |            |
| 9. Atma-Nivedana                                |                       |                        |            |      |            |
| 4. Vedas  |                       |                        |            |      |            |
| 1. Karma-Kanda                                  |                       |                        |            |      |            |
| 2. Upasana –Kanda                               |                       |                        |            |      |            |
| 3. Jnana –Kanda                                 |                       |                        |            |      |            |
| 4.3. Two parts in the Vedas.                    |                       |                        |            |      |            |
| 4.4. Four Vedas                                 |                       |                        |            |      |            |
| 1. Rig Veda                                     |                       |                        |            |      |            |
| 2. Yajur Veda                                   |                       |                        |            |      |            |
| 3. Sama Veda                                    |                       |                        |            |      |            |
| 4. Atharva Veda                                 |                       |                        |            |      |            |

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| <b>5. Upanisad(essence of knowledge)</b>                                    |                       |                        |            |      |            |
| 11.1. Introduction  |                       |                        |            |      |            |
| i) Katha Upanisad   |                       |                        |            |      |            |
| a) Three Boons  |                       |                        |            |      |            |
| ii) Mandukya Upanisad   |                       |                        |            |      |            |
| a. Waking – Vaishvanara   |                       |                        |            |      |            |
| b. Dreaming - Taijasa   |                       |                        |            |      |            |
| c. Deep Sleep – Prajna  |                       |                        |            |      |            |
| d. Beyond this three - Turiya   |                       |                        |            |      |            |
| iii) Taittiriya Upanisad  |                       |                        |            |      |            |
| a. Annamaya kosha - food sheath   |                       |                        |            |      |            |
| b. Pranamaya kosha - breath sheath  |                       |                        |            |      |            |
| c. Manomaya kosha - mind sheath   |                       |                        |            |      |            |
| d. Vijnanamaya kosha - intellect sheath                                     |                       |                        |            |      |            |
| e. Anandamaya kosha - bliss sheath  |                       |                        |            |      |            |
| <b>6. Patanjali Yoga Sutra</b>  |                       |                        |            |      |            |
| I. What is Yoga?  |                       |                        |            |      |            |
| II. Five characteristic of mind   |                       |                        |            |      |            |
| III. Practice and non-attachment  |                       |                        |            |      |            |
| IV. Types of concentration  |                       |                        |            |      |            |
| V. Obstacles and solutions  |                       |                        |            |      |            |
| VI. Stabilizing and clearing the mind Or by<br>Cultivating Opposite Virtues |                       |                        |            |      |            |
| VII. By Controlling Prana   |                       |                        |            |      |            |

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| VIII. By Observing Sense Experience      |                       |                        |            |      |            |
| IX. By Inner Illumination                |                       |                        |            |      |            |
| X. By Detachment from matter             |                       |                        |            |      |            |
| XI. By Knowledge of Dream and Sleep      |                       |                        |            |      |            |
| XII. By Meditation as Desired            |                       |                        |            |      |            |
| XIII. Fruits of Meditation               |                       |                        |            |      |            |
| (1) yama- social ethical code            |                       |                        |            |      |            |
| I. Ahimsa- Non-violence                  |                       |                        |            |      |            |
| II. Satya- truthfulness                  |                       |                        |            |      |            |
| III. Asteya- honesty                     |                       |                        |            |      |            |
| IV. Brahmacharya-sensual abstinence      |                       |                        |            |      |            |
| V. Aparigraha-non-acquistiveness         |                       |                        |            |      |            |
| VI. Yamah-self-restraints                |                       |                        |            |      |            |
| (2) niyama- personal ethical code        |                       |                        |            |      |            |
| I. Sauca – purity                        |                       |                        |            |      |            |
| II. Samtosa – contentment                |                       |                        |            |      |            |
| III. Tapas – austerity                   |                       |                        |            |      |            |
| IV. Svsadhyaya – self – study            |                       |                        |            |      |            |

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| V. Isvara – pranidhana – devotion to the Lord         |                       |                        |            |      |            |
| (3) asana- posture                                    |                       |                        |            |      |            |
| (4) pranayama- control of life-force                  |                       |                        |            |      |            |
| (5) pratyahara- sense withdrawal                      |                       |                        |            |      |            |
| (6) dharana- concentration                            |                       |                        |            |      |            |
| (7) dhyana- absorption                                |                       |                        |            |      |            |
| (8) Samadhi- ecstasy or super consciousness           |                       |                        |            |      |            |
| <b>07. Bhagavad Gita</b>                              |                       |                        |            |      |            |
| Introduction  |                       |                        |            |      |            |
| Chapter – I Arjuna Visada Yoga (The Sorrow of Arjuna) |                       |                        |            |      |            |
| Chapter – II Sankhya Yoga (The Yoga of Knowledge)     |                       |                        |            |      |            |
| Chapter – III Karma Yoga (The Yoga of Action)         |                       |                        |            |      |            |
| Chapter –IV Jnana Yoga (The Path of Knowledge)        |                       |                        |            |      |            |
| Chapter –V Karma Sanyasa (Renunciation of World)      |                       |                        |            |      |            |
| Chapter – VI Dhyana Yoga (The Way of Contemplation)   |                       |                        |            |      |            |
| <b>8. Mitahara(moderate diet)</b>                     |                       |                        |            |      |            |
| 9. Yogic Diet   |                       |                        |            |      |            |
| 10. Balanced Diet                                     |                       |                        |            |      |            |



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| <b>11. Yoga, Health, Wellness &amp; Lifestyle</b> |                       |                        |            |      |            |
| 11.1. Health and Wellness                         |                       |                        |            |      |            |
| i) Physical Dimension of Health                   |                       |                        |            |      |            |
| ii) Emotional Dimensions of Health                |                       |                        |            |      |            |
| iii) Social Dimension of Health                   |                       |                        |            |      |            |
| iv) Intellectual Dimension of Health              |                       |                        |            |      |            |
| v) Spiritual Dimension of Health                  |                       |                        |            |      |            |
| Physical wellness                                 |                       |                        |            |      |            |
| Emotional wellness                                |                       |                        |            |      |            |
| Social wellness                                   |                       |                        |            |      |            |
| Intellectual wellness                             |                       |                        |            |      |            |
| Spiritual wellness                                |                       |                        |            |      |            |