

RAJASTHAN PUBLIC SERVICE COMMISSION, AJMER

SYLLABUS FOR COMPETITIVE EXAMINATION FOR THE POST OF ASSISTANT PROFESSOR IN YOGA FOR SANSKRIT EDUCATION DEPARTMENT

PAPER – I- PHILOSOPHICAL FOUNDATION OF YOGA

Unit-1: (Fundamentals of Yoga) –

History and development of Yoga, Meaning and definitions, Four stream of Yoga, Introduction to Veda, Vedangas, Upanishads, Samhita, Brahmana and Aranyaka, Introduction to Prasthanatraya, Shat darshan, Tri shareer and Panch kosa

Unit-2: (Patanjali Yoga Darshan) -

Vrittis and its classifications, Practices for inhibition of the Chitta vritti, Chitta Bhoomi, Chittavikshepa, Chitta prasadanam, Types of Samadhi, Klesas, Antaranga and Bahiranga Yoga, Definitions of Eight limbs of Patanjali, Vibhutis, Kriya yoga, Concept of Karma, Attainment of Kaivalya, Sources of Siddhis

Unit-3: (Hatha Yoga) -

Meaning and definition, Ashta siddhi, Description of Mathika, Sadhaka and Badhaka tattva, Pathya and Apathya, Yogasanas, Ashtakumbhaka, Concept of Shat-karma, Mudras, Evolution of Bindu, Samadhi, Nadasandhana; Introduction to Saptanga Yoga, Pancha dharana, Yogasanas, Kumbhakas, Mudra and Bandhas

Unit-4: (Bhagavad Gita and Yoga Vasistha) -

Glimpse of Bhagavad Gita, Neurosis of Arjuna, Explanation of Transcendental truth (Atman), Characteristics of Sthita Prajna, Concept of Karma, Introduction to Karma Jyana yoga and Bhakti yoga, Nature of a Perpetual Sannyasi, Control of mind by Abhyasa yoga, Effect of Meditation in the context of Bhagavad Gita, Psycho-analytical model, A true devotee and seeker, Way of life for all the seekers, Three types of faith, Food, Sacrifice and Charity; Concept of Health and Disease according to Yoga Vasistha, Causes of Dukha, Tattva gyan, Origin of the Universe, Curiosity of Rama, Advises of Janaka, Causes of the destruction of Avidya, Techniques to control the mind.

Unit-5: (Practical components of Yoga) -

Benefits, limitations and key points of 15 yogasanas described in Hatha yoga pradeepika and 32 yogasanas in Gheranda Samhita, Concept of Shatkarma along with its types, benefits and limitations, Concept of Ashtakumbhaka, benefits and limitations, Brief description about Mudra and Bandhas, Types of Dhyana as described in Gheranda samhita.

Note: - Pattern of Question Paper

- 1. Objective type paper**
- 2. Maximum Marks: 75**
- 3. Number of Questions: 150**
- 4. Duration of Paper: Three Hours**
- 5. All questions carry equal marks.**
- 6. There will be Negative Marking.**