

INDIAN INSTITUTE OF TECHNOLOGY ROORKEE

NAME OF CENTRE: INDIAN KNOWLEDGE SYSTEMS

Subject Code: **Course Title: Existence and Self as per Samkhya and Yoga**

L-T-P: 3-1-0

Credits: 4

Subject Area: OEC

Course Outline: Brief understanding of Self and its embodiments as per Vedantic and Yogic model. Gunas as fundamental qualities in material Existence or Prakriti. Purusha as consciousness principle in Samkhya. Purusha Prakriti interactions as per Samkhya. The 25 principle elements of Samkhya that model the Existence. Levels of Samaadhi for the Self as per Yoga Sutras, Yoga System of Patanjali, The Eight Limbs of Ashtanga Yoga, Samyama or the perfect discipline of consciousness, Self-Realization, Kaivalya or Ultimate Freedom.