

INDIAN INSTITUTE OF TECHNOLOGY ROORKEE

NAME OF CENTRE: Centre for Indian Knowledge Systems

Subject Code: IKO-102

Course Title: Consciousness Studies in Samkhya and Yoga Sutras

L-T-P: 3-1-0

Credits: 4

Subject Area: OEC

Course Outlines: Brief understanding of consciousness, three bodies and five koshas of Vedantic systems. Gunas as fundamental qualities in Existence. Purusha as consciousness principle in Samkhya. Purusha Prakriti interactions as per Samkhya. The 25 principle elements of Samkhya. Levels of Samaadhi 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.