

Day 1 - Tuesday, January 03, 2023

Enquiry approach of ancient knowledge system of India.
Goals and expectations of students.
Primary discussion on Indian Knowledge System
Initiate conversation on Yog sutra of Patanjali
What is "Chitta", "Mind", "Physical Body" and "Senses"
Various Darshanas: Yoga, Sankhya, Nyaya, Mimasa, Vedant and Vaishakhika
Practice of attention through Breathing

From <Class Notes>

Importance of questioning?

Questioning is important because it is a key aspect of critical thinking and problem solving. It allows individuals to gather information, clarify understanding, and develop new ideas. Additionally, questioning encourages active listening, promotes deeper learning, and leads to more meaningful discussions and conversations. It also enables individuals to challenge assumptions and to consider different perspectives, which can lead to more informed decision making.

Our thoughts are directly related to our breath.

This was the 2nd day
and basically the question asked by students were addressed.

Should we bath daily or not?

Adolf Hitler was a vegetarian still he killed so many jews.
So it doesn't matter, what do believe or think whether you bath daily or not, its depend on you, whether it's beneficial for you or not.

Importance of discipline and "Yama-Niyam" from Patanjali yog sutra
Importance of Asanas and Meditation
Tendency and nature of mind
Regulation of mind through yoga
Practice of attention through Breathing
Different types yoga mentioned in Bhagwat Gita

From <Class Notes>

The importance of discipline and "Yama-Niyam" from Patanjali's Yoga Sutras

These guidelines for ethical behavior and self-restraint serve as the foundation for a successful yoga practice, as they help to cultivate the **necessary mindset** and **emotional stability** to progress in one's practice.

The practice of Asanas (yoga postures) and Meditation are also crucial components of yoga. Asanas help to strengthen the body and improve flexibility, while meditation allows for the cultivation of mental focus and emotional balance. Together, they work to create a harmonious balance between the physical and mental realms.

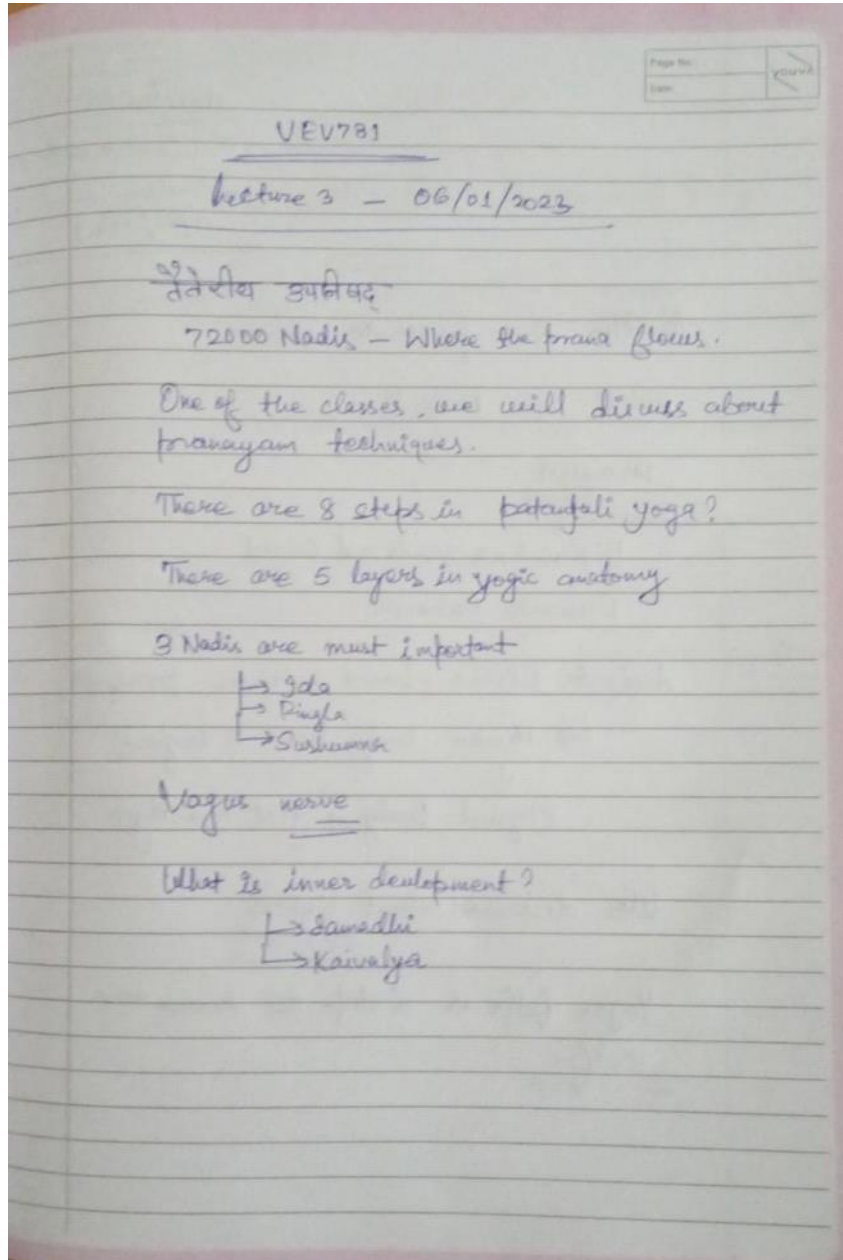
In addition to the physical and mental benefits, yoga also plays a crucial role in regulating the nature and tendency of the mind. Through various techniques such as pranayama (breathing techniques), yoga helps to quiet the mind and bring about a sense of calm and clarity. This can lead to a greater ability to focus and make decisions, as well as a deeper understanding of oneself and one's place in the world.

The Bhagavad Gita also mentions different types of yoga such as Karma Yoga (path of action), Bhakti Yoga (path of devotion), and Jnana Yoga (path of knowledge). Each of these paths emphasizes different aspects of yoga practice and can be used to achieve different goals, whether it be selfless action, devotion to God, or the pursuit of knowledge.

Ultimately, the practice of yoga is a holistic approach to achieving balance and harmony within oneself, and in one's relationship with the world. Through discipline, asanas, meditation, and regulation of the mind, an individual can experience a sense of inner peace and contentment. And by following the path of yoga, one can ultimately achieve the ultimate goal of yoga, which is **liberation and self-realization**.

We talked about modern science the movement of fluids around body the combination of parts working, it's the observance and experimented facts and results, We discuss logic and arguments in science but we don't know the ancient yogis how they got the things done and the answer may be meditation. Human body is made of 5 layers the first layer is anmyakosh this describes the touch and physicality of ours, behind is pranmaykosh, it is the channel of nadis there are 72000 nadis and that's where the prana flows, and then manomaya kosh mental activities, vijanayama kosha and anandamaya kosha. ida, pingla and shushumna are three most important flow channels. we discussed about kevalya which is very close to samadhi goal of the yogic practice. In that state you are not seeking the food, it's not the food which make us happy it's us we get to know in kevalya. Nature wants us to be surviving that's why we need food. The line touched me that we are living in between concrete jungle, there are different kinds of joy a person can experience and sex is the one method because god created us as reproducers so it is built that joy. I think when we meditate at that level we can feel what is happening inside even at our level we can feel our heart beating so maybe that's how it is done.

From <Class Notes>



Nadis

Within the spine, if you know its physical construction, you will know there are two holes on either side of the spine which are like conduit pipes for all the nerves to pass. This is the *Ida* and the *Pingala*, the left and the right channels.

In the *Pranamayakosha* or the energy body, there are 72,000 *nadis*. The 72,000 nadis spring from three basic nadis – the left, the right and the central – the *Ida*, *Pingala*, and *Sushumna*. The word “nadi” does not mean nerve. Nadis are pathways or channels of energy in the system. These 72,000 nadis don't have a

72,000 *nadis*. The 72,000 nadis spring from three basic nadis – the left, the right and the central – the *Ida*, *Pingala*, and *Sushumna*. The word “nadi” does not mean nerve. Nadis are pathways or channels of *prana* in the system. These 72,000 nadis don’t have a physical manifestation. In the sense, if you cut the body and look in, you will not find them. But as you become more aware, you will notice the energy is not moving at random, it is moving in established pathways. There are 72,000 different ways in which the energy or *prana* moves.

From <<https://isha.sadhguru.org/my/en/wisdom/article/the-three-fundamental-nadis>>

In modern science, we study the movement of fluids around the body, the combination of parts working together, and the observation and experimentation of facts and results. We use logic and arguments to understand how the body works, but we do not fully understand the methods and techniques used by ancient yogis to achieve their goals. The answer to this may lie in meditation.

- The human body is made up of **five layers**, each with its own unique properties and functions.
- The first layer, the **annamayakosha**, is the physical layer that relates to our sense of touch and physicality.
- The second layer, the **pranamayakosha**, is the layer that relates to the channels of energy called nadis, of which there are 72,000. This is where *prana*, or life force, flows.
- The third layer, the **manomayakosha**, relates to mental activities and thoughts.
- The fourth layer, the **vijnanamayakosha**, relates to the intellect and knowledge.
- The final layer, the **anandamayakosha**, relates to the state of pure consciousness and ultimate happiness.

In yoga practice, there are three main channels of energy flow, called *ida*, *pingala*, and *sushumna*. The ultimate goal of yoga, known as *kevalya*, is a state of pure consciousness that is very close to the state of *samadhi*. In this state, one is not seeking pleasure from external sources such as food, but rather attaining inner peace and happiness.

It is important to remember that nature has created us to survive and that is why we need food. However, there are different kinds of joy that a person can experience, and sex is one such method because god created us as reproducers, so it is inbuilt in us to experience joy in this way.

I think that when we meditate at a deep level, we can feel what is happening inside of us, even at a physical level, we can feel our heart beating, and this is how the ancient yogis were able to achieve their goals.

Day 4 - Wednesday, January 11, 2023

Day 5 - Friday, January 13, 2023

Introduction of Upanishad.
Patanjali Yog Sutras commentary by Swami Vivekananda.
Shutra 33 (Purusharthashoonyananan gunanan...).

Shutra 12 (ashbhaya and vairagya).
Vibhutipad and Kaivalya discussion in the context of seeking ultimate Happiness.
Meaning of Vairagya in everyday life like eating favourite food or watching movies etc.
Shutra 13 (Tatra sthitau yatno abhyasah).
Book Suggestion: Adhikarinirupan chapter in Vivekchudamani written by Adi Shankracharya.

From <Class Notes>

The Upanishads are ancient Hindu texts that contain philosophical and spiritual teachings. They are considered to be some of the most important texts in Hinduism and are considered to be the foundation of Vedanta, one of the **six schools of Hindu philosophy**.

The Patanjali Yoga Sutras is a text written by the ancient Indian sage Patanjali, which outlines the principles and practices of yoga. The text is divided into four chapters, each containing a specific number of sutras or aphorisms.

Sutra 33, from the third chapter, states that the qualities of the purusha (soul) are infinite, while the qualities of the gunas (elements) are finite. This sutra emphasizes the importance of understanding the difference between the eternal, unchanging nature of the purusha and the constantly changing nature of the gunas.

Sutra 12 states that asbhyasa (practice) and vairagya (dispassion) are the means to attaining mastery over the mind and attaining spiritual liberation. Asbhyasa refers to the consistent and persistent practice of spiritual disciplines, while vairagya refers to the detachment from worldly desires and attachments.

In the context of seeking ultimate happiness, the text speaks of Vibhutipad and Kaivalya. Vibhutipad means state of having divine powers and Kaivalya refers to the state of liberation or ultimate freedom. The attainment of these states is considered to be the ultimate goal of spiritual practice.

Vairagya in everyday life refers to the practice of non-attachment and detachment from material desires and worldly pleasures. This can include things like eating favourite food or watching movies etc. It does not mean that one should avoid these activities, but rather to be detached from the attachment of these activities and not getting carried away by them.

Sutra 13 states that consistent and persistent practice (abhyasa) is necessary for attaining mastery over the mind and attaining spiritual liberation.

Adhikarinirupan is a chapter in the text Vivekchudamani, written by the ancient Indian philosopher Adi Shankaracharya. This chapter outlines the qualifications and characteristics of a spiritual seeker, and is considered to be an important text for those interested in Advaita Vedanta, the non-dualistic school of Hindu philosophy.

Hindu philosophy encompasses the philosophies, world views and teachings of Hinduism that emerged in Ancient India. These include six systems (shad-darśana) – Sankhya, Yoga, Nyaya, Vaisheshika, Mimamsa and Vedanta.

From <<https://byjus.com/free-ias-prep/6-orthodox-schools-hindu-philosophy/>>

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From <<https://patanjaliyogasutra.in/samadhipada1-12/>>

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From <<https://patanjaliyogasutra.in/samadhipada1-13/>>

Day 7 - Friday, January 20, 2023

Since I could not attend this class, so I asked my friend Laxman about what was discussed in the class, here are few points. Thank you.

- It is important to make a daily habit of meditating for at least some time each day. Regular meditation can help to improve focus and emotional balance.
- Nature has created us with the capacity for self-awareness and inner peace. It is important to take care of our physical and mental well-being in order to fully realize this potential.
- Getting a **good night's sleep** is also essential for optimal performance and well-being. Adequate sleep allows the body and mind to rest and rejuvenate, leading to better focus and productivity during the day.
- There was a lot of propaganda in India after the speech that Vivekananda gave in the United States.
- Meditation can also help to cultivate a sense of inner wisdom and discernment. When we meditate regularly, we are less likely to be swayed by hearsay and external influences, and more likely to trust our own inner guidance.
- Buddha taught that **desire is the root cause of all suffering**, and that by letting go of desire, we can be free from suffering.
- It is important to be aware of potential sources of misery and take steps to avoid them.
- Yoga practice is also essential for good health and well-being, and it should not be attempted on an empty stomach. A light meal before practicing yoga is recommended.
- Happiness is a state of mind that can be cultivated through mindfulness and inner reflection. **It is impossible to truly experience happiness without first understanding what it feels like to be unhappy.**

Day 8 - Tuesday, January 24, 2023

Saturday, January 21, 2023 11:45 AM

There was discussion on Patanjali Yoga Sutra, starting from the beginning...

Versus 3,4 and 12. Avoiding perturbation by Vairagya and Abhyas. Versus 15 The extreme nonattachment. Versus 22: Ishwarapranidhan connection with Bhagwat Gita discussion between Krishna and Arjuna. What is Ishwara? To understand it tandum framework of Sankhya and Yoga. Analogy of Mother giving birth to a child. Referring to Purnamada (Shantipath). Srvidharma Paritajya mamekam sharanam. Versus 25 Absence of ignorance. Versus 29: Eight limbs Yama (way to treat others), Niyama (way you treat your self), Asana (built strenth and stability to east longer in meditation, avoid perturbation from within and outside). Versus 30: five Yamas. Versus 31. MEaning of Tapah and Svadhyay.

From <Class Notes>

Day 9 - Friday, January 27, 2023

02 February 2023 21:00

This day was for the quiz

Patanjali Yog Sutras

This is for class quiz

Hi, Ratnesh Kumar Sharma. When you submit this form, the owner will see your name and email address.

* Required

1. Which is the first Shloka of Yog Sutras ? * (1 Point)

- ☒ अथ योगानुशासनम्
- ☐ योगश्चित्तवृत्तिनिरोधः
- ☐ तदा द्रष्टुः स्वरूपेऽवस्थानम्
- ☐ वृत्तिसारूप्यम् इतरत्र

2. What is the goal of meditation as per Patanjali? * (1 Point)

- ☐ To be able to perform in life
- ☐ To have better health
- ☐ For mental well-being
- ☒ To see the self
- ☐ None of the above

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3. Which are the vrittis mentioned in Patanjali yog sutras ? * (1 Point)

- ☒ pramanna - Right Knowledge
- ☒ viparyaya - indiscrimination
- ☒ vikalpa - verbal misconception
- ☐ swapna - dream
- ☒ smritayah - memory
- ☐ None of the above

4. What does हेयं दुःखमनागतम् mean * (1 Point)

- ☒ Sorrow is to be worked upon
- ☐ One should put effort to avoid the sorrow which is yet to come
- ☐ one should contemplate on the sorrow one is feeling
- ☐ Sorrow should not be thought about

5. Which chapter mentions the eight steps of the yoga ? * (1 Point)

- ☐ Chapter 1
- ☒ Chapter 2
- ☐ Chapter 3
- ☐ Chapter 4

6. What is the method of achieving 'Inner development' as per patanjali? *
(1 Point)

- ☒ Getting clarity on goals of life
- ☐ Freedom from unnecessary mental activities
- ☐ Understanding one's priorities in life
- ☐ Hardwork and commitment in life

7. What is the reason for sorrow as per yogsutras ? * (1 Point)

- ☒ The coming together of seer and seen
- ☐ The pursuit of happiness
- ☐ Laziness
- ☐ Lack of comfort in life

8. What is Annamayakosha?
* (1 Point)

- ☐ Mental activities
- ☐ Nervous system
- ☐ Blissful state
- ☒ Physical sheath

9. Our endocrine system is part of ... * (1 Point)

- ☒ Annamayakosha
- ☐ Pranamayakosha
- ☐ Manomayokosh
- ☐ None of the above

10. How many अध्याय (Chapters) in Shrimad Bhagwat Gita? * (1 Point)

- ☐ 15
- ☐ 16
- ☐ 11
- ☒ 18

11. In which chapters भक्ति योग (Bhakti Yoga) has been mentioned in Shrimad Bhagwat Gita ?
* (1 Point)

- ☐ 12
- ☐ 13
- ☒ 11
- ☐ 10

12. From the point of view of yoga how many gunas ?

* (1 Point)

- ☐ 2
- ☒ 3
- ☐ 5
- ☐ 1

13. According to Patanjali what is the purpose of yoga * (1 Point)

- ☒ To see the self
- ☐ To get better health
- ☐ To get better concentration
- ☐ To get to know one's past lives

14. Figure out the true orders in astanga yoga * (1 Point)

- ☒ Pratyahara dhayana dharana samadhi
- ☐ Samadhi dhyana dharana pratyahara
- ☐ Pratyahara Dharana dhyana samadhi
- ☐ Dharana dhyana pratyahara smadhi

15. how many chapters are there in Yog Darshana * (1 Point)

- ☐ 3
- ☒ 4
- ☐ 7
- ☐ 18

16. Pranmayakosha drives... * (1 Point)

- ☐ Digestive system
- ☐ Repiratory system
- ☐ Circulatory system
- ☒ All of the above

17. 'Ahinsa satya asteya brahcharya and aparigraha' are the part of * (1 Point)

- ☒ Yam
- ☐ Niyama
- ☐ Pratyahara
- ☐ Samadhi

18. Which is the fifth prana missing here: Parana, Vyana, Udana, Samana * (1 Point)

Apana

19. When is International Yoga Day celebrate every year?

* (1 Point)

- ☒ 21 june
- ☐ 23 june
- ☐ 21 july
- ☐ 21Aug

20. Bhagwad Geeta is the part of * (1 Point)

- ☐ Ramayana
- ☐ Upnishada
- ☒ Mahabharata
- ☐ Yog Darshana

21. Apart from Arjuna, who else listened to the Gita?

* (1 Point)

- ☒ Dhritrashtra and Sanjaya
- ☐ Only Sanjaya
- ☐ Kauravas
- ☐ None of the above

22. Who has written the Bhagavad Gita ?

* (1 Point)

- ☐ Valmiki
- ☒ Ved Vyasa
- ☐ Tulsidas
- ☐ Kalidas

23. Stability (स्थिरता) and Happiness (सुख) are traits called for ... * (1 Point)

- ☒ Asana
- ☐ Pranayama
- ☐ Dhayana
- ☐ Samadhi

24. Yoga is based on the philosophy from... * (1 Point)

- ☐ Nyaya
- ☐ Mimasa
- ☒ Sankhya
- ☐ Vedanta

25. EEG measures activities of... * (1 Point)

- ☐ Digestive system
- ☐ Circulatory system
- ☒ Nervous system
- ☐ Endocrine system

26. Whats the Sanskrit name of 'Cobra pose' * (1 Point)

- ☒ Bhujangasna
- ☐ Parwatasana
- ☐ Dhanurasana
- ☐ Shashakasana

27. EEG measures activities in... * (1 Point)

- ☐ PNS
- ☒ CNS
- ☐ ANS
- ☐ None of the above

28. Which of this is not pranayama * (1 Point)

- ☐ Anulomviloma
- ☒ Jaladhar Bandhaa
- ☐ Bhastrika
- ☐ Bhramari

29. Which one is the first step in the techniques pranayama ?

* (1 Point)

- ☐ Kumbhaka
- ☒ Puraka
- ☐ Rechaka
- ☐ None of the above

30. What is the right meaning of 'Ishwarapranidhan'? * (1 Point)

- ☒ Surrender to God
- ☐ Get realisation of God
- ☐ To help others
- ☐ Become God

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Day 10 - January 31, 2023

02 February 2023 21:00