



Twelve hour Short Term Certificate Course
(Special Course)

Yoga for Self Discipline and Self Awareness



Conducted by
Bharat Adhyayan Kendra
Banaras Hindu University
Varanasi

Course Coordinator
Dr. Geeta Yogesh Bhatt
Centenary Visiting Fellow
Bharat Adhyayan Kendra
Banaras Hindu University
Varanasi



BHARAT ADHYAYAN KENDRA BANARAS HINDU UNIVERSITY VARANASI



ORGANIZES A SHORT TERM ONLINE/OFFLINE SPECIAL COURSES (12-15 HRS) ON

**"Yoga for Self Discipline and Self Awareness (12 lecture
Duration: 12 Days (24 Sessions: 12 Theories + 12 Practical))**

Date: November 03-17, 2025

Introduction

The Yoga science is a psychology of a philosophical nature. The father of Yoga is Maharishi Patanjali is one of the greatest figures of knowledge and wisdom not only in the Indian but in the world history. The Systems of Yoga by Maharishi Patanjali is by way of an instruction that the mind has to be controlled – "*Yogahschittavrittinirodah*"- Yoga means modification of mind, restraint of the mind-stuffed. The Philosophical background of the necessity to control the mind, that comes in *Samkhya and Vedanta Darshana*.

The word "Yoga" is derived from the Sanskrit root Yuj meaning "to join", "to yoke" or "to unite". The science of *Yoga* has its origin thousands of years ago, before the religion or belief systems were born. The presence of *Yoga* is also available in folk traditions, *Darshana's*, epics of *Mahabharata* including *bhagavadgita* and *Ramayana*, theistic traditions of *Shaiva's*, *Vaishnavas* and *Tantric traditions*.

Yoga is an invaluable gift of ancient Indian traditions. Yoga is not about exercises but its a healthy way of life's embodies unity of body and mind; controlled thoughts and actions; restraint and fulfilment; harmony between man and nature and a holistic approach towards health and well-being. Today modern world it is believed to be a form of science accepted all over the world. The western culture is also accepting as it has a health form of scientific lifestyle. Yoga for a common person contains the practise of *Yama*, *Niyama*, *Asana*, *Pranayama*, *Pratyahara* and *Dhyana* which helps the individual to keep oneself physically fit mentally alert and emotionally balanced.

Objective

To make participants familiar with the Yoga concepts as propounded by Maharishi Patanjali and how they are relevant even today and how they can be very well applied in our daily life, universities and in different field professional's. Regular Yoga practice prepares individual ground for the spiritual development. Its also refers to an inner science comprising of a variety of methods through which individual can achieve union between the body and mind to attain self-realization, manage stress and anxiety, ultimately it is a process for developing self-discipline and self-awareness. The ultimate aim of Yoga practice (Sadhana) is to overcome all kinds of sufferings referred to as *Mukti, Nirvana, Kaivalya or Moksha* that leads to a sense of freedom in every walk of life with holistic health, happiness and harmony.

Course Contents

1. **Origin, Historical Aspects & Tradition of Yoga**– Veda, Upaniṣad, Purāṇa, Bauddha, Jaina, Classical
Concept & Meaning of Yoga – Definitions from Bhagavadgītā, Pātañjala Yogadarśana, Haṭhayogapradīpikā, Gheraṇḍasaṁhitā
2. **Inner Architecture of Yoga:** From 25 Elements to Pañcakośa & Energy Centres (Ṣaṭcakra)
3. **Pātañjala Yogasūtra** – Cittavṛtti Nirodha & Yama–Niyama for Self-Awareness.
4. **Haṭhayoga Texts (Haṭhapradīpikā, Gheraṇḍasaṁhitā)** – Discipline through Āsana
5. **Śiva Svarodaya** – Swara, Prāṇa, Nāḍī & Tattva in Self-Regulation
6. **Hatha Yoga Texts (Hathapradipika, Gheranda Samhita)** – Discipline through Ṣaṭkriyā
7. **Yogavāsiṣṭha** – Control of Mind & Self-Mastery
8. **Bhagavadgītā** – Yoga as Self-Discipline (Karma, Bhakti, Jñāna Yoga)
9. **Exploring Prekṣā Meditation:** Foundations of Awareness
(Śvāsa Prekṣā – Perception of Breath, Śarīra Prekṣā – Perception of Body, Antaryātrā – Inner Journey)
Deepening Prekṣā Meditation: Pathways to Inner Illumination
10. **(Leśyā Dhyāna** – Psychic Colour Meditation, Caitanya Kendra Prekṣā – Perception of Psychic Centres, Anuprekṣā – Contemplation)
11. **Yogic Diet (Āhāra) for Self-Discipline & Awareness** – Mitāhāra, Sāttvika–Rājasa–Tāmasa diet, Āyurvedic Traya Upastambha, Relevance for Lifestyle Disorders
12. **Yogic Lifestyle in Contemporary World** – Dinacaryā, R̥tucaryā, Sadvṛtta, Ācāra Rasāyana, Stress Management, Digital Detox Management, Digital Detox

For Whom:

Working Professionals at various levels / Practising Managers / Executives / Leaders / HODs, Entrepreneurs, Teachers / Researchers / Young Students desirous of learning Yoga for self discipline and self awareness and those interested.

Registration Fee

For the regular students of the University and out of the University: Rs. 1500/-

For Teachers, Researchers, Working Professionals & Others: Rs. 3000/-

For Foreign and NRI students: \$ 40

Mode of Training: On-Line & Off-Line

Last date of Registration : 01st November, 2025

Mode of Training: On-Line& Off-Line Both

A Certificate of Participation will be awarded to the participants at the end of the course.

Bank details of Payment -

Name: Coordinator Bharat Adhyayan Kendra, BHU

Bank Account No. 37976079331

IFSC Code - SBIN0000211

Branch- SBI, BHU

Google link : <https://forms.gle/Mr4FwnGfUoBCFJtG7>

Class Schedule

Date & Time: 03 -17 November, 2025 (2:00 PM - 4:00 PM, Monday to Saturday)

Date	Lecture (2:00 – 3:00 PM)	Practical (3:00 – 4:00 PM)
Day 1 03 Nov.,2025	Origin, Historical Aspects & Tradition of Yoga– <i>Veda, Upaniṣad, Purāṇa, Bauddha, Jaina, Classical</i> Concept & Meaning of Yoga – Definitions from <i>Bhagavadgītā, Pātañjala Yogadarśana,</i> <i>Haṭhayogapradīpikā, Gheraṇḍasamhitā</i> Ms. Mamta Bisht , Senior Yoga Teacher, Gordhandas Seksaria College of Yoga and Cultural Synthesis, Kaivalyadham Yoga Institute, Lonavala	<i>CālanKriyās</i> – Neck Bending, Shoulders Movement, Trunk Movement, Knee Movement, Relaxation (<i>Kayotsarga</i>)
Day 2 04 Nov.,2025	Inner Architecture of Yoga: From 25 Elements to <i>Pañcakośa</i> & Energy Centres (<i>Ṣaṭcakra</i>) Ms. Mamta Bisht , Senior Yoga Teacher, Gordhandas Seksaria College of Yoga and Cultural Synthesis, Kaivalyadham Yoga Institute, Lonavala	Standing Postures- <i>Tadasana,</i> <i>Vrksasana, Pada-Hastasana,</i> <i>ArdhCakrasana, Trikonasana,</i> Perception of Internal Sensations (<i>Antar Yātrā</i>) Jyoti Kendra Prekṣā
Day 3 06 Nov.,2025	Pātañjala Yogasūtra – <i>Cittavṛtti Nirodha</i> & <i>Yama–</i> <i>Niyama</i> for Self-Awareness. Dr. Shivlochan Sandliya , Assistant Professor, Department of Sanskrit, Faculty of Arts, BHU.	Sitting Postures- <i>Bhaddrasana,</i> <i>Vajrasana, ArdhaUstrasana,</i> <i>Ustrasana, Sasakasana,</i> <i>UttanaMandukasana, Vakrasana</i> Perception of Breathing (Śvāsa Prekṣā)
Day 4 07 Nov.,2025	Haṭhayoga Texts (<i>Haṭhapradīpikā,</i> <i>Gheraṇḍasamhitā</i>) – Discipline through <i>Āsana</i> Dr Yogesh Kumar Bhatt , Senior Yoga Instructor, Yoga Sadhana Kendra, Malviya Bhawan, BHU.	Prone Postures- <i>Makarasana,</i> <i>Bhujangasana, Salabhasana,</i> <i>Setubandhasana, UttanaPadasana,</i> <i>ArdhaHalasana, PavanaMuktasana,</i> <i>Savasana</i> Perception of Body (Śarīra Prekṣā)
Day 5 08 Nov.,2025	Śiva Svarodaya – <i>Swara, Prāṇa, Nāḍī</i> & <i>Tattva</i> in Self-Regulation Dr Yogesh Kumar Bhatt , Senior Yoga Instructor, Yoga Sadhana Kendra, Malviya Bhawan, BHU.	Surya Namaskar with Mantra Perception of Psychic Centers (<i>Caitanya Kendra Prekṣā</i>)
Day 6 10 Nov.,2025	Hatha Yoga Texts (<i>Hathapradipika, Gheranda</i> <i>Samhita</i>) – Discipline through <i>Ṣaṭkriyā</i> Dr Yogesh Kumar Bhatt , Senior Yoga Instructor, Yoga Sadhana Kendra, Malviya Bhawan, BHU.	Kapalbhati including all three bandh and Internal trip through meditation Perception of Psychic Centers (<i>Caitanya Kendra Prekṣā</i>)
Day 7 11 Nov.,2025	Yogavāsiṣṭha – Control of Mind & Self-Mastery Dr. Shilpa Singh , Assistant Professor, Department of Sanskrit, Faculty of Arts, BHU.	Kapalbhati including all three bandh and Internal trip through meditation Perception of Psychic Colours (<i>Leshyā Dhyān</i>)

Date	Lecture (2:00 – 3:00 PM)	Practical (3:00 – 4:00 PM)
Day 8 12 Nov.,2025	<i>Bhagavadgītā</i> – Yoga as Self-Discipline (Karma, Bhakti, Jñāna Yoga) Prof Sadashiv Kumar Dwivedi , Coordinator, Bharat Adhyayan Kendra, BHU.	NadiShodan and Perception of breathing Perception of Psychic Colours (Leshyā Dhyān)
Day 9 13 Nov.,2025	Exploring Prekṣā Meditation: Foundations of Awareness (Śvāsa Prekṣā – Perception of Breath, Śarīra Prekṣā – Perception of Body, Antaryātrā – Inner Journey) Dr Geeta Bhatt , Centenary Visiting Fellow, Bharat Adhyayan Kendra, BHU	Anulom Vilom and Perception of psychic centers Contemplation (Anuprekṣā) – Self-discipline contemplation
Day 10 14 Nov.,2025	Deepening Prekṣā Meditation: Pathways to Inner Illumination (Leśyā Dhyāna – Psychic Colour Meditation, Caitanya Kendra Prekṣā – Perception of Psychic Centres, Anuprekṣā – Contemplation) Dr Geeta Bhatt , Centenary Visiting Fellow, Bharat Adhyayan Kendra, BHU	Ujjayi and Perception of psychic colour Contemplation (Anuprekṣā) – Mental stability contemplation
Day 11 15 Nov.,2025	Yogic Diet (Āhāra) for Self-Discipline & Awareness – Mitāhāra, Sāttvika–Rājasa–Tāmasa diet, Āyurvedic Traya Upastambha, Relevance for Lifestyle Disorders Prof. Krishna Kant Sharma , Former Dean and Head, Department of Vedic Darshan, Faculty of SVDV, BHU.	Bhastrika and Contemplation Contemplation (Anuprekṣā) - Compassion or Mercy contemplation
Day 12 17 Nov.,2025	Yogic Lifestyle in Contemporary World – Dinacaryā, R̥tucaryā, Sadvṛtta, Ācāra Rasāyana, Stress Management, Digital Detox Management, Digital Detox Resource person from Morarji Desai National Institute of Yoga , New Delhi.	Revision and integration of all practices from previous 11 days (loosening, Surya Namaskar, selected āsanās, prāṇāyāma, prekṣā meditation, relaxation).


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Prof. Sadashiv Kr. Dwivedi
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 Bharat Adhyayan Kendra,
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Background of Bharat Adhyayan Kendra, BHU

Bharat contribution to various fields of studies is often underestimated, unrecognized, and often distorted to such an extent that the western world, and even Indian modern generation, fails to understand that Bharat has contributed in a variety of modern academic fields, not just in literature, metaphysics and mysticism. A great deal of confusion and lack of awareness persists. Studying and perpetuating our country's rich tradition, knowledge, and culture, should be a key goal of our nation, both as a source of stimulation to the generations to come, as well as to assure our place in modern and future global society.

अंगानिवेदाश्चत्वारोमीमांसान्यायविस्तरः ।
अर्थशास्त्रं पुराणं च विद्याह्येताश्चतुर्दश ॥

Despite the fact that Bharata had a long and glorified intellectual tradition, the present education system fails to equip the younger generation with the knowledge of our roots, traditions, culture and sciences. Our students are likely to be much more aware of Democritus, Archimedes, Plato and Newton, just to name a few, than Panini, Badarayana, Patanjali, Manu, Baudhayana, Kanada, Shankara, Aryabhata, Bhaskara, Varahamihira, Brahmagupta, Chanakya, Nagarjuna, Dhanavantari, Sushruta, Akalanka and many others. New research on the glorious Indian intellectual tradition is scant. It is because academic texts in Indian education system are mostly eurocentric. Several historians have recognized such omission of intellectual contribution of non-western cultures in various academic fields. It is felt that Bharata gradually lost touch with its ancient literature, and thus lost much of its hold on the precious knowledge. Besides the documented ancient literature, the ancient wisdom and knowledge stored and conserved, more in informal form is also slowly waning. This also needs documentation, preservation and interpretation for the general understanding of all. The wisdom and knowledge generated by the modern Bharata seems incompatible with the achievements and inventions of the ancient Bharata. Perhaps, with the passage of time, under the effect of natural degeneration and external rule, many discrepancies crept into records of our glorious past, and slowly we became unaware and disconnected with our acclaimed traditional knowledge in areas such as art, culture, language, philosophy, religion, polity, science, engineering, and medicine, etc. In modern times, especially with the emergence of a globally connected society, this disconnect with Bharata's foundations is glaringly perceptible. Many persons in the society don't even know what the real Bharata was centuries ago. Consequently, there is a need to investigate the reasons for this disconnect and also to take steps to build upon wisdom and knowledge of ancient Bharata, to bridge the gap between the modern and the ancient Bharata. This could be achieved by undertaking interdisciplinary study of our ancient literature and thought, in order to rediscover our lost identity, and regain our national pride.

Objectives: With the above background, the Bharata Adhyayan Kendra has the following objectives:

- To explore and research the rich indigenous intellectual heritage for holistic understanding of Indian Civilization and to conduct interdisciplinary research in philosophy, language, literature, culture, art, aesthetics, history & science.
- To bring together Sanskrit scholars who evince a great deal of interest into literary cultural heritage of Bhārata, and modern scholars and scientists interested in Vedic knowledge, for coordinated synthesis of modern knowledge with the Vedic knowledge.
- To promote the rational scientific outlook and relevance of Vedic seers and scholars towards various burning issues concerning humanity at large and to resurrect the lost faith in our heritage; one of the aims is to generate appreciation and pride for the nation, particularly among the youth.
- To collect Sanskrit, Pali and Prakrit and other Indian language manuscripts of importance for digitization, documentation and further study, translation, research, edit and publication.
- To look for references in Vedic literature on subjects familiar in Lokavidyā (subjects that pertain to emotions, beliefs, faith practice of art forms and science preserved in oral traditions, etc).
- To project relevance of Indian knowledge and wisdom for the benefit of mankind.

The above course will be conducted under the aegis of the authorities & faculties of Bharat Adhyayan Kendra, BHU by Dr. Geeta Yogesh Bhatt.

Seize this opportunity to deepen your understanding of the relevance of the concepts of Yoga to the Modern Management.

Looking forward to your active participation.

Senior Prof. Sadashiv Kr. Dwivedi

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Coordinator, Bharat Adhyayan Kendra,
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