

Online one month Certificate Course on Patanjali Yogasutra (PYS)
From February 3rd – 14th, 2022 for faculty & research scholars of GGSIPU

Online one month Certificate Course on Patanjali Yogasutra (PYS) was organized by the Centre for Human Values & Ethics, GGSIPU University during 03.02.2022 to 17.03.2022 for faculty & research scholars of GGSIPU. The sessions were conducted online by Ms. Shweta Arya



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The one month session on the Patanjali Yoga Sutras held in Summer '22 at the Centre for Human Values and Ethics at GGSIPU University covered the 51 Sutras in Chapter 1 (Samadhi Paad) of Patanjali Yoga Sutras.





- Patanjali Yoga Sutras (PYS) is a text dedicated to understanding the various functions and properties of our awareness and enables us to use our thoughts, emotions and attention for leading an ethical life guided by Human Values.
- The first four Patanjali Yoga Sutras introduced concepts like “Yoga”, “Chitta” and “Vrttis”. Patanjali defines Yoga to be the cessation of the thought waves (vrttis) in one’s mind (chitta).
- Patanjali divides our thoughts into 5 kinds of “vrttis” which are – Pramaana (right knowledge), Viparyaya (wrong knowledge), Vikalpa (imagination), Nidra (deep sleep) and Smriti (memory).

YAMAS
AHIMSA-SATYA-ASTEYA-BRAHMACHARYA-APARIGRAHA

Non-harming
Truthfulness
Non-stealing
Remembering the higher reality
Non-possessiveness

When you are acting, speaking, or thinking against the Yamas and Niyamas remind yourself that such negative actions, speech, or thoughts will bring you nothing but unending misery.

NIYAMAS
SHAUCHA-SANTOSH-TRAPAH-SYADHYAYA-ISHVARA PRANIDHANA

Purifying your body and mind
Cultivating an attitude of contentment
Training your senses
Inner exploration
Letting go into your spiritual source

As these are gently, lovingly practiced over time, they gradually evolve into great vows for living.

