



**Bharati College**  
**(University of Delhi)**  
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**Lesson Plan (CORE, Semester V, July to November 2022)**

<b>Name of Teacher</b>	Dr Bindia Trivedi	<b>Department</b>	<b>Sanskrit</b>
<b>Course</b>	B.A (H)	<b>Semester</b>	V
<b>Paper</b>	Yogasutra of Patanjali	<b>Academic Year</b>	2022-2023

**Learning Objectives**

To generate Interest and awareness in students towards ancient treasure of yoga and Dhyana Knowledge.

**Learning Outcomes**

This course offers a strategy for discovering the state of wholeness that already exists in us, and for how we can begin to understand and let go of our suffering. This, he reminds us, is the true aim of yoga. 2. **To understand your barriers to happiness** Patanjali's teachings help us to understand how our thoughts get in the way of our own happiness.

**Lesson Plan**

<b>Week No.</b>	<b>Theme/Curriculum</b>	<b>Any Additional Information</b>
1,2,3,4	<ul style="list-style-type: none"><li>Yogasutra of Patanjali Samadhi Pad. Sutra 1-20<sup>th</sup></li></ul>	
5,6,7,8	<ul style="list-style-type: none"><li>Yogasutra of Patanjali Samadhi &amp; Sadhan Pad. Sutra 21<sup>st</sup>-49<sup>th</sup></li></ul>	
9,10,11,12	<ul style="list-style-type: none"><li>Yogasutra of Patanjali Sadhan &amp; Vibhuti Pad. Sutra 50<sup>th</sup> – 55<sup>th</sup>, Sutra 1-15<sup>th</sup></li><li>General Philosophy of Yog Darshan</li></ul>	

**References**

**Yog Sutra of Patanjali – Dr. Rakesh Shastri**  
**Yog Tatva Pradipika – Geeta Press, Gorakhpur**

**Additional Resources**

1. Indian Philosophy – Dr. Baldev Upadhyay

<b>Online Resources (If Any)</b>	
<b>Assignment and Class Test Schedule for Semester</b>	Link the assignment and Test (optional)