

**DEPARTMENT  
OF  
SANKHYA YOGA**

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Sankhya Yoga is an important aspect of Indian philosophy. With the special interest shown in Indology all over the globe, courses in Sankhya Yoga are very relevant. In this twin subjects Sankhya and Yoga, the emphasis is on metaphysics. They are complimentary to each other in the sense that Sankhya analyses the concept of Prakriti (matter) and Purusha whereas yoga lays greater emphasis on in depth psychology and believes in the elevation of human soul by following the ways and means of realizing it. Sankhya, the ancient tradition enunciating the theory of satva- rajas and Tamas correlated is to Newton's laws of motion and inspires to understand quantum physics.

The Department runs a diploma course in Yoga through its Yog Vigyan Kendra to the general public.

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## Evaluative Report of the Department

1. Name of the Department : **Sankhya Yoga**
2. Year of establishment : **1970**
3. Is the Department part of a School/Faculty of the university? : **Yes, Part of Darshan Faculty**
4. Names of programmes offered (UG, PG, M.Phil., Ph.D., Integrated Masters; Integrated Ph.D., D.Sc., D.Litt., etc.)

**: UG, PG, M.Phil., Ph.D and PG Yoga Diploma (One Year)**