

Course Description:

The course will introduce the influential Sri Netra Tantra, historically, ideologically and philosophically. It will examine the ashtanga yoga system as described in the text and highlight yogic practices involved in the rituals it prescribes. Vedantic themes present in the text will also be highlighted. Finally, the course will discuss the lifestyle to be followed by a practitioner.

Learning Objectives:

Firstly, the course will introduce the Sri Netra Tantra from the historic perspective, including its two editions, the Kashmiri and the Nepali one. The scholar will learn how the tantra presents ashtanga yoga and how yogic practices are used in the various rituals prescribed by the tantra to the mantri. The course will also show where and how Vedantic themes can be found in the text, and how they work in the tantric context. Finally, the scholar will learn about the lifestyle which the Sri Netra Tantra prescribes to the practitioner of its techniques and rituals.

Pedagogy for the course:

The course will be taught via text studies and extensive discussions of the same.

Detailed Syllabus:

Unit I: Introduction to the Sri Netra Tantra and Traditional system of Yoga

Unit II: Ashtanga Yoga in the Sri Netra Tantra:

Unit III: Yogic practices in the rituals of the Sri Netra Tantra:

Unit IV: Vedantic aspects of the Sri Netra Tantra:

Unit V: Aachaara in the Sri Netra Tantra:

References and Text Books:**Course Outcomes:**

CO1: Understanding the concept of Shrinetra Tantra and Traditional system of Yoga.

CO2: Understanding the Ashtanga methodology in Shrinetra Tantra.

CO3: To understand the various skills sets to be adopted and developed by the Shrinetra Tantra.

CO4: Elucidate the role of rituals in Yogic practices.

Evaluation Pattern:

Unit No	Periodical 1	Periodical 2	End semester	Internal Assessment (Essay writing)	Total
1	8		10	20	23
2	7		9		19
3		6	10		18
4		9	11		25
5			10		15
Total	15	15	50	20	100