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PEER REVIEWED**Comparative Analysis on Patañjali Yoga and Vivekananda's Rāja Yoga****Dr. Nilufa Yesmin****Abstract**

Patañjali Yoga and Vivekananda's Rāja Yoga are two prominent systems within the rich tradition of yoga philosophy. This comparative analysis delves into their philosophical principles and practical applications, highlighting their commonalities and differences. Patañjali's Yoga is encapsulated in the Yogasūtras, which outline an eight-limbed path (Aṣṭāṅga Yoga) toward spiritual liberation. Patañjali's Yoga is rooted in dualism, distinguishing between the eternal spiritual self (puruṣa) and the material world (prakṛti), with the ultimate goal of achieving kaivalya, the liberation from suffering. Vivekananda's Rāja Yoga builds upon Patañjali's system but incorporates the Advaita Vedānta philosophy, emphasizing the non-dual nature of reality. His Rāja Yoga aims at achieving Samādhi and experiencing spiritual union. This comparative analysis explores the core philosophical differences between the two systems. Patañjali's Yoga adheres to a dualistic view, while Vivekananda's Rāja Yoga adopts a non-dualistic perspective. Furthermore, it examines the practical aspects, with Patañjali's Yoga valuing all eight limbs equally, while Vivekananda's Rāja Yoga highlights meditation and mind control as essential practices. In conclusion, this comparative analysis sheds light on the similarities and distinctions between Patañjali Yoga and Vivekananda's Rāja Yoga. While both systems share a foundation in ancient yoga philosophy, they diverge in their philosophical outlooks and practical emphases. Understanding these differences contributes to a deeper appreciation and exploration of the profound wisdom these two influential systems of yoga philosophy offer.

Keywords: Rāja Yoga, Yoga, Aṣṭāṅga Yoga, Meditation,