



MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences M.Sc. Yogic Science

YSH403 BASICS RELEVANT TO YOGIC SCIENCE-I

Learning Objectives:

- To develop the ability of reading and understanding of classical texts of yoga in the original language.
- To study basics of Sanskrit.
- To get the knowledge of different schools of yoga.

Learning Outcome:

The student will have:

- The knowledge of the basics of Sanskrit.
- The capacity to understand the classical texts.
- The knowledge of yogic concepts in Bhagavad-Gita.
- The knowledge of different schools of yoga.

I	Basics of Sanskrit - I	12Hrs
1)	Orthography of Devanagari Varnamala, classification of varnas, Purnakshara, Samyuktakshara, Karakas and Mrduvyjananas, writing of Varnamala using Roman transliteration.	
2)	Sanskrit words – classification of Sanskrit words, Subantas-AjanthaandHalanta words, Genders, Vachanas, cases of subanta words.	
3)	Declaration -of the following words in cases – Rama, Hari, Guru,Lata, Mati, Dhenu, Phala, Vari, Gau,Asmad, Yushmad, Tad, Kim.	
4)	Kriyapada in Sanskrit – Classification, Lakaras, Purushas, Vachanas. Declaration of the following root words in Lat, Lan, Lrt, Lot and Vidhi Lin – Bhu, Khad, Vad, Dhyai, Path, Sev, Kshi, Pracch, Tus, Kath, Chint, Kr.	
II	Basics of Sanskrit - II	12Hrs
1)	Avyayas in Sanskrit – Ca, Api, Va, Na, Vina, Saha, Tu, Kintu, Eva, Evam, Iti, Ittham, Athra, Iha, Tada, Gatva, Krtva, Labdhwa, Jitva.	
2)	Upasargas – Pra, Para, Apa, Sam, Anu, Ava, Nis, Nir, Dus, Dur, Vi, Aa, Ni, Adhi, Api, Ati, Su, Abhi, Prati, Pari, Upa, Antar, Avir, Tiras. Sandhis –Savarnadhirgha, Vrddhi, Guna, Ayadhi, Stutva, Schutva	
3)	Nipatas-Cha, Va, Api, Kim, Chiat, Ma Chana, Sma. Elementary knowledge of voices in Sanskrit – Active, Passive, Impersonal.	

- 4) Compound words – Tatpurusha, Karmadharaya, Dvigu, Dvandva, Bhahuvrihi, Avyayibhava, Karakas – its use in Sanskrit.

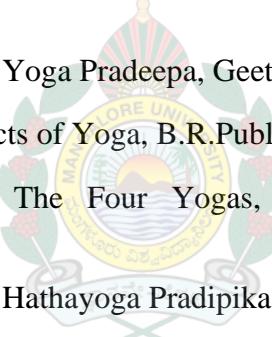
III Study of the following chapters of Bhagavadgita 12Hrs

- 1) Sankhya yoga according to Bhagavadgita Chapter II
 - 2) Karma yoga according to Bhagavadgita Chapter II
 - 3) Karma yoga according to Bhagavadgita Chapter VI
 - 4) Dhyana yoga according to Bhagavadgita Chapter VI

IV Schools of Yoga

- 1) Rajayoga
 - 2) Hathayoga
 - 3) Jnanayoga, Karmayoga
 - 4) Mantrayoga, Bhaktiyoga

REFERENCE BOOKS

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 3. Appayyadikshitha, LaghusiddhantaKaumudi, Chaukamba Oriental Series, Varanasi-221001
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 6. Swami Atmananda(1966), The Four Yogas, BharatiyaVidyaBhawan, Bombay-400007
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