



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 Mrduvyanjanas, 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 12 Hrs

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

REFERENCE BOOKS

1. L.Anantarama Sastri, Shabda Manjari, R.S.Vadhyar & Sons, Palghat -678003.
2. L.Anantarama Sastri, Dhatu Manjari, R.S.Vadhyar & Sons, Palghat -678003.
3. Appayadikshitha, LaghusiddhantaKaumudi, Chaukamba Oriental Series, Varanasi-221001
4. Omananda Tirtha, Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur.273005.
5. H.Kumar Kaul(1994), Aspects of Yoga, B.R.Publishing Corporation, Delhi 700014.
6. Swami Atmananda(1966), The Four Yogas, Bharatiya Vidya Bhawan, Bombay-400007
7. Swami Digambaraji (1970), Hathayoga Pradipika of Swatmarama, Kaivalyadhama, Lonavala, Pune - 410403.
8. Swami Niranjanananda(1997), Hathayogapradipika, Bihar School of Yoga-811201
9. Swami Niranjanananda(1997), Gheranda Samhita, Bihar School of Yoga-811201
10. Swami Digambarji(1997), Gheranda Samhita, Kaivalyadhama, Lonavala-410403
11. Swami Muktibodhananda(1999), Swara Yoga, Yoga Publications Trust, Munger, Bihar, India.-811201
12. T.Krishnamacharya, T.K.V.Deshikachar.,(1998)Nathamuni's Yoga Rahasya, Krishnamacharya Yoga Mandiram, Chennai-600028.
13. Naikar Chandramauli S.(1997), Ghata Yoga Medha Publisher, Dharwad.
14. Vijayalakshmi M.Ed(2003), Gheranda Samhita, Shivalik Prakashan, Delhi.
15. Swami Vivekanda (1998), Four Yogas; Rama Krishna Ashrama Publication, DehiEntally Road, Kolkata –700014.