YSH103 **BASICS RELEVANT TO YOGIC SCIENCE-I**

Course 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.

Course 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 **15 Hrs**

1) Orthography of DevanagariVarnamala, classification of varnas, Purnakshara, Samyuktakshara, Karakas and Mrduvyanjanas, writing of Varnamala using Roman transliteration.
2) Sanskrit words – classification of Sanskrit words, Subantas-Ajanthaand Halanta 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 **15 Hrs**

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. Origin and Historical study of Yoga **15 Hrs**

1) Yoga-Meaning, Definition, Aim, Objectives, Concepts, Misconcepts.
2) Origin and Historical development of yoga and yogic texts up to Patanjali
3) Historical development of yoga in the period of Patanjali period.
4) Historical development of yoga in Post Patanjali period.

IV Schools of Yoga **15 Hrs**

1) Rajayoga , Hathayoga
2) Jnanayoga, Karmayoga
3) Mantrayoga, Bhaktiyoga
4) Kundalini Yoga - System of Nadies, Chakras, Prana, Upaprana, Marmasthanas.

Reference Books:

1. Chandramouli S. Naikar. (1997). *Ghatayoga.*Delhi:Medha Publisher, Naveen Shahdara , Delhi110032.
2. H. Kumar Kaul. (1994). *Aspects of Yoga.*Delhi:B.R. Publishing CorporationNew Delhi, Delhi, 110002India.
3. L. Anantarama Sastri. (1993). *Sabda manjari.*Palakkad:R.S. Vadhyar & SonsPalakkad, Kerala 678003.
4. Pt. Gomti Prasad Shastri Mishra. (2012). *Laghu Siddhanta Kaumudi* (2012 ed.). Varanasi:Chaukhambha surbharati PrakashanVaranasi, Uttar Pradesh 221001.
5. Swami Atmananda. (1966). *The Four Yogas.*Mumbai:Bharatiya Vidya Bhavan Mumbai 400034.
6. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala:KaivalyadhamaLonavla, Maharashtra 410403.
7. Shakti Parwah Kaur Khalsa. (1996). *Kundalini Yoga: The Flow of Eternal Power.*New York:Penguin USA,1745 Broadway, New York, NY 10019, United States.
8. Swami Niranjanananda Saraswati. (2012). *Gheranda Samhita* (1 ed.).Munger: Bihar School of YogaMunger, Bihar 811201.
9. Swami Tapasyananda. (2003). *Four Yogas of Swami Vivekananda.*Kolkatta:Advaita Ashrama, Kolkata, West Bengal 700014 India.
10. TKV.Desikacharya. (1998). *NATHAMUNI'S YOGA RAHASYA.*Chennai:Krishnamacharya Yoga MandiramChennai, Tamil Nadu 600028.
11. Vidyasagar K L V Sastri, & Pt. L. Anantarama Sastri. (2001). *DhatuManjari.*Palakkad:R S Vadhyar and SonsPalakkad, Kerala 678003.