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 BhagavadgitaChapterII

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

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6. Swami Atmananda(1966), The Four Yogas, BharatiyaVidyaBhawan, Bombay-400007
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