

CENTRAL UNIVERSITY OF KERALA
DEPARTMENT OF YOGA STUDIES
M.Sc. YOGA THERAPY

MYG5101 Foundations of Yoga

Course Code	MYG5101	Semester	I
Course Title	<i>Foundations of Yoga</i>		
Credits	4	Type	Core

Course Description

This is a course oriented to provide the basic knowledge in the tradition of Yoga and gives **employability based skill and knowledge development** in the area of yoga. The course introduces basic Sanskrit to understand the correct meaning of Ancient Yogic literature. This course is also discussing the history and development of the yoga tradition, and it provides the detailed information about various schools of Yoga, Concept of Kundalini Yoga and principles of kundalini meditation.

Course Outcome

- **Improves Sanskrit reading and writing skill**
- Ability to read ancient Sanskrit text to explore primary literature in the yoga field.
- Students get a right perspective about yoga and its tradition.
- **Students get a solid knowledge about the historical aspects of yoga tradition and practice.**
- **Increase the depth knowledge in the theoretical aspects that complements the practice of various yogic techniques.**

Course Structure

The following is a detailed syllabus MYG5101 Foundations of Yoga

Module

This module is intended to teach basic Sanskrit, history and development and various streams of yoga. First two units are intended to provide basic knowledge about Sanskrit language and Yoga. Third to fifth units are discussing the history and development yoga and various streams of yoga.

Unit I. Basics of sanskrit-I.

(12 hours)

- Orthography of Devanagari Varnamala, classification of varnas, Purnakshara, Samyuktakshara, Karakas and Mrduvyanjanas, writing of Varnamala using Roman transliteration.
- Sanskrit words – classification of Sanskrit words, Subantas-Ajantha and Halanta words, Genders, Vachanas, cases of subanta words.
- Declaration -of the following words in cases – Rama, Hari, Guru, Lata, Mati, Dhenu, Phala, Vari, Gau, Asmad, Yushmad, Tad, Kim.
- 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, Ish, Kshi, Pracch, Tus, Dam, Kath, Chint, Ad, As, Jagr, Bha, Dha,Kr.

Unit II. Basics of sanskrit-II.

(12 hours)

- Avyayas in Sanskrit – Ca, Api, Va, Na, Vina, Saha, Tu, Kintu, Eva, Evam, Iti, Ittham, Athra, Iha, Tada, Gatva, Krtva, Labdhwa, Jitva.
- 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, SchutvaNipatas-Cha, Va, Api, Kim, Chiat, Ma Chana, Sma.
- Elementary knowledge of voices in Sanskrit – Active, Passive, Impersonal. Compound words – Tatpurusha, Karmadharaya, Dvigu, Dvandva, Bhahuvrihi, Avyayibhava, Karakas – its use in Sanskrit.

Unit III . Origin and historical study of yoga

(13 hours)

- Yoga-Meaning, Definition according to different texts, Aim, Concepts, Mis-concepts.
- Origin and Historical development of Yoga and yogic texts up to Patanjali
- Historical development of Yoga in the period of Patanjali.
- Historical development of yoga during post Patanjali.

Unit IV. Schools of yoga

(13 hours)

- Bhakti Yoga, Karma Yoga
- Jnana Yoga, Raja Yoga,
- Mantra Yoga, Laya Yoga
- Yogic Concepts in Upanishads

Unit V. Kundalini yoga

(10 hours)

- Introduction, Historical development, Principles of Kundalini Yoga.
- Kundalini Yoga, System of Nadies. Important Nadis and Chakras and its function.
- Relationship between Chakra and Endocrine glands.
- Marmasthana, and its classification, awakening of the Kundalini, and Samadhi.

Testing & Evaluation

Internal assessment - 40 marks.

Internal examination - 20 marks, Assignments - 10, Overall performance 10

End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

References:

1. Agarwal MM, Six systems of Indian Philosophy, Chowkhambha VidyaBhawan, Varanasi, (2010)
2. Appayya dikshitha, Laghusiddhanta Kaumudi, Chaukamba Oriental Series, Varanasi (1978)
3. Chandradhar Sharma, A Critical Survey of Indian Philosophy, Mottlal Banarasidass Publishers Limited, Javahar Nagar, Delhi,(2003)
4. L. Anantarama Shasthri, Shabda Manjari, R S Vadhyar & Sons, Palagha (1982)
5. Sir. John Woodroffe, The Serpent Power, Ganesh &co Publications, Choolaimedu, Chennai, (1950)
6. Swami Bhuteshananda, Nararad Bhakti Sutra, Advaita Ashrama Publication -Dept. (II Edition), Kolkata(2009).
7. Swami Sthyananda Saraswathi Nine Principal Upanishads, Yoga Publication Trust, Bihar School of Yoga, Munger Bihar (1989)
8. Swami Vivekananda, Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga, Advaita Ashrama Publications, Belur, Kolkatta (2000)