

## IIT Madras Centre for Indian Knowledge Systems

### COURSE TITLE: SANSKRIT FOR YOGA

**Focus Area/Subject Area:** Sanskrit/Yoga

**Course Frequency:** 3 Hrs/Week (Total: 42 Hrs)

**Eligibility:** Candidates with degree of intermediate/UG/PG

**Prerequisite:** Basic knowledge of Sanskrit

#### **Details of the Instructor:**

Dr. Deepak Paramashivan, Assistant Professor, Department of Humanities and Social Sciences, Indian Institute of Technology Madras

#### **Course Objectives:**

The course is intended to introduce the students to the basic philosophy of Yoga as detailed in some classical Sanskrit texts. In the process it will also expose the students to the basics of Sanskrit Grammar as well as important technical terms in Yoga, enough to get you started on some primary Yoga texts. The main objective of this course is thus to make the language of the yoga texts transparent. Given that Yoga is a multi-billion-dollar business today, and the fact of its open endorsement in scientific circles, its importance in preventive as well as curative aspects of health is indubitable.

#### **Learning Outcome:**

Yoga is a true representative of India since Indic religions viz. Hinduism, Buddhism, Jainism, and Sikhism freely deploy concepts and techniques of Yoga. Thus, Yoga is a synonym of Indic heritage. A reclamation of this heritage also involves an understanding of the original texts on Yoga, rather than via their translations. All texts of importance are in Sanskrit, and the standard of Sanskrit in many of the currently used texts is not very exacting. Yet many of our teachers and students of Yoga are unfortunately not well versed in it. The course will address that gap in institutional learning.

### SYLLABUS

- Common Yoga vocabulary Declension of Nouns – Ajanta-sādhāraṇa, Halanta sādhāraṇa, Sarvanāma, Saṅkhyā-vācaka and a few viśeṣa śabda-s; Kāraka and non-Kāraka relations.
- Conjugation of Verbs – Sakarmaka, Akarmaka, the Three Vācya-s, Lakāra-s, and Upasarga-s, Nijanta-s Sandhi – Ac and Hal Sandhi-s, Visarga Sandhi,
- Internal Sandhi Samāsa – Tatpuruṣa, Karmadhāraya, Dvigu, Bahuvrīhi, Dvandva, Avyayībhāva Passages for Translation

## References:

1. Swami Digambaraji (1998) *Hatha-pradipika*. Lonavala : Kaivalyadhama.
2. Swami Muktibodhananda (1998) *Hatha Yoga Pradipika*. Munger: Bihar School of Yoga.
3. Kale MR (2015 ed.) *A Higher Sanskrit Grammar*. Delhi: Motilal Banarsidass Apte VS (2006 ed.)
4. *The Student's Guide to Sanskrit Composition*. Varanasi : Chowkhambha Sanskrit Series Office. Kielhorn (1888)
5. *A Grammar of the Sanskrit Language*. Bombay: Department of Public Instruction