

## **Project Proposal: Yoga through Sanskrit (2025–2028)**

Submitted by: Radha Madhava Adarsh Sanskrit Mahavidyalaya, Nambol, Manipur

Proposed Project Duration: 3 Years

Approved: One-year pilot project by Astadashi Program of Central Sanskrit University, New Delhi

### **1. Project Title:**

Yoga through Sanskrit: Integration of Ancient Wisdom and Modern Practices

### **2. Introduction and Background:**

Yoga is deeply rooted in Sanskrit, as many classical Yoga texts, such as Patanjali's Yoga Sutras, Hatha Yoga Pradipika, and the Bhagavad Gita, were originally written in this ancient language. To promote holistic understanding and practice of Yoga, this project aims to integrate Yoga and Sanskrit learning. Radha Madhava Adarsh Sanskrit Mahavidyalaya seeks to establish a three-year program to teach Yoga through Sanskrit and Sanskrit through Yoga.

This project will focus on:

1. Teaching Yoga in the context of its Sanskrit origins.
2. Introducing Sanskrit language skills to Yoga practitioners.
3. Developing accessible study materials for Yoga and Sanskrit learners.

The project will benefit students, practitioners, and scholars by preserving and promoting India's cultural heritage while fostering holistic well-being.

### **3. Objectives:**

1. Establish a dedicated centre for teaching Yoga through Sanskrit.
2. Develop structured three-year courses and workshops combining Yoga and Sanskrit studies.
3. Create teaching-learning materials, including books, manuals, and digital resources.
4. Train individuals in Sanskrit and Yoga for global and local outreach.
5. Promote research and awareness of Sanskrit texts related to Yoga.
6. Inspiration to **learn Yoga and earn through yoga.**

### **4. Target Audience:**

Sanskrit students aspiring to learn Yoga practices and philosophy.  
Yoga practitioners wishing to understand Sanskrit texts.  
Scholars and researchers interested in authentic Yoga teachings.  
Local and global Yoga communities.

### **5. Implementation Plan (Year-wise):**

Year 1: 2025–2026

Activities:

Program- Knowledge on Srimat Bhagavad Gita, Patanjali Yoga Sutram, and Yogasana with medical teaching.

Routine work for Participants: - Registration, Class Online/ Offline, text study, Practice, Special Lecture, weekend examination, 7-day camp as an internship.

### **प्रारम्भिक Phase 1**

2025-26 (March, April, May)

Program:

Main Focus-

1. Basic knowledge of Sanskrit conversation
2. General Knowledge on Bhagwat Gita Chapter 2.
3. General Knowledge on Patanjali Yoga Darshan, a detailed study of 1 to 10 sutras from Samadhi Pad.
4. Practice of Yogasana- Suryanamaskar, Salavasam, Bhujanghasan, Mandukasan, Dhanurasan, Pavanamuktasan.
5. Practice of Pranayam and Nadhi Sodhan.
6. Benefit for health.

प्रवेशिका Phase 2

2025-26 (June, July, August))

Program:

Main Focus-

1. Basic knowledge of Sanskrit conversation
2. General Knowledge on Bhagwat Gita Chapter 8 and 10.
3. General Knowledge on Patanjali Yoga Darshan, a detailed study of 1 to 10 sutras from the Sadhan pad.
4. Practice of Yogasana through medical techniques like diabetes (Mandukasan, Bakrasan), Thyroid, Blood pressure, etc. (Sarvangasan, Varshikasan, Vramari)
5. Practice of Pranayam and Nadhi Sodhan.
6. Benefit for health.

योगसाधक Phase 3

2025-26 (September, October, November)

Program:

Main Focus-

1. Basic knowledge of Sanskrit conversation
2. General Knowledge on Bhagawad Gita Chapter 15,17 and 18.
3. General Knowledge on Patanjali Yoga Darshan, a detailed study of 1 to 10 sutras from Bibhuti Pad
4. Practice of Yogasana for Depression and Blood pressure (Savasan, Balasan, Sarvangasan, Suryavedi Pranayam etc).
5. Practice of Pranayam and Nadhi Sodhan.
6. Benefit for health.

Note: Certificate will be issued to all participants after successful completion of the course