

科目ナンバリング		U-LAS03 10003 SB48										
授業科目名 <英訳>		外国文献研究（文・英）B-E1 Readings in Humanities and Social Sciences (Letters, English)B-E1					担当者所属 職名・氏名		文学研究科 教授 VASUDEVA , Somdev			
群	人文・社会科学科目群			分野(分類)		外国文献研究			使用言語	英語		
旧群	C群	単位数	2単位		週コマ数	1コマ		授業形態	演習（対面授業科目）			
開講年度・ 開講期	2025・後期		曜時限	火4			配当学年	2回生以上		対象学生	文系向	
[授業の概要・目的]												
<p>The course aims to introduce students to recent English language scholarship on yoga through a reading of "The Roots of Yoga" by Mallinson and Singleton. The presentation is structured around in-class readings of selected chapters of a recent collection of translations of yogic scriptures into modern academic English. The translated sources range over a period of nearly 2500 years and comprise languages such as Sanskrit, Prakrit</p> <p>The source material is drawn from more than a hundred texts, dating from about 1000 BCE to the nineteenth century. It includes many historically important works that are less well know. The languages translated are Sanskrit, Tibetan, Arabic, Persian, Bengali, Tamil, Pali, Kashmiri, Old Marathi, Avadhi and Braj Bhasha Hindi.</p> <p>We will consider patterns and continuities that contribute to a better understanding of yoga ’ s development within and across traditions and many different geographic regions.</p>												
[到達目標]												
<p>The three main targets of the course are 1) To introduce source materials, textual styles, technical terms, beliefs, concepts and persons who are demonstrably important to the development of yoga; 2) To question what meaning these practices and beliefs could have held for the diverse agents involved; 3) To form a synthetic view of what yoga is based on our own modern understanding of the material we will read and discuss.</p>												
[授業計画と内容]												
<p>We will proceed thematically and largely following in historical chronology by taking turns reading short passages of our text. These will be discussed and analysed by introducing various streams of thought currently popular in yoga scholarship.</p> <p>week 1: Introductory week 2: definitions of yoga week 3: posture week 4-5: breath control week 6-7: The Yogic Body week 8. Yogic Seals week 9. Mantra week 10. Withdrawal, Fixation and Meditation week 11. Sam#257dhi week 12. Yogic Powers week 13. Liberation week 14: summary and overview</p>												
----- 外国文献研究（文・英）B-E1(2)へ続く -----												

外国文献研究（文・英）B-E1(2)

week 15: feedback

【履修要件】

特になし

【成績評価の方法・観点】

class attendance and participation 30%

final paper summarizing and discussing one of the themes we have read.

【教科書】

james mallinson, mark singleton 『The Roots of Yoga』 ( Penguin Classics, 2017 ) ISBN:978-0-141-97824-6

A pdf/ebook will be provided in class.

【参考書等】

（参考書）

授業中に紹介する

【授業外学修（予習・復習）等】

Preparation of the weekly in-class reading (look up difficult technical terms, syntax etc.) Approximately 45-60 minutes per week.

【その他（オフィスアワー等）】

【主要授業科目（学部・学科名）】