

Semester II

FUNCTIONAL SANSKRIT AND YOGA

Marks: 100

Total Credit: 4

Base Syllabus: UG CBCS

Course Level: 100-199

Unit No	Unit Content	Credit	No. of Classes	Marks
I	Sanskrit Conversation	1	8	20
II	Subhāṣitas (From the works of Kālidāsa, Bhavabhūti and Śrīharṣa)	1	12	25
III	Introduction to Yoga (Definition of Yoga, Concept of Aṣṭāṅgayoga w.r.t. Yogasūtra, I.2, I.12- 16, II.29,30,32,46,49,50, III.1-4)	1	12	30
IV	Refinement of Behaviour (Jñānayoga, dhyānayoga, karmayoga, bhaktiyoga Gītā, III.5, 8, 10-16, 20,21)	1	12	25

Reading List:

1. Apte, V.S. - The Students' Guide to Sanskrit Composition, Chowkhamba Sanskrit Series, Varanasi
2. Sambhashanasandesha, Sanskrit Bharati, Bangalore.
3. Kale, M.R. - Higher Sanskrit Grammar, MLBD, Delhi (Hindi Translation also available).
4. Kanshiram - Laghusiddhāntakaumudī (Vol.1), MLBD, Delhi
5. M.R. Kale (Ed.), Nīṭisatakam of Bhartṛhari, MLBD., Delhi.
6. B.K Chaturvedi, ChanakyaNeeti (Chanakya's Aphorism on morality), Diamond Books, New Delhi.
7. The Yogasutras of Patanjali: On concentration of mind. Delhi: Motilal Banarsidass,
8. Whicher, Ian. The integrity of the Yoga darshana: A reconsideration of Classical Yoga. Delhi: D.K.Printworld, 2000.

9. Legget, Trevor. Sankara on the Yoga Sutra: A full translation of the newly discovered text. Delhi: Motilal Banarsidass, 2006.
10. Radhakrishnan, S. Indian Philosophy. Vol. I & II. London: George Allen & Unwin, 1958.
11. Śrīmadbhagavadgītā - A Guide to Daily Living, English translation and notes by Pushpa Anand, Arpana Publications, 2000.
12. Goswami, Ashok Kumar, *Subhāṣitasamgraha*, Guwahati.

Graduate Attributes:

Disciplinary Knowledge,
Communication Skill,
Upgraded Ethical Value,
Knowledge of ancient Indian Life style,
Balanced Outlook to life,
Self-Control and Self-Management,
Inclination to Indian Knowledge System.

Course Objectives:

- a. Students will acquire knowledge of Indian Value System and will get expertise in spoken Sanskrit.
- b. Students will gain knowledge of Yoga and the importance of its philosophy for running a balanced life style.
- c. Students will acquire knowledge in the Indian way of self-control and self-management.

Learning Outcomes:

After going through this unit students will be able

- a. to appreciate the value of Sanskrit Language.
- b. to gain knowledge about the ethical equations of human life which are the root of proper growth and prosperity in the society.
- c. to appreciate Indian Knowledge System that evolved for a holistic development in the society.
- d. to grasp the equation of a balanced life style through self-control and self-management.

Total Credit:	4
No. of Theory Classes:	44
No. of Practical Classes:	0