

**Rayat Shikshan Sanstha’s**

**CHHATRAPATI SHIVAJI COLLEGE, SATARA**

**(Autonomous)**

**A Constitute College of Karmaveer Bhaurao Patil University Satara**

Accredited by NAAC with ‘A+’ Grade

**CHOICE BASED CREDIT SYSTEM**

Syllabus for

**M. A. Part - II**

**Sanskrit**

(Syllabus to be implemented from June, 2020 onwards)



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**Choice Based Credit System**

**M. A. Part – II, SEMESTER – III**

**Sanskrit, Paper – 09 : June 2023 onwards**

**Bhartiya Kavyashastra**

**Subject Code : (SANC29)**

**Credits : 04 Teaching Hours : 60**

**Preamble :**

India has rich tradition of literature and poetic criticism. It is worth study famous poetic and their work. This portion aims to give overview of important poetics and their works. This will also help them comprehending ideas of ras theories, metric composition and styles of expressions.

**Course Objectives :**

1.To study the rich tradition of Indian poetic criticism.

2.To help students have an overview of important critics and their works.

3.To comprehend the ras theory, Metric composition and styles of expressions.

4. To enhance the skill of creative writing in students .

**Course Outcomes :**

1. Students studied rich tradition of Indian poetic criticism.
2. Students had overview of important critics and their works.
3. Students comprehend ras theory, Metric composition and styles of expressions.
4. It enhanced students’ skill of creative writing.

**Expected Skills impartation :**

1. Reading Skill

2. Understanding Skill

3. Comprehension Skill

|  |  |  |  |
| --- | --- | --- | --- |
|  | | **Teaching**  **Hours** | **Cos** |
| **Unit 1** | **Famous poetics and their work**   * 1. Bhamah, Vaman   2. Anandavardhan, Rudrat   3. Kuntak, Kshemendra,   4. Vishvanath, Jagannath | **15** | **Co 1 & 2** |
| **Unit 2** | **Natyashastra of Bharat : Shashth Adhyay – Rasvikalp**  2.1 Introduction of Bharat & his Natyashastra  2.2 Verses 1to14  2.3 Verses 15to31  2.4 Verses 32to83 | **15** | **Co 3** |
| **Unit 3** | **Kavyasadarsh of Dandi : Pratham Parichchhed**  3.1 Shlok1to35  3.2 Shlok36to70  3.3 Shlok1to35  3.4 Shlok 71to105 | **15** | **Co 3** |
| **Unit 4** | **Chhandomimansa: Selected Chhandas**  4.1 Introduction of Chhandshastra  4.2 Arya, Anushtup  4.3 Indravajra, Upendravajra  4.4 Vasantatilaka, Mandakranta | **15** | **Co 4** |

**Practical Component :** Singing of Sanskrit Poems with meters and rhythms**.**

**Reference Books :**

**1)** *साहित्य-सौन्दर्यम्*. कोल्हापूर : शिवाजी विद्यापीठ.

2) द्विवेदी पारसनाथ (संपा. )*.नाट्यशास्त्रम्.* भाग – १, २, वाराणसी: चौखम्बा संस्कृत सीरिज.

3) मिश्र रामचंद्र. *हिन्दी काव्यादर्श*. वाराणसी : चौखम्बा संस्कृत सीरीज.

4) केदारनाथ (संपा.). *पिंगलाचार्यकृतं* *छंद:शास्त्रम्.* नवदेहली : राष्ट्रीयसंस्कृतसंस्थानम्. २००२.

**Medium of Instructions : Marathi**

**Nature of Question paper and Scheme of Marking :**

**Semester End Examination Total Marks : 60**

|  |  |  |
| --- | --- | --- |
| **Que.**  **No.** | **Type of Question** | **Marks** |
| **1** | Fill in the blanks. | 15 |
| **2** | Short notes. (3/4) | 15 |
| **3** | Write Short Answer. (3/4) | 15 |
| **4** | Write Briefly on ……(1/2) | 15 |

**Internal Evaluation : Total Marks : 40**

|  |  |  |
| --- | --- | --- |
| **Sr. No.** | **Name of the Activity** | **Marks** |
| **A** | Home Assignment. | 10 |
| **B** | Class Test. | 20 |
| **C** | Subject Specific Activity : Research Paper. | 10 |



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**M. A. Part – II, SEMESTER – III**

**Sanskrit, Paper – 10 : June 2023 onwards**

**Mahakavya**

**Subject Code : (SANC30)**

**Credits : 04 Teaching Hours : 60**

**Preamble :**

Sanskrit literature have five great epics. One of them is Shishupalvadham of Magh. It is famous for Magha’s style of writing and poetic excellence. The selected canto expresses

Magha’s creative talent. This presents aesthetic value of Sanskrit literature.

**Course Objectives :**

1.To introduce students to one of the famous Sanskrit epics

2.To give good insights to the students through political discussion in this epic.

3.To help students find beauty of this piece of literature.

4.To help students acknowledge the style and impact of Magha on Sanskrit literature

**Course Outcomes :**

1. Students are introduced one of the famous Sanskrit epics to students.
2. The political discussion in this epic gave some good insights to the students.
3. Students learnt beauty of this piece of literature.
4. Students came to know the style and impact of Magha on Sanskrit literature.

**Expected Skills impartation :**

1. Reading Skill

2. Understanding Skill

3. Comprehension Skill

|  |  |  |  |
| --- | --- | --- | --- |
|  | | **Periods** | **Cos** |
| **Unit 1** | **Shishupalvadham of Magha**   * 1. Features of Mahakavya.   2. Panchmahakavyani   3. Life, Time & Work of Magha   4. Poetic Excellence of Shishupalvadham | **15** | **Co 1& 4** |
| **Unit 2** | **Shishupalvadham of Magha**  2.1 Canto – 1  2.2 Canto – 1  2.3 Canto – 1  2.4 Canto – 1 | **15** | **Co 2** |
| **Unit 3** | **Shishupalvadham of Magha**  3.1 Canto – 4  3.2 Canto – 4  3.3 Canto – 4  3.4 Canto – 4 | **15** | **Co 3** |
| **Unit 4** | **Shishupalvadham of Magha**  4.1 Critical Appreciation of Canto – 1  4.2 Critical Appreciation of Canto – 4  4.3 Magha : Style of Writing  4.4 General Study | **15** | **Co 4** |

**Practical Component :** Reviewing Sanskrit Epics and collecting modern Epics.

**Reference Books :**

1) नूलकर व. कू., *पंचमहाकाव्ये* *शिशुपाल वध.* पुणे : प्रसाद प्रकाशन*.*प्रथमावृत्ती,२०१२

2) कापरे रुपाली ( संपा.). *शिशुपालवधम् महाकाव्यम्* – *चतुर्थः सर्ग:* . संगमनेर :ज्ञानश्री प्रकाशन.

प्रथमावृत्ती. २००७

**Medium of Instruction : Marathi.**

**Nature of Question paper and Scheme of Marking**

**Semester End Examination Total Marks : 60**

|  |  |  |
| --- | --- | --- |
| **Que.**  **No.** | **Type of Question** | **Marks** |
| **1** | Fill in the blanks. | 15 |
| **2** | Short notes. (3/4) | 15 |
| **3** | Write Short Answer. (3/4) | 15 |
| **4** | Write Briefly on ……(1/2) | 15 |

**Internal Evaluation : Total Marks : 40**

|  |  |  |
| --- | --- | --- |
| **Sr. No.** | **Name of the Activity** | **Marks** |
| **A** | Home Assignment. | 10 |
| **B** | Class Test. | 20 |
| **C** | Subject Specific Activity : Research Paper. | 10 |



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**M. A. Part – II, SEMESTER – III**

**Sanskrit, Paper – 11 : June 2023 onwards**

**Shankar Vedant**

**Subject Code : (SANC31)**

**Credits : 04 Teaching Hours : 60**

**Preamble :**

Atmanatmvivek is *prakarngranth* on vedant composed by Adya Shankaracharya. This is one of the essential work which gives comprehensive idea of advait vedant. Study of this book will encourage students to undergo self introspection.

**Course Objectives :**

1.To provide students with comprehensive resource for Advait Vedant to the students in the form of this book.

2.To acquaint students with Vedantic philosophy.

3.To encourage students for self introspection.

4.To help students in development of their personalities.

**Course Outcomes :**

1. It provided a comprehensive resource for Advait Vedant to the students in the form of this book.
2. Students get acquainted with Vedantic philosophy.
3. It encouraged students for self introspection.
4. It helped students in development of their personalities.

**Expected Skills impartation :**

1. Reading skills

2. Writing skills

3. Critical argument making Skills.

4. Research Skills

|  |  |  |  |
| --- | --- | --- | --- |
|  | | **Periods** | **Cos** |
| **Unit 1** | **Atmanatmavivek**   * 1. Introduction to Bhartiya Darshanshastra   2. Life, time & work of Shankaracharya   3. Nature of Advait Vedant   4. Introduction of Atmanatm Vivek | **15** | **Co 2** |
| **Unit 2** | **Atamanatmavivek**  2.1 Khand 1-10  2.2 Khand 11-20  2.3 Khand 21-30  2.4 Khand 31-39 | **15** | **Co 1 & 2** |
| **Unit 3** | **Atamanatmavivek**  3.1 Khand 40-50  3.2 Khand 51-60  3.3 Khand 61-70  3.4 Khand 71-78 | **15** | **Co 1 & 2** |
| **Unit 4** | **Atamanatmavivek**  4.1 Philosophy  4.2 Yuktata of Atmanatmvivek  4.3 Criticisam of Atmanatmvivek  4.4 Terminologies | **15** | **Co 3 & 4** |

**Practical Component :** Introduction to Shankaracharya’s books and to know about the

philosophy in it.

**Reference Books :**

**1)** आपटे के. वा.( संपा.). *आत्मानात्मविवेक .*सांगली

**2)** *आत्मानात्मविवेक* –*आत्मबोधश्च* .वाराणसी : चौखम्बा संस्कृत सीरिज

**Medium of Instruction : Marathi.**

**Nature of Question paper and Scheme of Marking**

**Semester End Examination Total Marks : 60**

|  |  |  |
| --- | --- | --- |
| **Que.**  **No.** | **Type of Question** | **Marks** |
| **1** | Fill in the blanks. | 15 |
| **2** | Short notes. (2/3) | 15 |
| **3** | Write Short Answer. (3/4) | 15 |
| **4** | Write Briefly on ……(1/2) | 15 |

**Internal Evaluation : Total Marks : 40**

|  |  |  |
| --- | --- | --- |
| **Sr. No.** | **Name of the Activity** | **Marks** |
| **A** | Home Assignment. | 10 |
| **B** | Class Test. | 20 |
| **C** | Subject Specific Activity : Research Paper. | 10 |

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**M. A. Part – II, SEMESTER – III**

**Sanskrit, Paper – 12 : June 2023 onwards**

**Yog-Darshan**

**Subject Code : (SANC32)**

**Credits : 04 Teaching Hours : 60**

**Preamble :**

Yogdarshan is worldwide accepted branch of Indian philosophy. This focuses on attainment of supreme position of life through practice of yoga. Study of this is essential in creating great human beings from us. Yogdarshan helps in personality development and realization of ultimate truth.

**Course Objectives :**

1.To help students study the Yogdarshan through yogsutras of Mahasrshi Patanjli.

2.To guide the students to attain purity of body and mind through practice of Yoga.

3.To help students in development of their personalities.

**Course Outcomes :**

1. Students studied Yogdarshan through yogsutras of Mahasrshi Patanjli.
2. Students attained purity of body and mind through practice of Yoga.
3. It helped students to develop their personalities.

**Expected Skills impartation :**

1. Reading Skill

2. Writing Skill

3. Understanding Skill

|  |  |  |  |
| --- | --- | --- | --- |
|  | | **Periods** | **Cos** |
| **Unit 1** | **Yogasutra of Patanjali**   * 1. Yoga and Indian Philosophy   2. Life,Periods and Works of Patanjali   3. Introduction of Vyāsabhāsya   4. Nature of Pātanjal Yoga | **15** | **Co 1** |
| **Unit 2** | **Yogasutra of Patanjali**  2.1 Nature of Cittavrutti (Y.S.1-11)  2.2 Vruttirodh ( Y.S.12-16)  2.3 Two types of Yoga (Y.S.17-18)  2.4Bhavapratyay ( Y.S.19-22) | **15** | **Co 1** |
| **Unit 3** | **Yogasutra of Patanjali**  3.1Nature of Ishwar( Y.S.23-29)  3.2 Vikshepa, Pratikār, Upāya ( Y.S.30-32)  3.3 Cittaparikarma ( Y.S.33-40)  3.4 Samāpatti ( Y.S.41-45) | **15** | **Co 2** |
| **Unit 4** | **Yogasutra of Patanjali**  4.1 Sabija Samādhi ( Y.S.46-47)  4.2 Nature of Pradnyā ( Y.S.48-50)  4.3 Nirbija Samādhi ( Y.S.51)  4.4 Conclusion | **15** | **Co 3** |

**Practical Component :** Introduction of Yoga, Pranayama & Dhyanadharana etc. regarding

to Patanjali’s Yog-sutra and to practical demonstration on it.

**Reference Books :**

1) श्रीवास्तव सुरेशचंद्र **(**संपा.).*महर्षि पतञ्जलिप्रणीत योगसूत्रम्*, इलाहाबाद:संवित्-प्रकाशन. इलाहाबाद. प्रथम संस्करण.१९७३

2) त्रिपाठी रमाशंकर. *पातञ्जलयोगदर्शन* . वाराणसी :चौखम्बा संस्कृत सीरिज

**Medium of Instruction : Marathi.**

**Nature of Question paper and Scheme of Marking**

**Semester End Examination Total Marks : 60**

|  |  |  |
| --- | --- | --- |
| **Que.**  **No.** | **Type of Question** | **Marks** |
| **1** | Fill in the blanks. | 15 |
| **2** | Short notes. (3/4) | 15 |
| **3** | Write Short Answer. (3/4) | 15 |
| **4** | Write Briefly on ……(2/3) | 15 |

**Internal Evaluation : Total Marks : 40**

|  |  |  |
| --- | --- | --- |
| **Sr. No.** | **Name of the Activity** | **Marks** |
| **A** | Home Assignment. | 10 |
| **B** | Class Test. | 20 |
| **C** | Subject Specific Activity : Research Paper. | 10 |

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**Choice Based Credit System**

**M. A. Part – II, SEMESTER – IV**

**Sanskrit, Paper – 13 : June 2020 onwards**

**Sanskrit Sahityetihas**

**Subject Code : (SANC33)**

**Credits : 04 Teaching Hours : 60**

**Preamble :**

Study of novel literature is essential to enrich one’s perception of literature. Folk Stories and tales help enhancing basic skills of writing criticizing and presenting one’s own literature. The study of drama helps students help students developing interest in script writing, acting and direction of drama. Study of dharmshastra and arthshastra will develop logical and reasoning thinking ability amongst students.

**Course Objectives :**

1. To develop interest for script writing, acting and direction of drama in students.

2. To develop logical and reasoning thinking ability in students.

3. To enhance basic skills of writing criticizing ability among students

**Course Outcomes :**

1. It helped students to develop interest for script writing, acting and direction of drama.
2. Students developed logical and reasoning thinking ability in themselves.
3. This syllabus enhanced basic skills of writing criticizing ability amongst students.

**Expected Skills impartation :**

1. Reading skills

2. Writing skills

3. Understanding Skills

|  |  |  |  |
| --- | --- | --- | --- |
|  | | **Periods** | **Cos** |
| **Unit 1** | **Dharmasatra & Arthasatra**   * 1. General introduction of Dharmashatra   2. General Study of Manusmriti – Rajadhyaya   3. General introduction of Artharshatra   4. General Study of Arthashastra – Vinayadhikaranm | **15** | **Co 2** |
| **Unit 2** | **Drama literature**  2.1 Introduction of Drama  2.2 Dramaturgy  2.3 General introduction to famous Sanskrit Ancient  Dramatist & their Dramas:  2.4 General introduction to famous Sanskrit Modern  Dramatist & their Dramas | **15** | **Co 1** |
| **Unit 3** | **Katha & Akhyan Sahitya**  3.1 Introduction of Katha & Akhyan Sahitya  3.2 Nature & Development  3.3 Famous Sanskrit Writers & their Writings  3.4 Importance of Katha & Akhyan Sahitya | **15** | **Co 3** |
| **Unit 4** | **Modern Sanskrit Literature**  4.1 Epics  4.2 Dramas  4.3 Prose  4.4 Periodicals | **15** | **Co 3** |

**Practical Component :** Learn about Sanskrit ancient writers and modern writers, their work

of arts and design new creative writings.

**Reference Books :**

1) गुप्ता पुष्पा. *संस्कृत साहित्य का विशद इतिहास*. ईस्टर्न बुक लिंकर्स, प्रथम संस्करण. १९९४.

2) वाचस्पति गैरोला. *संस्कृत साहित्य का इतिहास.*  वाराणसी : चौखंबा विद्याभवन, प्रथम संस्करण.

१९६०.

3) डांगे सिंधू (संपा.). *अभिजात संस्कृत साहित्याचा इतिहास*. मुंबई : ऋतायन संस्था. २००४.

4) महाजन सुरेश. *संस्कृत नाटयवाङ्मयाचा इतिहास*. पुणे: सावली प्रकाशन, प्रथम आवृत्ती. २००७.

5) जोग रा. *संस्कृत काव्यवाङ्मय*. पुणे : लोक प्रकाशन लघु ग्रंथमाला, प्रथम आवृत्ती. १९४५ .

**Medium of Instruction : Marathi.**

**Nature of Question paper and Scheme of Marking**

**Semester End Examination Total Marks : 60**

|  |  |  |
| --- | --- | --- |
| **Que.**  **No.** | **Type of Question** | **Marks** |
| **1** | Fill in the blanks.  . | 15 |
| **2** | Short notes. (3/4) | 15 |
| **3** | Write Short Answer. (3/4) | 15 |
| **4** | Write Briefly on ……(2/3) | 15 |

**Internal Evaluation : Total Marks : 40**

|  |  |  |
| --- | --- | --- |
| **Sr. No.** | **Name of the Activity** | **Marks** |
| **A** | Home Assignment. | 10 |
| **B** | Class Test. | 20 |
| **C** | Subject Specific Activity : Research Paper. | 10 |

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**Choice Based Credit System**

**M. A. Part – II, SEMESTER – IV**

**Sanskrit, Paper – 14 : June 2020 onwards**

**Rupaka**

**Subject Code : (SANC34)**

**Credits : 04 Teaching Hours : 60**

**Preamble :**

This drama of Kalidasa is world wild appreciated and Sanskrit drama without Abhdnyanshakuntalam is incomplete. Study of Abidnyanshakuntakla enriches students’ knowledge about Sanskrit drama. Through this drama contemporary socio cultural aspects will be studied.

**Course Objectives :**

1. To enrich students’ knowledge about Sanskrit Drama

2.To study contemporary socio cultural aspects of Drama.

3.To guide the students to study the style of Kalidas

**Course Outcomes :**

1. It enriched students’ knowledge about Sanskrit Drama.
2. Students studied contemporary socio cultural aspects of Drama.
3. Students studied the style of Kalidas.

**Expected Skills impartation :**

1. Reading skills

2. Writing skills

3. Understanding Skills

|  |  |  |  |
| --- | --- | --- | --- |
|  | | **Periods** | **Cos** |
| **Unit 1** | **Abhidnyanshakuntal of Kalidas**   * 1. Introduction   2. Kalidas :Life, Time & Work   3. Abhidnyanshakuntala’s   4. Abhidnyanshakuntala’s | **15** | **Co 1** |
| **Unit 2** | **Abhidnyanshakuntal of Kalidas**  2.1 Act-I  2.2 Act-I  2.3 Act-II  2.4 Act-II | **15** | **Co 2 &3** |
| **Unit 3** | **Abhidnyanshakuntal of Kalidas**  3.1 Act-III  3.2 Act-III  3.3 Act-IV  3.4 Act-IV | **15** | **Co 2 & 3** |
| **Unit 4** | **Abhidnyanshakuntal of Kalidas**  4.1 Act-V  4.2 Act-VI  4.3 Act-VII  4.4 Act-VII | **15** | **Co 2 & 3** |

**Practical Component :** Role Play by students of their favorite figure**.**

**Reference Books :**

1. वाळिंबे रामचंद्र शंकर(संपा.), *अभिज्ञानशाकुन्तलम्* , पुणे :जोशी लोखंडे प्रकाशन,पुणे, द्वितीय

आवृत्ती,१९६८

2) कमल दीप्ति (संपा.), *अभिज्ञानशाकुन्तलम्* , जयपुर:राज पब्लिशिंग हाऊस, प्रथम संस्करण,२०१०

3) *Abhijnansakuntalam*,R. D. Karamakar, Pune :Aryabhushan Press, Pune ,1952

4) *Abhijnansakuntalam*, C. R. Devadhar, Pune :Poona oriental book house, Pune, First

Edition, 1951

**Medium of Instruction : Marathi.**

**Nature of Question paper and Scheme of Marking**

**Semester End Examination Total Marks : 60**

|  |  |  |
| --- | --- | --- |
| **Que.**  **No.** | **Type of Question** | **Marks** |
| **1** | Fill in the blanks. | 15 |
| **2** | Short notes. (3/4) | 15 |
| **3** | Write Short Answer (3/4) | 15 |
| **4** | Write Briefly on ……(1/2) | 15 |

**Internal Evaluation : Total Marks : 40**

|  |  |  |
| --- | --- | --- |
| **Sr. No.** | **Name of the Activity** | **Marks** |
| **A** | Home Assignment. | 10 |
| **B** | Class Test. | 20 |
| **C** | Subject Specific Activity : Research Paper. | 10 |

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**Choice Based Credit System**

**M. A. Part – II, SEMESTER – IV**

**Sanskrit, Paper – 15 : June 2023 onwards**

**Charvak & Bouddha Darshan**

**Subject Code : (SANC35)**

**Credits : 04 Teaching Hours : 60**

**Preamble :**

Charvak and bouddha darshan are two atheistic philosophies of Indian tradition of philosophy. Study of them will help students built up their practical approach with critical and logical thinking. Course Objectives :

**Course Objectives** :

1.To introduce the students with atheistic philosophies

2.To help the students to comprehend the epistemological ideas of philosophies.

3. To inculcate critical and logical thinking abilities in students.

**Course Outcomes :**

1. Students are introduced with atheistic philosophies.
2. It helped the students comprehending epistemological ideas of philosophies.
3. It inculcate critical and logical thinking abilities in students.

**Expected Skills impartation :**

1. Reading skills

2. Writing skills

3. Understanding Skills

4. Research Skills

|  |  |  |  |
| --- | --- | --- | --- |
|  | | **Periods** | **Cos** |
| **Unit 1** | **Sarvadarshansangrah**  1.1 Madhavacharya:Life, Time &Work  1.2 Introduction of Sarvadarshansangrah  1.3 General introduction Charvak Darshan  1.4 General introduction Bouddha Darshan | **15** | **Co 1** |
| **Unit 2** | **Charvak Darshan**  2.1 Lokayatmat  2.2 Charvak mat Sangraha  2.3 Pramanvichar  2.4 Bruhaspatikrut SiddhantSangrahatmakm  Shloka’s | **15** | **Co 2** |
| **Unit 3** | **Bouddha Darshan**  3.1 Pramanvichar  3.2 Chaturvedha Bouddha Sampraday,  Chaturvidha Bhavana  3.3 Panchskdha, Dwadashaaytanpuja  3.4 Bouddhamatsangrah | **15** | **Co 2** |
| **Unit 4** | **Charvak & Bouddha Darshan**  4.1 Comparision of Pramanvichar  4.2 Comparision of Matasangraha  4.3 Signifcance of Nāstika Darshana  4.4 Conclusion | **15** | **Co 3** |

**Practical Component :** To know about the principals of Indian philosophers.

**Reference Books :**

1) कंगले र. प. ,*सर्वदर्शनसंग्रह* , मुंबई :महाराष्ट्र राज्य साहित्य व संस्कृती मंडळ, महाराष्ट्र शासन, मुंबई

**Medium of Instruction : Marathi.**

**Nature of Question paper and Scheme of Marking**

**Semester End Examination Total Marks : 60**

|  |  |  |
| --- | --- | --- |
| **Que.**  **No.** | **Type of Question** | **Marks** |
| **1** | Fill in the blanks. | 15 |
| **2** | Short notes. (3/4) | 15 |
| **3** | Write Short Answer (3/4) | 15 |
| **4** | Write Briefly on ……(1/2) | 15 |

**Internal Evaluation : Total Marks : 40**

|  |  |  |
| --- | --- | --- |
| **Sr. No.** | **Name of the Activity** | **Marks** |
| **A** | Home Assignment. | 10 |
| **B** | Class Test. | 20 |
| **C** | Subject Specific Activity : Research Paper. | 10 |

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**Rayat Shikshan Sanstha’s**

**CHHATRAPATI SHIVAJI COLLEGE, SATARA. (Autonomous)**

**A Constitute College of Karmaveer Bhaurao Patil University Satara**

**Choice Based Credit System**

**M. A. Part – II, SEMESTER – IV**

**Sanskrit, Paper – 16 : June 2023 onwards**

**Yog & Ayurved**

**Subject Code : (SANC36)**

**Credits : 04 Teaching Hours : 60**

**Preamble :**

Proper diet lifestyle and exercises bring about prosperous health. Having good health keeps mind happy and sound. Work obtained by sound mind terns into good results. So it is important to study yog and aayurved and to make them integral part of our routine.

**Course Objectives :**

1.To guide the students to study practical aspects of Yoga and Ayurveda.

2.To help students in developing healthy and prosperous lifestyles.

3.To helped students in their personality development

**Course Outcomes :**

1. Students studied practical aspects of Yoga and Ayurveda.
2. It helped students developing healthy and prosperous lifestyles.
3. It helped students in their personalities development.

**Expected Skills impartation :**

1. Reading skills

2. Writing skills

3. Understanding Skills

|  |  |  |  |
| --- | --- | --- | --- |
|  | | **Periods** | **Cos** |
| **Unit 1** | **Darshanopanishada**  1.1 Introduction of Darshanopanishada  1.2 Section I - Verses 1 to 15  1.3 Section II - Verses 1 to 16  1.4 Section III - Verses 1 To13 | **15** | **Co 2 & 3** |
| **Unit 2** | **Darshanopanishada**  2.1 Section VI - Verses 1 To 20  2.2 Section VI - Verses 21 To 51  2.3 Section VII - Verses 1 To14  2.4 Section X - Verses 1 To12 | **15** | **Co 2 & 3** |
| **Unit 3** | **Carakasamhitā**  3.1 Introduction of Carakasamhitā  3.2 Chapter VI  3.3 Chapter VI  3.4 ChapterVI | **15** | **Co 1 & 3** |
| **Unit 4** | **Carakasamhitā**  4.1 Chapter 27  4.2 Chapter 27  4.3 Chapter 27  4.4 Chapter 27 | **15** | **Co 1 & 3** |

**Practical Component :** To know about dietetics and exercise science.

To Practice of demonstration of yoga.

**Reference Books :**

1) कापरे रूपाली, *स्वास्थ* – *योग व आयुर्वेदानुसार संकल्पना*, सातारा : श्री आदिशक्ती प्रकाशन, सातारा,

प्रथमावृत्ती, २००६

2) *Yoga and Ayurveda* – Satyendra Prasad Mishra ,Chaukhamba Sanskrit

Sanshan,Varanasi,Second edition ,1997

3) गाडगीळ विभावरी सदानंद(संपा.). *योगोपनिषद*. पुणे : गाडगीळ सदानंद रा. पुणे, ४३. २०१०.

4) शर्मा रामनारायण. *आरोग्याप्रकाश.* नागपूर: श्री वैद्यनाथ आयुर्वेदभवन प्रा. लि. दशमावृत्ति, २०१६.

5) दलाई बी. के. (संपा.) *योगोपनिषद.* पुणे : संस्कृत प्रगत अध्ययन केंद्र, सावित्रीबाई फुले पुणे विद्यापीठ,

पुणे. २०१५.

6) त्रिपाठी ब्रह्मानंद (संपा.). *चरक संहिता.* वाराणसी : चौखंबा सुरभारती प्रकाशन. २००३.

**Medium of Instruction : Marathi.**

**Nature of Question paper and Scheme of Marking**

**Semester End Examination Total Marks : 60**

|  |  |  |
| --- | --- | --- |
| **Que.**  **No.** | **Type of Question** | **Marks** |
| **1** | Fill in the blanks. | 15 |
| **2** | Short notes. (3/4) | 15 |
| **3** | Write Short Answer (3/4) | 15 |
| **4** | Write Briefly on ……(1/2) | 15 |

**Internal Evaluation : Total Marks : 40**

|  |  |  |
| --- | --- | --- |
| **Sr. No.** | **Name of the Activity** | **Marks** |
| **A** | Home Assignment. | 10 |
| **B** | Class Test. | 20 |
| **C** | Subject Specific Activity : Research Paper. | 10 |

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