



Rayat Shikshan Sanstha's

CHHATRAPATI SHIVAJI COLLEGE, SATARA

(Autonomous)

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)



Rayat Shikshan Sanstha's
CHHATRAPATI SHIVAJI COLLEGE, SATARA
(Autonomous)

Department of Sanskrit

Title and Subject Code

M. A. Part – II Sanskrit

Sr. No.	Semester	Name of the Course	Subject code	Discipline Specific Elective
1	III	Bhartiya Kavyashastra.	SANC29	Sanskrit Course – 09
2		Mahakavya.	SANC30	Sanskrit Course – 10
3		Shankar Vedant.	SANC31	Sanskrit Course – 11
4		Yog - Darshan.	SANC32	Sanskrit Course – 12
5	IV	Sanskrit Sahityetihas.	SANC33	Sanskrit Course – 13
6		Rupaka.	SANC34	Sanskrit Course – 14
7		Charvak & Bouddha Darshan.	SANC35	Sanskrit Course – 15
8		Yog & Ayurveda.	SANC36	Sanskrit Course – 16

Course Structure

M. A. Part – II Sanskrit

Sr. No.	SEM	Title of the Paper	Discipline Specific Elective	Distribution of Credit	Workload Per Week	Total Credit	Theory Marks	Internal Evaluation
1	III	Bhartiya Kavyashastra.	Sanskrit Course – 09	4	4 Lectures	16	60	40
2		Mahakavya.	Sanskrit Course – 10	4	4 Lectures		60	40
3		Shankar Vedant.	Sanskrit Course – 11	4	4 Lectures		60	40
4		Yog - Darshan.	Sanskrit Course – 12	4	4 Lectures		60	40
5	IV	Sanskrit Sahityetihas.	Sanskrit Course – 13	4	4 Lectures		60	40
6		Rupaka.	Sanskrit Course – 14	4	4 Lectures		60	40
7		Charvak & Bouddha Darshan.	Sanskrit Course – 15	4	4 Lectures		60	40
8		Yog & Ayurveda.	Sanskrit Course – 16	4	4 Lectures		60	40



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Department of Sanskrit
M. A. Part – II Sanskrit
EQUIVALENCE

Sr. No.	Class	Semester	Paper No.	Title of the Paper – Old	Title of the Paper – New
1	M. A. II	III	IX	Bhartiya Kavyashastra.	Bhartiya Kavyashastra.
2			X	Mahakavya.	Mahakavya.
3			XI	Shankar Vedant.	Shankar Vedant.
4			XII	Yog - Darshan.	Yog - Darshan.
5		IV	XIII	Sanskrit Sahityetihas.	Sanskrit Sahityetihas.
6			XIV	Rupaka.	Rupaka.
7			XV	Charvak & Bouddha Darshan.	Charvak & Bouddha Darshan.
8			XVI	Yog & Ayurveda.	Yog & Ayurveda.



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Choice Based Credit System
M. A. Part – II, SEMESTER – III
Sanskrit, Paper – 09 : June 2020 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 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.

		Teaching Hours	Cos
Unit 1	Famous poetics and their work 1.1 Bhamah, Vaman 1.2 Anandavardhan, Rudrat 1.3 Kuntak, Kshemendra, 1.4 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 सीरीज.
- 3) मिश्र रामचंद्र. हिन्दी काव्यादर्श. वाराणसी : चौखम्बा संस्कृत सीरीज.
- 4) केदारनाथ (संपा.). पिंगलाचार्यकृतं छंदःशास्त्रम्. नवदेहली : राष्ट्रीयसंस्कृतसंस्थानम्. २००२.

Medium of Instructions : Marathi**Nature of Question paper and Scheme of Marking :****Semester End Examination****Total Marks : 60**

Que. No.	Sub. Que.	Type of Question	Based on	Marks
1	A	Fill in the blanks.	All Units	05
	B	Answer in one sentence.	All Units	05
2	A	True/False.	All Units	05
	B	Match the following.	All Units	05
3		Short notes. (2/3)	Unit I, II & III	10
4		Write Briefly on(2/3)	Unit I, II & III	10
5		Write answer in 250 – 300 words. (2/3)	Unit I, II & III	10
6	A	Subject Specific : Translate into Marathi any one of the following with explanatory notes .	Unit II & III	05
	B	Explain any one of the following Chhandas. (1/2)	Unit IV	05

Internal Evaluation :**Total Marks : 40**

Sr. No.	Name of the Activity	Marks
A	Home Assignment.	10
B	Class Test.	10
C	Oral.	10
D	Subject Specific Activity : Research Paper.	10



Rayat Shikshan Sanstha's
CHHATRAPATI SHIVAJI COLLEGE, SATARA. (Autonomous)
Choice Based Credit System
M. A. Part – II, SEMESTER – III
Sanskrit, Paper – 10 : June 2020 onwards
Mahakavya
Subject Code : (SANC30)

Credits : 04

Teaching Hours : 60

Preamble :

Sanskrit literature have five great epics. One of them is Shishupalvadham of Magha. 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 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.

		Periods	Cos
Unit 1	Shishupalvadham of Magha 1.1 Features of Mahakavya. 1.2 Panchmahakavyani 1.3 Life, Time & Work of Magha 1.4 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 सर्गः . 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.	Sub. Que.	Type of Question	Based on	Marks
1	A	Fill in the blanks.	All Units	05
	B	Answer in one sentence.	All Units	05
2	A	True/False.	All Units	05
	B	Match the following.	All Units	05
3		Short notes. (2/3)	Unit I & IV	10
4		Write Briefly on(2/3)	Unit I & IV	10
5		Write answer in 250 – 300 words. (2/3)	Unit I & IV	10
6	A	Subject Specific : Translate into Marathi any one of the following with explanatory notes .	Unit II & III	05
	B	Explain with reference to the context. (1/2)	Unit II & III	05

Internal Evaluation :**Total Marks : 40**

Sr. No.	Name of the Activity	Marks
A	Home Assignment.	10
B	Class Test.	10
C	Oral.	10
D	Subject Specific Activity : Research Paper.	10



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Choice Based Credit System

M. A. Part – II, SEMESTER – III

Sanskrit, Paper – 11 : June 2020 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 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.

		Periods	Cos
Unit 1	Atmanatmvivek 1.1 Introduction to Bhartiya Darshanshastra 1.2 Life, time & work of Shankaracharya 1.3 Nature of Advait Vedant 1.4 Introduction of Atmanatm Vivek	15	Co 2
Unit 2	Atamanatmvivek 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	Atamanatmvivek 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	Atamanatmvivek 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.	Sub. Que.	Type of Question	Based on	Marks
1	A	Fill in the blanks.	All Units	05
	B	Answer in one sentence.	All Units	05
2	A	True/False.	All Units	05
	B	Match the following.	All Units	05
3		Short notes. (2/3)	Unit I& IV	10
4		Write Briefly on(2/3)	Unit I & IV	10
5		Write answer in 250 – 300 words. (2/3)	Unit I & IV	10
6	A	Subject Specific : Translate into Marathi any one of the following with explanatory notes .	Unit II & III	05
	B	Explain with reference to the context. (1/2)	Unit II & III	05

Internal Evaluation :**Total Marks : 40**

Sr. No.	Name of the Activity	Marks
A	Home Assignment.	10
B	Class Test.	10
C	Oral.	10
D	Subject Specific Activity : Research Paper.	10



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Choice Based Credit System
M. A. Part – II, SEMESTER – III
Sanskrit, Paper – 12 : June 2020 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 Outcomes :

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

		Periods	Cos
Unit 1	Yogasutra of Patanjali 1.1 Yoga and Indian Philosophy 1.2 Life, Periods and Works of Patanjali 1.3 Introduction of Vyāsabhāṣya 1.4 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) 2.4 Bhavapratyay (Y.S.19-22)	15	Co 1
Unit 3	Yogasutra of Patanjali 3.1 Nature 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 & Dhyana-dharana 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.	Sub. Que.	Type of Question	Based on	Marks
1	A	Fill in the blanks.	All Units	05
	B	Answer in one sentence.	All Units	05
2	A	True/False.	All Units	05
	B	Match the following.	All Units	05
3		Short notes. (2/3)	All Units	10
4		Write Briefly on(2/3)	All Units	10
5		Write answer in 250 – 300 words. (2/3)	All Units	10
6	A	Subject Specific : Translate into Marathi any one of the following with explanatory notes .	Unit II, III & IV	05
	B	Explain with reference to the context. (1/2)	Unit II, III & IV	05

Internal Evaluation :**Total Marks : 40**

Sr. No.	Name of the Activity	Marks
A	Home Assignment.	10
B	Class Test.	10
C	Oral.	10
D	Subject Specific Activity : Research Paper.	10



Rayat Shikshan Sanstha's
CHHATRAPATI SHIVAJI COLLEGE, SATARA. (Autonomous)
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 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 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.

		Periods	Cos
Unit 1	Dharmasatra & Arthasatra 1.1 General introduction of Dharmashatra 1.2 General Study of Manusmriti – Rajadhyaya 1.3 General introduction of Artharshatra 1.4 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 नाट्यवाङ्मयाचा 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.	Sub. Que.	Type of Question	Based on	Marks
1	A	Fill in the blanks.	All Units	05
	B	Answer in one sentence.	All Units	05
2	A	True/False.	All Units	05
	B	Match the following.	All Units	05
3		Short notes. (2/3)	Unit III	10
4		Write Briefly on(2/3)	Unit IV	10
5		Write answer in 250 – 300 words. (2/3)	Unit II	10
6		Write a critical note. (2/3)	Unit I	10

Internal Evaluation :

Total Marks : 40

Sr. No.	Name of the Activity	Marks
A	Home Assignment.	10
B	Class Test.	10
C	Oral.	10
D	Subject Specific Activity : Research Paper.	10



Rayat Shikshan Sanstha's
CHHATRAPATI SHIVAJI COLLEGE, SATARA. (Autonomous)

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 wide appreciated and Sanskrit drama without Abhidnyanshakuntalam is incomplete. Study of Abidnyanshakuntakla enriches students' knowledge about Sanskrit drama. Through this drama contemporary socio cultural aspects will be studied.

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.

		Periods	Cos
Unit 1	Abhidnyanshakuntal of Kalidas 1.1 Introduction 1.2 Kalidas :Life, Time & Work 1.3 Abhidnyanshakuntala's 1.4 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.	Sub. Que.	Type of Question	Based on	Marks
1	A	Fill in the blanks.	All Units	05
	B	Answer in one sentence.	All Units	05
2	A	True/False.	All Units	05
	B	Match the following.	All Units	05
3		Short notes. (2/3)	All Units	10
4		Write Briefly on(2/3)	All Units	10
5		Write answer in 250 – 300 words. (2/3)	All Units	10
6	A	Subject Specific : Translate into Marathi any one of the following with explanatory notes .	Unit II,III & IV	05
	B	Explain with reference to the context. (1/2)	Unit II,III & IV	05

Internal Evaluation :**Total Marks : 40**

Sr. No.	Name of the Activity	Marks
A	Home Assignment.	10
B	Class Test.	10
C	Oral.	10
D	Subject Specific Activity : Research Paper.	10



Rayat Shikshan Sanstha's
CHHATRAPATI SHIVAJI COLLEGE, SATARA. (Autonomous)
Choice Based Credit System
M. A. Part – II, SEMESTER – IV
Sanskrit, Paper – 15 : June 2020 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. This will widen students' view towards Indian philosophy.

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.

		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 Significance 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.	Sub. Que.	Type of Question	Based on	Marks
1	A	Fill in the blanks.	All Units	05
	B	Answer in one sentence.	All Units	05
2	A	True/False.	All Units	05
	B	Match the following.	All Units	05
3		Short notes. (2/3)	Unit I & IV	10
4		Write Briefly on(2/3)	Unit I & IV	10
5		Write answer in 250 – 300 words. (2/3)	Unit I & IV	10
6	A	Subject Specific : Translate into Marathi any one of the following with explanatory notes .	Unit II & III	05
	B	Explain with reference to the context. (1/2)	Unit II & III	05

Internal Evaluation :

Total Marks : 40

Sr. No.	Name of the Activity	Marks
A	Home Assignment.	10
B	Class Test.	10
C	Oral.	10
D	Subject Specific Activity : Research Paper.	10



Rayat Shikshan Sanstha's
CHHATRAPATI SHIVAJI COLLEGE, SATARA. (Autonomous)
Choice Based Credit System
M. A. Part – II, SEMESTER – IV
Sanskrit, Paper – 16 : June 2020 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 turns into good results. So it is important to study yog and aayurved and to make them integral part of our routine.

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.

		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, *स्वास्थ्य- योग व आयुर्वेदानुसार संकल्पना*, सातारा : श्री आदिशक्ती प्रकाशन, सातारा, प्रथमावृत्ति, 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.	Sub. Que.	Type of Question	Based on	Marks
1	A	Fill in the blanks.	All Units	05
	B	Answer in one sentence.	All Units	05
2	A	True/False.	All Units	05
	B	Match the following.	All Units	05
3		Short notes. (2/3)	All Units	10
4		Write Briefly on(2/3)	All Units	10
5		Write answer in 250 – 300 words. (2/3)	All Units	10
6	A	Subject Specific : Translate into Marathi any one of the following with explanatory notes .	Unit : I & II	05
	B	Explain with reference to the context. (1/2)	Unit : III & IV	05

Internal Evaluation :**Total Marks : 40**

Sr. No.	Name of the Activity	Marks
A	Home Assignment.	10
B	Class Test.	10
C	Oral.	10
D	Subject Specific Activity : Research Paper.	10

