

STELLA MARIS COLLEGE (Autonomous), CHENNAI-600086

**General Elective Course Offered by the Department of Sanskrit for
B.A. / B.Sc. / B.V.A. / B.Com. / B.B.A. / B.C.A. / B.S.W. DEGREE**

SYLLABUS

Effective from the academic year 2019-2020

SANSKRIT FOR BEGINNERS

CODE:19 SN/GE/SB22

CREDITS:2

LTP:2 0 0

TOTAL TEACHING HOURS:26

OBJECTIVES OF THE COURSE

- Practical applicability of the Language is encouraged
- Opportunity to speak the language fluently.

COURSE LEARNING OUTCOMES

On successful completion of the course, students will be able to

- read write and speak Sanskrit language

Unit 1 (11 Hours)
Introduction

- 1.1 Introduction to language Sanskrit
- 1.2 Introduction to Alphabets, Verbs, Nouns

Unit 2 (10 Hours)
Nouns and Verbs

- 2.1 Introducing two letter words
- 2.2 Three letter words
- 2.3 Samasa(compound words)
- 2.4 Tense and Moods
- 2.5 Noun declension
- 2.6 Sentence translations

Unit 3 (5 Hours)
Translation

- 3.1 Exercises from unknown passages for translation.

TEXT BOOKS

Spoken Sanskrit by Dr. S.S.Janaki , KSRI Publication,Chennai-600004

BOOKS FOR REFERENCE

Samskrta Sri (Series1-7), Samskrta Sri Publications, Bangalore, 2015

Samskrta Patamala (Series 1-7), R.S Vadyar & Sons, Phalghat

Sanskrit for Beginners, N.R. Publications, Chennai

WEBSITES

www.learnsanskrit.org

www.sanskrit.samkrtam.com

PATTERN OF EVALUATION

Continuous Assessment Test:

Situational conversation (25 Marks)

Total Marks: 25

Duration: 60 minutes

Other Components:

A presentation about themselves (10 Marks)

My favorite Location/Holiday trip etc (15 Marks)

Total Marks: 25

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SYLLABUS

Effective from the academic year 2019-2020

STRESS RELIEVING TECHNIQUES IN SANSKRIT LITERATURE

CODE:19SN/GE/SR22

CREDITS : 2

LTP : 2 0 0

TOTAL TEACHING HOURS:26

OBJECTIVES OF THE COURSE

- To adapt Ayurveda methods of good health to suit the modern living
- To practice the simple steps prescribed in Sanskrit texts for stress management.

COURSE LEARNING OUTCOMES

On successful completion of the course, students will be able to

- Implement healthy eating habits as prescribed in Ayurveda thus enabling them to live stress free life
- De-stress themselves by following Ayurvedic advice on health and by practicing relevant yoga asanas

Unit 1 (4 Hours)

Introduction

- 1.1 Introduction
- 1.2 Modern life style
- 1.3 Causes of stress

Unit 2 (10 Hours)

Ayurveda and Health

- 2.1 Role of Mind in attaining physical, mental and spiritual health
- 2.2 Ayurvedic references on food (Vata, Pitta and Kapha) and control of stress
- 2.3 Mind control references from Bhagavad Gita and Upanishads.
- 2.4 Energy chakras and Yoga asanas.

Unit 3 (12 Hours)

Yoga in Managing Stress

- 3.1 Practical sessions on Asanas and Pranayama to manage stress

TEXTBOOK

Bhagavad Gita Shri Bhavans Publications

108 Upanishads Shri Bhavans Publications

Ayurveda for health

BOOKS FOR REFERENCE

David Frawley, (1999), *Yoga and Ayurveda*, MLBD, Delhi

Witz, Klaus.G (1993) , *The supreme Wisdom of the Upanishads*, MLBD, Delhi

Joshi Kireet (1993), *Bhagavad gita and Contemporary Crisis*, Nag publishers, Delhi

WEBSITES

www.indiaheritage.org

www.sanskritdocuments.org

www.vedpradip.com

PATTERN OF EVALUATION

Continuous Assessment Test:

Total Marks: 25

Duration: 60 minutes

25 questions on Ayurvedic diet, Yoga Asanas etc. with multiple choice each carrying one mark

Other Components:

Total Marks: 25

Yoga Asanas practical demo of Asanas (25 Marks)