

Department of Sanskrit

Dr. Richa

Curriculum Plan

Name of Paper & Code	Allocation of Lectures	Month wise schedule followed	Tutorial/Assignment/Presentations etc.
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Semester III, 1 Aug. 2024 – 27 Nov. 2024

Paper- Fundamentals of Indian Philosophy (GE) – B.A.(Hons.)

I. Unit 1	10 Lectures	August 2024	Darśana - concept and aims, Classification of Indian Philosophical schools, Fundamental issues in Indian Philosophy - Epistemology : Six Pramanas
II. Unit 2	12 lectures	September 2024	Metaphysics: Realism, Idealism, Causation – Satkaryavada, Asatkaryavada, Parinamavada, Vivartavada, Svabhavavada, Consciousness and matter, theories of self. Sāṃkhya – General Introduction with emphasis on Prakṛti, three Guṇas & Puruṣa (Based on Sāṃkhyakārikā) Yoga - Eight fold path of Yoga (Based on Yogasūtra Sādhana-pāda and Yogabhāṣya thereon)
III. Unit 3	14 lectures	Oct.2024	Nyāya Vaiśeṣika - General Introduction with emphasis on Tarkasamgraha – seven padarthas (overview only) Mīmāṃsā - Svataḥ Prāmāṇyavāda Advaita Vedānta – General Introduction with emphasis on Brahman, Māyā, Jīva and Jagat (Based on Vedāntasāra)
IV. Unit 4	9 lectures	October & November 2024	Bhakti Schools of Vedānta – General introduction with emphasis on God, Īśvara & Nature of Bhakti Revision

Semester III, 1 Aug. 2024 – 27 Nov. 2024

Paper -- VAC 1: Yoga: PHILOSOPHY AND PRACTICE

I.	Unit 1	6 Lectures	August 2024	History of Yoga • Significance of Asana • Effect of Pranayama • Importance of Dhyana
II.	Unit 2	12 lectures	September 2024	Patanjali's Yogasutra: a summary • First sutra • Second sutra
III.	Unit 3	12 lectures	Oct.2024	• Chakras (psychic centres)
IV.	Revision	10 lectures	October & November 2024	Revision

Semester III, 1 Aug. 2024 – 27 Nov. 2024

Paper -- YOGA IN PRACTICE (SEC)

I.	Unit 1	4 Lectures	August 2024	Definition and types of yoga: Karma yoga, Gyana yoga, Bhakti yoga, Laya yoga, Raja yoga, Hatha yoga, Mantra yoga, Kundalini yoga
II.	Unit 1	10 lectures	September 2024	Ashtanga Yoga: Yam- Ahinsa, Satya, Asteya, Brahmacharya, Aparigraha. Niyam- Saucha, Santosha, Tapa, Swadhyaya, Ishwarpranidhana Asana, Pranayama- (the types of Pranayama: Puraka, rechak & Kumbhaka), Pratyahara,
III.	Unit 2	10 lectures	Oct.2024	Dharana, Dhyana & Samadhi etc. (iii) Shat Chakra,s: Mooladhara, Swadhishtana, Manipur, Anahata, Vishudha, Aagya, Sahasrara- (Sahasradhara chakra).
IV.	Revision	6 lectures	November 2024	Revision