

SYLLABUS  
IN  
MASTER OF ARTS (M.A.)  
Under  
(Choice-based Credit System)  
From the session 2018-19 onwards

**DEPARTMENT OF SANSKRIT  
CENTRAL UNIVERSITY OF ORISSA,**



**CENTRAL UNIVERSITY OF ORISSA,  
MAIN CAMPUS, SUNABEDA, KORAPUT  
ODISHA**

## **Introduction**

M.A. in Sanskrit is of 80 credits spread over four semesters. This programme emphasizes core/compulsory courses, Dual Specialization (Literature & Grammar) as Electives, Open Electives. There will be continuous internal Examinations/assessments conducted by the Department with End Semester Examinations.

There will be 20 Credits and divided into five papers with four credits each for each Semester for a total of 80 Credits in four semesters.

## **Structure of the courses**

There are 14 core/compulsory, 4 Elective and 2 Open Elective courses offered by the Department. The Compulsory courses are offered in all the semesters as 5:5:2:2 ratio. The courses also include one paper in the compulsory section at 4<sup>th</sup> Semester as Project Work. The Elective courses are offered in 3<sup>rd</sup> and 4<sup>th</sup> Semesters as 2:2 respectively and the Open elective courses are also offered in 3<sup>rd</sup> and 4<sup>th</sup> Semesters as 1:1.

## **Specialization/Elective**

As of now, the Department of Sanskrit is offering two Specializations Literature and Grammar in 3<sup>rd</sup> and 4<sup>th</sup> Semesters as Elective papers respectively. The Student(s) has/have to choose one specialization of his/her choose one among the two specializations in 3<sup>rd</sup> Semester which will be continued in 4<sup>th</sup> Semester also.

## **Open Elective**

There are some courses namely Open Courses/Electives in (3<sup>rd</sup> and 4<sup>th</sup> semester) from which the student can opt those papers from the parent Department or from other Department (subject to offering of concerned Department). Similarly Students of other Departments can also avail the Open Elective courses.

## **Writing the Answer**

The answer in the Examinations (Mid semester Examinations and End Semester Examinations) should be written in Sanskrit (in Devanagari Script) or in English, if otherwise not specified.

**Each paper carries 100 Marks i.e; 60 Marks for the End Semester Examination and 40 Marks for the Mid-term Examinations. Each Unit of the End-Semester Examination will carry 12 Marks.**

**14 Core (C) papers (including a Project Work)**

**4 Elective Papers (CE)**

**2 Open Elective (OE) papers in 3<sup>rd</sup> and 4<sup>th</sup> semester from other Department or from Parent Department.**

**Total- 20 papers – 80 credits**

Semester	Course Code	Course Name	Core/Elective	Credit
1	<b>SKT-301C</b>	Vedic Language & Literature	Core	4
	<b>SKT-303C</b>	Grammar (Siddhanta Kaumudi)	Core	4
	<b>SKT-305C</b>	Systems of Indian Philosophy-I	Core	4
	<b>SKT-307C</b>	Poetics and Dramaturgy-I	Core	4
	<b>SKT-309C</b>	Sanskrit Classics	Core	4
2	<b>SKT-311C</b>	Ancillary Vedic Literature	Core	4
	<b>SKT-313C</b>	Introduction to Grammar and Philology	Core	4
	<b>SKT-315C</b>	Systems of Indian Philosophy-II	Core	4
	<b>SKT-317C</b>	Sanskrit Plays	Core	4
	<b>SKT-319C</b>	Poetics and Dramaturgy- II	Core	4
3	<b>SKT-302C</b>	History of Sanskrit Literature	Core	
	<b>SKT-304C</b>	Dramaturgy, Poetic Convention and Technical Literature	Core	4
	<b>SKT-306E</b>	Literature- Prose & Lyric Poetry Grammar- <i>Krdanta</i> and <i>Atmanepada Prakaranas</i>	Elective-1	4
	<b>SKT-308E</b>	Literature- Prosody & Poetics Grammar- Philosophical Texts-I	Elective-2	4
	<b>SKT-310 E</b>	1. Ethics in Sanskrit Literature 2. Purana & Dharmashastra 3. Didactic & Translation Literature in Sanskrit 4. Communicative Sanskrit	Open Elective-1	4
4	<b>SKT-312C</b>	Ancient Indian History, Culture and Epigraphy	Core	4
	<b>SKT-314C</b>	Project Work	Core	4
	<b>SKT-316E</b>	Literature- Kavya and Poetics Grammar- <i>Prācīna-Vyākaraṇa (Bhāṣya and Kāśikā)</i>	Elective-3	4
	<b>SKT-318E</b>	Literature- Rasa and Dhvani Texts Grammar- <i>Tinanta</i> and <i>Stripratyaya Prakaranas</i>	Elective-4	4
	<b>SKT-320 E</b>	1. Sanskrit Literary Criticism 2. Scientific Literature in Sanskrit 3. Yoga for Personality Development and Stress Management	Open Elective-2	4

## DETAILED SYLLABUS

### 1st Semester

Course code	Course Name
SKT-301C	Vedic Language and Literature (C-1)
Unit-I	Hymns from the <i>R̥gveda</i> with Sāyaṇa's commentary on (i) <i>Agni</i> (I.1) (ii) <i>Indra</i> (II.12) (iii) <i>Pururavā-Urvasī Samvāda</i> , (iv) <i>Nasadīya sūktam</i> (X. 129).
Unit-II	Hymns from the <i>Atharvaveda</i> with Sayana's Commentary (i) <i>Pṛthvī</i> (XII.I) 1-20 mantras. (ii) <i>Medhājananam</i> - (I.1) (iii) <i>Rāṣṭrābhivardhanam</i> - (1.29)
Unit-III	<i>Aitareya Brāhmaṇa -Hariścandra-Sunaḥsepa-upākhyāna</i>
Unit-IV	<i>Isāvasyopaniṣad</i>
Unit-V	<i>Kāthopaniṣad</i> (1-3 vallis)

### Books Recommended:

1. *The New Vedic Selection*, Telang & Chaubey, Bharatiya Vidya Prakashan, Varanasi, Part-I & Part-II, 1973.
2. *Rksukta-Vaijayanti* - H.D.Velankar, Vaidika Samshodhana Mandala, Pune, 1965
3. *Rksuktashati* - H.D. Velankar, Bharatiya Vidya Bhavan, Mumbai, 1972
4. *Atharvaveda* with Sayana's comm.- (4 vols.) published from V.V.R.I , Hoshiarpur, Punjab.
5. *Vaidika Sahitya aur Samskriti*, Baladev Upadhyay, Sharada Samsthan, 37 B, Rabindrapuri, Durgakunda, Varanasi
6. *Vaidika-vanmayasyetihasaḥ* (in Sans), Acharya Jagadish Mishra, Chaukhamba Surabharati Prakashan, Varanas
7. *Ishavasyopaniṣad*, Gita press, Gorakhpur, U.P.
8. *Ishavasyopaniṣad*, Sampurnananda Sanskrit University, Varanasi.
9. The *Harischandropakhyana* (the story of Sunasepa) of the *Aitareya Brahmana* edited with Sayana's Comm, Trans., Ed. Umashankar Sharma, Chowkhamba Vidya Bhawan, Varanasi, 4<sup>th</sup> Edn. 1989.
10. *Kathopaniṣad*, Gita press, Gorakhpur, U.P.

11. Dasopanisad (with the commentary of Upadesa Brahma Yogin), Vol. I., C. Kunhan Raja, The Adyar Library, Chennai, 18, 1935.
12. The Works of Shankaracharya (The Upanishad Bhasya- Isa, Kena, Katha, Prashna), Vol. 1, Shri Vani Vilas Press, Srirangam.

SKT-303C	Grammar ( <i>Siddhanta-kaumudi</i> ) (C-2)
Unit-I	<i>Samjña, Paribhāṣa</i>
Unit-II	<i>Kāraka (prathamā to Saptamī)</i>
Unit-III	<i>Ac-sandhi</i>
Unit-IV	<i>Samāsa- Avyayībhāva, Tatpuruṣa (including Karmadhāraya and dvigu)</i>
Unit –V	<i>Samāsa-Bahuvrīhi and dvandva</i>

**Book Recommended:**

1. *Siddhanta-kaumudi* - With Balamanorama and Tattvabodhini, Motilal Banarsidass, Delhi
2. *Siddhanta-kaumudi* - Eng, S.C. Basu, Motilal Banarsidass, New Delhi
3. *Siddhanta-kaumudi*-(Ed) S. R. Ray, Sanskrit Pustak Bhandar, Kolkata
4. *Siddhanta-kaumudi* - (Ed) Karaka - Bishnupada Bhattacharya
5. *Siddhanta-kaumudi* - (Ed) M.V. Mahashabde, Pune
6. *Siddhanta-kaumudi* - (Ed) G.K. Dash & K. Dash, A.K. Mishra Publishers, Cuttack
7. *Siddhanta Kaumudi* (Samjna, Paribhasa and Karaka Prakarana) (Ed.) Minati Mishra, Vidyapuri, Cuttack
8. *Siddhanta-kaumudi* - (Ed) S.R. Ray, Sanskrit Pustak Bhandar, Kolkata
9. *Siddhanta-kaumudi* - (Ed) *Samasa* - Madhubala Sharma & J. Shastri.
10. *Siddhanta-kaumudi (Ed)*., G. K. Dash, A. K. Mishra Publishers, Cuttack

SKT-305C	Systems of Indian Philosophy-I (C-3)
Unit-I	<i>Sāṃkhya-kārika Kārikā-1-40</i>
Unit-II	<i>Sāṃkhya-kārika Kārikā-41-72</i>
Unit-III	<i>Vedāntasara (upto Pañcīkaraṇa)</i>

Unit-IV	<i>Vedāntasara (after Pañcīkaraṇa to the end)</i>
Unit-V	<i>Yoga sutra with Vyāsa Bhāṣya Citta-bhūmi, citta vṛttis, the svarūpa of Īśvara, yogāṅgas, Samādhi, kaivalya)</i> Chapter 1 Samadhipada sutra 1-30

### Books Recommended:

1. *Samkhya-karika*, (Hindi Tr), Jagannatha Shastri, Motilal Banarasisass, 1998.
2. *Samkhya-karika* with (Eng), Tr, By Wilson, Delhi, 1978
3. *Vedantasara*, (Eng. Tr), Swami Nikhilananda, Advaita Ashram, R.K. Mission, Calcutta, 1974
4. *Vedantasara* (Hindi), Mahesh Candra Bharatiya, Ghaziabad, 1978
5. *Sarvadarsana-samgraha*, (Eng. Tr.) By. E.B. Cowell, Delhi, 1981
6. *Sarvadarsana-samgraha*, (Hindi Tr.) By Umashankar Sharma, Chaukhamba, 1969
7. *Vedantasara with Sans. Com. Gudharthadipika* and (Eng trans.), Haramohan Mishra, Vidyapuri, Cuttack.
8. *Yoga Sutra*, Gita Press, Gorakhpur, UP

SKT-307C	Poetics & Dramaturgy -I (C-4)
Unit-I	<i>Nāṭyaśāstra</i> of Bharata (Ch-2)
Unit-II	<i>Dhvanyāloka, Uddyota-1 (Kārikas 1-8)</i>
Unit-III	<i>Sāhityadarpaṇa</i> Ch-1
Unit-IV	<i>Sāhityadarpaṇa</i> Ch-2
Unit-V	Selected <i>Alamkāras</i> from <i>Kāvya prakāśa</i> (without sub-division)- <i>Śleṣa, Vakrokti, Upamā, Rūpaka, Utprekṣā, Samāsokti, Apahnuti, Nidarśanā, Arthāntaranyāsa, Dṛṣṭānta, Vibhāvanā, Viśeṣokti, Saṁkara, Saṁsṛṣṭi</i>

### Books Recommended

1. "Sanskrit Poetics", *Cultural Heritage of India*, Vol-5 (Ed) by Gaurinath Sastri, 1978
2. "Literary Theory", *Indian Conceptual Framework*, by Kapil Kapoor, Affiliated East- west Press-1998
3. *Natyasashtra* of Bharat Muni (Eng. Tr.) By N.P. Unni, 1998

4. Natyasastra, Nag Publishers, Delhi
5. *Indian Literary Theories*, K. Krishnamurty, Delhi, 1985
6. *Bharatiya Kavyasashtra ki Bhumika* (in Hindi), by Nagendra, Delhi, 1963
7. *Dhvanyaloka* of Anandavardhana, K. Krishnamurty, Motilal Banarsidass, Delhi, 1982
8. *Sahityadarpana* of Vishvanatha with *Laksmi* Sanskrit Com., Chowkhamba Publication, Varanasi
9. *Sahityadarpana* (Ed.) P.V. Kane, Motilal Banarsidass, Delhi

SKT-309C	Sanskrit Classics (C-5)
Unit-I	<i>Kādambari (Mahāśvetā-vṛttānta)</i>
Unit-II	<i>Harṣa-caritam (Pañcama Ucchvāsa)</i>
Unit-III	<i>Naiṣadhīyacaritam</i> (canto-1)
Unit-IV	<i>Meghadūtam (Uttaramegha)</i>
Unit – V	<i>Raghuvamśam</i> canto-I

### Books Recommended

1. *Kadambari*, by S.P. Pandeya, Krsnadas Academy, Varanasi.
2. *Kadambari*, by Samir Sharma, Choukhamba Vidya Bhavan, Varanasi.
3. *Kadambari: A Classic Sanskrit story of Magical Transformations* (Eng.Trans), Gwendolyn, Layne, New York and London: Garland Publishing, 1991
4. *Kadambari*. (Ed.) Peter G. Peterson, Bombay: Government Central Book Depot., 1884
5. *The Kadambari of Banabhatta: Purvabhaga*.(Ed.) P.V. Kane, Motilal Banarsidass Publishers, 1921
6. Bana's *Kadambari: Purvabhaga* Complete (Translation into English), (Ed.) M.R. Kale, Motilal Banarasidass Publishers, Delhi, 1968
7. *The Kadambari of Bana* (Translation into English), (Ed.) C.M. Riding, Royal Asiatic Society, London, 1896.
8. *The Harṣa-Carita of Bāṇa* (English translation), E.B. Cowell and F. W. Thomas London: Royal Asiatic Society, 1897
9. *Harsha Charita* by Bana Bhatta (in Hindi), Ashok Kaushik , Diamond Pocket Books, Delhi



10. *Raghuvamsam* of Kalidasa (Ed.) with extracts & Notes etc by Narayan Ram Acharya Kavyatirtha, Chaukhambha Publishers, Varanasi, 2nd ed., 2002,
11. *The Raghuvamsha of Kalidasa:* with the commentary of Mallinātha, Sankara Panduranga Pandit, Government Central Depot, 1869
12. *Meghadutam* with the commentary of Ed.) T. Ganapati Shastri, 1919
13. *Meghadutam* of Mahakavi Kalidasa, Chowkhmba Vidybhavan, Varanasi-1, 1964
14. *Kalidasa's Meghaduta:* Edited from manuscripts With the Commentary of Vallabhadeva and Provided With a Complete Sanskrit-English Vocabulary, (Ed.) Eugen Hultsch, Royal Asiatic society, London, 1911.

## 2nd Semester

SKT-311C	Ancillary Vedic Literature (C-6)
Unit-I	<i>Rk-prātisākhya Paṭala-I (Saṃjñās such as Samānākṣara, Sandhyakṣara, Aghoṣa, Ghoṣa, Svarabhakti, Yama, Rakta, Saṃyoga, Pragrhya, Riphita)</i>
Unit-II	<i>Rgveda-bhāṣya-bhūmikā of Sāyaṇācārya up to the definition of Rg-Yajuh-Sama iti Traividhyaṃ Saṃpūrṇam</i>
Unit-III	<i>Rgveda-bhāṣya-bhūmikā of Sāyaṇācārya (Rest portion beginning from Vedādhyayanam to the end).</i>
Unit-IV	<i>Niruktam (Pādas 1)-3 of 1<sup>st</sup> Adhyāya</i>
Unit-V	<i>Niruktam (Pādas 4-6) of 1<sup>st</sup> Adhyāya</i>

### Books Recommended

1. *Rkpratishakhya* with Uvata's com. (Ed.) Ramprasad Tripathy, published by the Director, Sampurnananda Sanskrit Research Institute, Varanasi
2. *Rkpratishakhya Patalas I-IV* (Ed.), Braja Bihari Chaubey, Bharatiya Vidya Prakashan, New Delhi
3. *Rgvedapratishakhyam Uvatabhasya-sahitam* Ed.by V.K. Varma, Vrajajivana Pracyabharati-Granthamala II, Delhi, 1986.
4. *The Nighantu and Nirukta* with text & Eng. Tr. By Laxman Svarup, Motilal Banarasidass, Delhi, 1967.
5. *The Nighantu and Nirukta* with the Commentary of Durgacarya, Ed. by Mukunda Jha Bakshi, Panini, New Delhi.
6. *Niruktam- Pancadhyayi*, Meherchand Lacchmandas Publication, New Delhi- 110002
7. *Vaidika Sahitya aur Samskriti*, Baladev Upadhyay, Sharada Samsthan, 37 B. Rabindrapuri, Durgakunda, Varanasi
8. *Vaidika-vanmayasyetihasaḥ* (in Sans), Acharya Jagadish Mishra, Chaukhamba Surabharati Prakashan, Varanasi
9. *Sayana's Introduction to the Rg Veda* (Eng. Trans.) P. Peterson.
10. *Rgveda-bhasya-bhumika* with Hindi Comm. Jagannath Pathak, Varanasi, 1960.

<b>SKT-313C</b>	<b>Introduction to Grammar and Philology (C-7)</b>
Unit-I	<i>Mahābhāṣya-Pasasāhnikā</i>
Unit-II	Origin of Language, Branches and Aspects of Science of Language, Classification of Language
Unit-III	Phonetics, Phonology and Semantics
Unit-IV	Chief Characteristics and classification of Indo- European language, Indo- European Origin of Sanskrit, Veda and Avesta
Unit-V	Indo-Aryan Languages Old Indo-Aryan- Vedic and Classical Sanskrit Middle Indo Aryan- Pāli, Prākṛta and Apabrahmīśa

**Books Recommended:**

1. *Mahabhasya paspasahnika*, Hindi Commentary by Charudeva Shastri, Chowkhamba Prakashan
2. *Mahabhasya* Vol.I, Crit, Edn, Ed. F. Kielhorn, Bhandarkar Oriental Institute, Pune
3. The *Mahabhashya* of Patanjali with annotation (*Ahnikas* I–IV), Translated by Surendranath Dasgupta, Published by Indian Council of Philosophical Research, Delhi
4. *Mahabhashya* of Patanjali (in Sanskrit), Vanivilasa Prakashana, Varanasi , 1987-1988
5. *Yubhatah Samskrutam Prati* (in Sanskrit) - G.B. Palsule, Rashtriya Sanskrit Sansthan, New Delhi
6. *Elements of the Science of Language*-I.J.S. Taraporewala
7. *An Introduction to Comparative Philology* (relevant portions), I.II.III -P.D. Gune
8. *Linguistic Introduction to Sanskrit*, I, II, III- B.K. Ghosh
9. *Indo - Aryan and Hindi* - S.K. Chatterjee
10. *Tulanatmaka Bhasa Vijnana* (in Hindi)- Mangaldev Shastri
11. *An Introduction to Sanskrit Linguistics* - M.S. Murti
12. *Bhasavijnana O Bhasashastra*- Kapildev Dwivedi
13. *Sanskrit Linguistics*, Srimannarayan Murthy, D. K. Publishers, New Delhi

<b>SKT-315C</b>	<b>Systems of Indian Philosophy-II (C-8)</b>
Unit-I	<i>Tarka-saṁgraha</i> (from the beginning up to <i>Pramāṇa</i> )
Unit-II	<i>Tarka-saṁgraha</i> (From <i>Pratyakṣa</i> till the end of the text)
Unit-III	<i>Artha-saṁgraha</i> (Concept of <i>Bhavāna</i> and <i>Vidhi</i> )
Unit-IV	<i>Artha-saṁgraha</i> (Concept of <i>Niṣedha</i> and <i>Arthavāda</i> )
Unit-V	<i>Outlines of Buddhist Philosophy</i> i. <i>Kṣaṇikavāda</i> ii. <i>Vijñānavāda</i> iii. <i>Aṣṭāṅgamārga</i> iv. Concept of <i>Nirvāṇa</i>

**Book Recommended:**

1. *Tarka-samgraha* of Annambhatta with *Tarkadipika* and *Nyayabodhini* (Tr. & Ed.) Athale & Bodas, BORI, Pune - 1988.
2. *Tarka-samgraha*, (Hindi Tr.) Dayanand Bhargav, Motilal Banarasidass, 1998
3. *Artha-samgraha*, (Ed.) Gajendra Gadkar & R.D. Karmarkar, Motil Banarasidass, 1984
4. *Artha-samgraha* (Ed.) Vacaspati Upadhyaya, Chaukhamba Orientalia, Varanasi, 1983.
5. *Sarvadarsana-samgraha*, (Eng.Tr.) E.B. Cowell, Delhi, 1981.
6. *Sarvadarsana-samgraha*, (Hindi Tr.) Umashamkar Sharma, Chaukhamba, 1969.
7. *Introduction to Indian Philosophy*, Dutta & Chatterjee, Chowkhamba Publications, Varanasi.

<b>SKT-317C</b>	<b>Sanskrit Plays (C-9)</b>
Unit-I	<i>Mṛchhakaṭikam</i> (upto the act 5)
Unit-II	<i>Uttararāma-caritam</i> (upto the act 3)
Unit-III	<i>Mudrārākṣasam</i> (upto act 4)
Unit-IV	<i>Abhijñānaśākuntalam</i> (end of the act 4)
Unit-V	<i>Ratnāvalī</i>

**Books recommended:**

1. *Mrcchakatikam*, (Ed.) M.R. Kale, Booksellers and Publishers Co, Bombay, 1952.
2. *Mrcchakatikam* with the comm. of Pruthvidhara, Nirnaya Sagar Press, Bombay.
3. *Uttara-Ram-Charita* of Bhavabhuti. Critically edited with notes and an English translation by Shripad Krishna Belvalkar. Harvard University Press 1915
4. *Uttara-rama-charitam* of Bhavabhuti (Ed.) by P.V. Kane.
5. *Uttara-rama-caritam* of Bhavabhuti (Ed.) by M.R. Kale
6. *Uttara-rama-caritam* of Bhavabhuti (Ed.) by G.K. Bhatt
7. *Abhijñānaśakuntalam* (Ed.) M. R. Kale, MLBD, Delhi, 1998.
8. *Abhijñānaśakuntalam* of Kālidāsa, Chowkhamba Publications, Varanasi.
9. *Mudraraksasam* (Ed) V.A. Shastri and K.V. Abhyankar, Nandalal C. Bodowala, 1916, Reprint by Bibliobazar, 2010
10. *Ratnavali* (Ed.) Global Vision Publishing House, 19A/E G.T.V. Enclave, Delhi, 2004
11. *Ratnavali* (Ed.) M.r. Kale, Motilal Banarsidass, 1996

SKT-319C	Poetics and Dramaturgy-II (C-10)
Unit-I	<i>Kāvyaṣakuntalam Chapter- I (Kāvyaśakuntalam, Kāvyaśakuntalam, Kāvyaśakuntalam and Kāvyaśakuntalam)</i>
Unit-II	<i>Kāvyaṣakuntalam Chap-II Śabdaśakti, -Abhidhā, Lakṣanā, Vyañjanā, Abhihitānvayavāda, Anvitābhidānavāda</i>
Unit-III	<i>Sāhitya-darpaṇa</i> , Ch-III (beginning to the end of Nāyikā bheda)
Unit-IV	<i>Sāhitya-darpaṇa</i> , Ch-III (description of bhāva to the end of 3 chapter)
Unit-V	<i>Dhvanyāloka Uddyota -1, Kārikās 9-upto the last kārika of Uddyota -1.</i>

**Books Recommended:**

1. *Kavyaṣakuntalam* with Sanskrit Commentary, Ed. V. Jhalkikar, BORI, Pune, 1965.
2. *Kavyaṣakuntalam*, Chaukhamba Prakashan, Varanasi
3. *Indian Literary Theories*, by K. Krishnamurthy, Delhi, 1985
4. *Bharatiya Kavyaśakuntalam ki Bhūmika* (in Hindi), Nagendra, Delhi, 1963
5. *Dhvanyāloka* of Anandavardhana, K. Krishnamurthy, Motilal Banarsi Dass, Delhi, 1982.
6. *Sāhitya-Darpana* (Ed.) P.V. Kane, Motilal Banarsidass, Delhi,
7. *Sāhitya-darpana* with the comm.. Laksmi, Chowkhamba Publications, Varanasi.

### 3<sup>rd</sup> Semester

SKT-302C	History of Sanskrit Literature (C-11)
Unit-I	History of Vedic literature ( <i>Vedic Samhitās, Brāhmaṇas Āraṇyakas, Upaniṣads, Vedāṅgas, Bṛhaddevatā and Anukramaṇī</i> )
Unit-II	History of Epic and Puranic Literature ( <i>Rāmāyaṇa, Mahābhārata, Purāṇas</i> )
Unit-III	History of <i>Mahākāvya</i> s of Aśvaghoṣa, Kālidāsa, Bhāravi, Bhaṭṭi, Kumāradāsa, Māgha and Śrīharṣa
Unit-IV	History of Dramatic Literature- Origin and Development of Sanskrit Drama, Dramas of Bhāsa, Aśvaghoṣa, Kālidāsa, Bhavabhūti, Sūdraka, Bhaṭṭanārāyaṇa, Harṣa, Viśākhadatta and Kṛṣṇa Miśra
Unit – V	<ol style="list-style-type: none"><li>i. Prose, Lyric , <i>Champū</i> Literature,</li><li>ii. Odishan Sanskrit Literature of the poets such as , Haladhara Miśra , Jayadeva, Jivadevācārya, Rāyadivākara, Kṛṣṇānanda, Viśvanātha and Viṣṇuśarmā )</li><li>iii. Modern Sanskrit Literature of the poets such as: Shrinivasa Ratha, Radhavallabh Tripathy, Rajendra Mishra, Prafulla Kumar Mishra, Ramakanta Shukla, Ananta Tripathy, S. Saundararajan, Bhagavata Prasad Das.</li></ol>

#### Books Recommended:

1. *History of Indian Literature* (Vol.I, Part-I) by M. Winternitz, Motilal Banarsi Dass, Delhi
2. *History of Indian Vedic Literature*, by J. Gonda
3. *A History of Sanskrit Literature*, by A.B. Keith, Motilal Banarsidass, Delhi
4. *A New History of Sanskrit Literature*, by Krishna Chaitanya.
5. *Samskrta Sahitya Vimarsah* (in Sanskrit) by Dvijendranath Sastri
6. *History of Sanskrit Literature*, S.K. De and S.N. Dasgupta
7. *Vaidika Sahitya aur Samskruti* (in Hindi), Baladev Upadhyay, Chowkhamba Publication, Varanasi
8. *Samskrta Sahitya ka Itihasa*, Baladev Upadhyay, Chowkhamba publication, Varanasi
9. *Indian Kavya Literature (Vol-I to IV)* by A.K. Warder, Motilal Banarsi Dass, Delhi
10. *Contemporary Sanskrit Literature*, P.K. Mishra, Arshavidya, Bhubaneswar.
11. *Contribution of Orissa to Sanskrit Literature*, R. N. Panda, Bhubaneswar.

SKT-304C	Dramaturgy, Poetic Convention & Technical Literature C-12
Unit-I	<i>Sāhityadarpaṇa</i> -Ch-VI
Unit-II	<i>Kavikanṭhābharāṇa</i> of Kṣemendra
Unit-III	Sūrapāla's <i>Vṛkṣāyūrveda</i> (Chs. 5-8)
Unit-IV	<i>Arthaśāstra</i> 2 <sup>nd</sup> Adhikaraṇa Ch-VI-IX (Revenue Collection and punishment for Misappropriation)
Unit-V	Sanskrit Lexicography (Svar-varga of Amarakośa)

### Books Recommended

1. *Sahityadarpana* with the comm. Laksmi, Chowkhamba Publications, Varanasi
2. *Surapala's Vrksayurveda* by Lallanji Gopal, Sandeep Prakashan, New Delhi.
3. *Vrksayurveda* (Ed) by Dr, Srikrushna Jugnu, Chawkhamba Samskruta Series office, Varanasi.
4. *Amarakośa*, The Adyar Library and Research Centre, Adyar, Chennai.
5. *History of Sanskrit Lexicography*, M.M. Patkar,
6. *Arthaśāstra*, Chowkhamba Publications, Varanasi, 2009.
7. *Sanskrit Studies of Suryakant*, R. K. Panda, Bharatiya Kala Prakashan, Delhi

### Elective Paper-Group A-Literature

SKT-306E	Prose & Lyric Poetry
Unit-I	<i>Vāsavadattā</i> - Introductory verses till ' <i>Kathayitumārebhe</i> .'
Unit-II	<i>Vāsavadattā</i> - From ' <i>Asti mandaragiri</i> ' upto the end of ' <i>pratyakṣadr̥ṣṭa Bhava-pina pratyam yuvatih</i> ',
Unit-III	<i>Gitagovindam</i> Ch-I to VI
Unit-IV	<i>Amaruśatakam</i> (According to Arjunavarma Deva's edition) Slokas 1-50
Unit-V	<i>Daśakumāracaritam</i> (chapter-8)

### Books Recommended

1. *Vasavadatta*, A Sanskrit Romance of Subandhu, Ed. by Louis H. Gray, Delhi, 1962.
2. *Vasavadatta* with Comm. Capala, Ed. by Pandit Shankar Dev Sastri

3. *Vasavadatta* of Subandhu – Chowkhamba Publication, Varanasi.
4. *Gitagovindam* or the love song of the dark lord, (Ed.) B.S. Miller, MLBD, Delhi.
5. *Gitagovindam* (Ed.) Bhagaban Panda, Dept. of Culture, Govt, of Orissa.
6. *Gitagovindam* with *Rasikapriya*, Chowkhamba Publication, Varanasi.
7. *Kavidvasi*, Sanskrit Parisad, (Ed.) R.V. Tripathy, H.S. Gaur University, Sagar, 2006.

### B. Grammar

SKT-306-E	<i>Krdanta and Atmanepada Prakaranas</i>
Unit-I	<i>Siddhānta-kaumudī, Kṛtya</i> Suffixes, (sūtras 2829-2894).
Unit-II	<i>Siddhānta-kaumudī, Pūrvakṛdanta</i> Suffixes, (sūtras 2895 to 3011)
Unit-III	<i>Siddhānta-kaumudī Pūrvakṛdanta</i> Suffixes, (sūtras 3012 to 3113)
Unit-IV	<i>Siddhānta-kaumudī, Pūrvakṛdanta</i> Suffixes, (sūtras 3114 to 3167)
Unit-V	<i>Siddhānta-kaumudī, Ātmanepada-prakaraṇam</i> , (sūtras 2679 to 2744)

#### Books Recommended:

1. *Siddhanta-kaumudi* with *Balamananorama* and *Tattvabodhini* comm..(Ed.) Giridhara Sharma Chaturveda, Motilal Banarsidass, Delhi.
2. *Siddhanta-kaumudi*, (Ed.) S.C. Basu, Motilal Banarsidass, New Delhi
3. *Siddhanta-kaumudi* (Ed.) S.R. Ray and K.R. Ray, Sanskrit Book Depot, Kolkata

### Elective-Group A- Literature

SKT-308E	Prosody & Poetics
Unit-I	<i>Chandomañjarī</i> (The following <i>Chandas</i> are to be studied) <i>Āryā</i> without subdivision, <i>Indravajrā, Upendravajrā, Upajāti, Pṛthvī, Praharṣiṇī, Bhujāṅgaprayāta, Mandākrāntā, Rathoddhatā, Vasantatilakam, Śūikhariṇī, Śārdūla-vikrīṣitam, Vaṁsastham, Sragdharā, Hariṇī, Mālinī, Drutavilambitam</i>
Unit-II	<i>Suvṛttatilaka of Kṣemendra</i> (chs. 2-3)
Unit-III	<i>Kāvya prakāśa</i> - Ch-IV up to the view of Bhaṭṭanāyaka.
Unit-IV	<i>Kāvya prakāśa</i> , Chap-IV, the theory of Abhinavagupta - <i>Abhivyaktivāda</i> .
Unit-V	<i>Kāvya prakāśa</i> – Ch IV up to the end of <i>Asāmlakṣya-krama-vyaṅgya</i> .

#### Books Recommended:



1. *Kavyaparakasha*, with Sanskrit. Comm. (Ed) V. Jhalakikar, BORI, Pune, 1965.
2. *Kavyaparakasha*, Chaukhamba Publication, Varanasi
3. *Chandomanjari* with Sans. Comm. (Ed) Sri Ramdhana Bhattacharya, Calcutta
4. *Chandomanjari* with Sans. Comm. Chaukhamba Publication, Varanasi.
5. *Vakroktijivitam* (Ed) Krishnamoorthy, Karnataka University, Dharwar
6. *Suvṛttatilaka* of Kṣemendra, ed. Deepak Kumar Sharma, New Bharatiya Book Corporation, New Delhi.

### B. Gramamr

SKT-308E	Philosophical Texts
Unit-I	<i>Vākyapadīya</i> of Bhartṛhari <i>Brahmakāṇḍa</i> , Kārikās- 1-52.
Unit-II	<i>Vākyapadīya</i> of Bhartṛhari <i>Brahmakāṇḍa</i> , Kārikās - 53- 105.
Unit-III	<i>Vākyapadīya</i> of Bhartṛhari <i>Brahmakāṇḍa</i> , Kārikās - 106-156.
Unit-IV	<i>Parama-laghu-mañjuṣā- Sphoṭanirṇaya, Vṛttistrīdhā and Śaktinirūpaṇa.</i>
Unit-V	<i>Parama-laghu-mañjuṣā- Baudhārthanirūpaṇa, Apabhramṣe Śaktinirūpaṇa, Śakti-vibhājana.</i>

### Books Recommended

1. *Vakyapadiya*, Ed. K.A. Subramanyam Iyer, Deccan College, Pune
2. *Vakyapadiyam*, Ed. Sri Vamadeva Acarya, Krishnadas Academy, Varanasi, 1997
3. *Systems of Sanskrit Grammar*, S.K. Belvalkar, Delhi
4. *Samskrta Vyakarana ka Itihasa* (in Hindi), Yudhisthira Mimamsaka, Ajmer
5. *Samskrta Vyakarana Shastra ka Udvava aur Vikasa* (in Hindi), Satyakama Varma, Delhi
6. *Samskrta Vyakarana Shastrasyetihasa* (in Sanskrit), Lokamani Dahala.
7. *Contribution of Orissa to Sanskrit Grammar*, Dinabandhu Tripathy, Bhubaneswar
8. *Paramalaghumanjusa* with Hindi Com. (Ed.) Kapildev Shastri, Kuruksetra University, Haryana
9. *Paramalaghumanjusa* with the comm.. *Bhavaparakashika* and *Balabodhini*
10. *Paramalaghumanjusa*, Vidyabhavan Sanskrit Series, (Ed) Acharya Srinivas Sharma, Chaoukhamba Vidyabhavan, 2006.

SKT-310 O E	<p>Open Elective-1 (to be opted from parent Department or from other Departments)</p> <ul style="list-style-type: none"> <li>• Page 21 - onwards for details of the Open Elective Courses of the Department of Sanskrit</li> </ul>
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#### 4<sup>th</sup> Semester

<b>SKT-312C</b>	<b>Ancient Indian History, Culture and Epigraphy (C-13)</b>
Unit-I	Sources of Indian History, Indus Valley, Sarasvati Valley, Vedic Age, Vedic Life, Upanisadic way of Life
Unit-II	Religious Systems of Thought: Vedic Mode of Worship, Buddhism, Jainism (General Outlines)
Unit-III	Temple Architecture and Sculpture
Unit-IV	Ashoka's Dhauli Rock Edict, Hatigumpha Inscription of Kharavela
Unit-V	Samudragupta's Prayaga Prashasti (Allhabad Pillar Inscription), Aihole Inscription of Pulakesin

#### Books Recommended

1. *The Wonder that was India*, A.L. Basham, Indian Edition, Rupa Paper back, 1989, Chap. III for section on History, Chap. VII for section on Religious Systems and Thought, Chap. VIII for section on the Arts.
2. *Cultural Heritage of India*, Vol. I five essays in Part-I under the heading 'The background of Indian Culture', Ramakrishna Math, Kolkata
3. *The Indus sarasvati Civilization: Origin, Problems and Issues*, S.C. Gupta, Delhi, 1996
4. *Civilization of Ancient India*, Louis Renou, Trans. By Phillip Spratt, Calcutta, 1959.
5. *Bharatiya Kala*, V.S. Agrawal, Varanasi, 1966
6. *Introduction to Indian Art*, A. Kumar Swami, Delhi, 1969
7. *Sanskrit Inscriptions*, Rajbali Pandeya
8. *History of Orissa*, Vol.-I, N.K. Sahu, Utkal University

<b>SKT-314C</b>	<b>A Project Work (4 Credit)</b>
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	<p>Every student of 4<sup>th</sup> Semester has to prepare a Project. The topics of the Project can be of a subject taught/ related work/ of the courses of M.A. in Sanskrit programme.</p> <p>The topic should be decided with the consultation of teacher-supervisor concerned.</p> <p>The project should be submitted by candidate prior to 2 weeks of the commencement of the End Semester examinations.</p>
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### Elective-Group A- Literature

SKT-316E	Kavya and Poetics
Unit-I	<i>Bhaṭṭikāvya</i> of Bhaṭṭi Sarga-1(1-25 verses)
Unit-II	<i>Kāvya-mīmāṃsā</i>
Unit-III	<i>Sāhitya-darpaṇa</i> Chap-V ( <i>Vyañjanā-pratiṣṭhā</i> )
Unit-IV	<i>Dhvanyāloka</i> Chap-II. 1-21 <i>Kārikās</i>
Unit-V	<i>Dhvanyāloka</i> Chap-II. 22-to the last <i>Kārikā</i>

#### Books Recommended:

1. *Kāvya-mīmāṃsā* of Rājaśekhara, Chowkhamba Publications, Varanasi, 2007.
2. *Sāhityadarpaṇa* of Viśvanātha, Motilal Banarsidass, New Delhi.
3. *Dhvanyaloka* of Anandavardhana, K. Krishnamurthy, Motilal Banarsi Dass, Delhi, 1982.
4. *Kavikaṇṭhābharana* of Kṣemendra, Chowkhamba Publications, Varanasi.
5. *Ksemendra Studies of Suryakant*, R.K. Panda, D.K. Publishers, New Delhi.

### B-Grammar

SKT-316E	<i>Prācīna-Vyākaraṇa (Bhāṣya and Kāśikā)</i>
Unit-I	<i>Kāśikā</i> of Jayāditya and Vāmana Chapter-I, Pada-1, from beginning to the sūtra no-30.
Unit-II	<i>Kāśikā</i> of Jayāditya and Vāmana Chapter-I, Pada-1, from sūtra nos-31 to end of the Pāda.
Unit-III	<i>Mahābhāṣya Kāraṇāhnika</i> from <i>Apādāna</i> to <i>Karaṇa</i>
Unit-IV	<i>Mahābhāṣya Kāraṇāhnika</i> From <i>Adhikaraṇa</i> to <i>Karṭṭ-kāraṇa</i>
Unit-V	<i>Paribhāṣika-śabdāvalis</i>

#### Books Recommended

1. *Kashika*, (Ed.) Aryendra Sharma et al., Osmania University, AP
2. *Kashika* with Comm. Nyasa and Padamanjari, Chowkhamba Publication
3. *Mahabhasya*, Karakahnika Ed. S.D.Joshi, CASS, University Poona
4. *Mahabhasya*, Samarthahnika, Ed. S.d. Joshi, CASS, University Poona

### Elective-Group A- Literature

SKT-318E	Rasa and Dhvani Texts
Units I	<i>Rasagaṅgādhara</i> Chap. I up to <i>rasasvarūpa</i>
Units II	<i>Rasagaṅgādhara</i> Chap. I up to <i>rasabodha</i>
Units III	<i>Dhvanyāloka</i> Chap. III, Kārikā I-17
Units IV	<i>Dhvanyāloka</i> Chap. III, Kārikā I8-32
Units V	<i>Dhvanyāloka</i> Chap. III, Kārikā 33 to the end.

### Books Recommended

1. *Rasagangadhar*, (Ed.) V S Bhaskara Panicker, Bharatheeya Kavyasastra: Part XVII
2. Panditaraja-Jagannatha's *Rasa-Gangadhara*,(Eds.) Shankarji Jha, W.R. Rishi Mithila Prakashan, 1998.
3. *Dhvanyaloka* of Anandavardhana, K. Krishnamurthy, Motilal Banarsi Dass, Delhi, 1982.

### B- Grammar

SKT-318E	<i>Tinanta and Stripratyaya Prakaranas</i>
Unit-I	<i>Siddhānta-kaumudī</i> , Bhvādi (sūtras 2151-2193)
Unit-II	<i>Siddhānta-kaumudī</i> , <i>Bhvādi</i> (sūtras 2194-2261),
Unit-III	<i>Siddhānta-kaumudī</i> , <i>Strīpratyayas</i> Suffixes, (sutrās 453 to 531)
Unit-IV	History of Sanskrit Grammar: Pre-Paninian, Paninian and Non-Paninian
Unit-V	History of Sanskrit Grammar- Philosophical grammarians and Odishan Sanskrit Grammarians

### Books Recommended:

1. *Siddhanta-kaumudi* with Balamanorama and Tattvabodhini comm..., Motilal Banarsidass, Delhi
2. *Siddhanta-kaumudi*, Ed. S.C. Basu, Motilal banarsi Dass, Delhi

3. *Siddhanta-kaumudi* Ed. S.R. Ray and K.R. Ray, Kolkata
4. *Systems of Sanskrit Grammar*, S.K. Belvalkar, Delhi
5. *Samskrta vyakarana shastra ka itihasa*, Yudhisthira Mimamsaka, Ajmer
6. *Samskrta Shastron ka itihasa*, Baladev Upadhyay, Chowkhamba, Varanasi
7. *India as Known to Panini*, V.S. Agrawal, Luknow
8. *Patanjalikalin Bharat*, Prabhu Dayal Agnihotri, Bihar Rastrabhasa Parisad, Patna
9. *Samskrta-vyakaranasyetihasa*, Lokamani Dahal, Delhi

<b>SKT-320E</b>	<p>Open Elective-2 (to be opted in the parent Department or at other Department)</p> <ul style="list-style-type: none"> <li>• Page 21- onwards for details of the Open Elective Courses of the Department of Sanskrit.</li> </ul>
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### OPEN ELECTIVE Courses in the Department of Sanskrit

#### FOR 3<sup>rd</sup> SEMESTER

##### A.

<b>SKT-310 O E</b>	<b>Ethics in Sanskrit Literature</b>
Unit-I	<i>Viduraniti</i> (Chapter-I) slokas 1-50
Unit-II	<i>Chanakyaniti</i> (1 <sup>st</sup> and 2 <sup>nd</sup> chapter)
Unit-III	<i>Nitishataka</i> of Bhartrhari (1 - 25 slokas)
Unit-IV	<i>Nitishataka</i> of Bhartrhari (26 - 50 slokas)
Unit-V	<i>Shrimad Bhagavad-gita</i> , (Chapter-15)

#### Books Recommended

1. *Viduraniti* (from Mahabharata, Udyoga Parva), Gita Press, Gorakhpur, U.P.
2. *Viduraniti* (from Mahabharata, Udyoga Parva), Hindi Trans by Gunjeswar Chaudhury, Chowkhamba Sanskrit Pratisthan, Varanasi
3. *Chanakyanitidarpana*, Ed. Gunjeswar Chaudhury, Chowkhamba Sanskrit Pratisthan, Varanasi.
4. Bhartrhari's *Shataktrayam*, Chowkhamba Surabharati Publication, Varanasi.
5. *Nitishatakam*, Chowkhamba Orientalia, Varanasi.
6. *Shrimad Bhagvadgita*, Gita Press, Gorakhpur, U.P.

##### B.

<b>SKT-310 O E</b>	<b>Purana &amp; Dharmashastra</b>
Unit-I	Rāmāyaṇa-Sundarākāṇḍa-5 <sup>th</sup> ch. (presentation of ring by hanuman to Sītā)
Unit-II	Mahābhārata-Strī Parva- Apaddharma – 3 stories
Unit-III	Bhāgavata Purāṇa- 4 <sup>th</sup> Skanda – Dhruva Carita
Unit-IV	Manusmṛti- 7 <sup>th</sup> chapter (Rājadharmā, verses 1-75)
Unit-V	Yājñavalkyasmṛti-Vyavahārādhyāya – Sadharana Prakarana- Sakshi Prakarana

C.

<b>SKT-310 O E</b>	<b>Didactic &amp; Translation Literature in Sanskrit</b>
Unit-I	Introduction to Didactic Literature
Unit-II	Hitopadeśa of Nārāyaṇa- Śṛudbheda chapter
Unit-III	Pañcatantra of Viṣṇuśarmā- Kākollūkīya chapter
Unit-IV	Vetāla-Pañcaviṃśati-ch. 1 (Story of Vajramukuṭa and Padmāvatī)
Unit-V	Basic concepts & fundamentals of Translation, Translated Literatures in Sanskrit, translation from other literature to Sanskrit

#### Books Recommended

1. Pañcatantra of Viṣṇuśarmā, M. R Kale, Motilal Banarsidass, Delhi,
2. Pañcatantra of Viṣṇuśarmā, Shyamacharan Pandeya,
3. Hitopadeśa – Mitralābha, Śrī Viśvanātha Śarmā,
4. Vetālapañcaviṃśati , Damodar Jha, Chaukhamba Vidyabhavan, Varanasi

D.

<b>SKT – 310</b>	<b>Communicative Sanskrit</b>
<b>Unit – I</b>	Knowledge of <i>Shabdarupa</i>
<b>Unit – II</b>	Knowledge of <i>Dhaturupa</i>
<b>Unit – III</b>	Knowledge of <i>Karaka – Vibhakti and Vakyavinyasa</i>
<b>Unit – IV</b>	Knowledge of <i>Avyayas</i> (Indeclinables)

#### Books Recommended

1. *Vyavahara Vakyani*, Lokabhasa Pracara Samiti.
2. *Rapid Sanskrit Speaking Course*, Amrutavani Seva Pratisthana, Balasore.
3. *Vyavaharasahari*, Samskrta Bharati, Bangalore.
4. *Vyakarana Darpana*, Text Book Bureau, Odisha.
5. *Vyavaharikasamskrta*, Narendra, Samskrita Karyalaya, Shree Aurovindo Ashram, Pondicherry.

## FOR 4<sup>TH</sup> SEMESTER

### A.

SKT-320 O E	Sanskrit Literary Criticism
Unit-I	Origin of <i>Kāvya-śāstra</i> , <i>Alaṅkāra</i> and <i>Rīti</i> School
Unit-II	<i>Dhvani</i> School
Unit-III	<i>Rasa</i> Schools
Unit-IV	<i>Aucitya</i> and <i>Vakrokti</i> School
Unit-V	Dramatic Elements (Origin and Development, Forms and, Technical Components of Drama such as <i>purvaranga</i> , <i>Nandi</i> , <i>Prastavana</i> , <i>Arthopakṣepaka</i> , <i>Pañcasandhi</i> )

### Books Recommended

1. *History Sanskrit of Poetics*, P.V. Kane, MLBD, Delhi
2. *History Sanskrit of Poetics*, S.K. Dey, K.L. Mukhopadhyaya, Calcutta.
3. *Sāhityadarpaṇa of Viśvanātha*, Motilal Banarsidass, Delhi.
4. *Daśarūpaka of Dhanañjaya*, Motilal Banarsidass, Delhi.
5. *Outlines of Sanskrit Poetics*, Vijayavardhana, Chowkhamba Publications, Varanasi.

### B.

SKT-310 O E	Scientific Literature in Sanskrit
Unit-I	<i>Ayurveda (Dīrghajivītīya adhyāya of Caraka-Saṁhitā)</i> – Chapter-I.
Unit-II	<i>Vāstuśāstra</i> (only <i>Bhūmi-cayana</i> and <i>Gṛha-nirmāna</i> ) from <i>Bṛhatsaṁhitā</i> chapter-55.
Unit-III	<i>Iconography from Matsyapurāṇa chapters- 258-62.</i>
Unit-IV	Surapāla's <i>Vṛkṣāyurveda</i> (Chapter- I to IV).
Unit-V	Basic Science in Sanskrit Literature. ( <i>Rasāyanavidyā</i> , <i>Padārthavidyā</i> , <i>Bhūvidyā</i> ) From Science in Sanskrit

### Books Recommended

1. *Charaka Samhita*, Chowkhamba Publication, Varanasi.
2. *Brhatsamhita*, Chowkhamba Vidya Bhavan, Varanasi.
3. *Jyotissaratnavali*, Dharmagrantha Store, Cuttack.
4. *A Concise History of Science in India*, Ed. D.M. Bose.
5. *Indian Scientific Tradition*, Ed. N.V.P. Unithiri.
6. *Studies in the History of Science in Ancient India*, Vol-I, Ed. by D.P. Chattopadhyaya.
7. Surapala's *Vrksayurveda*, by Lallanji Gopal, Sandeep Prakashan, New Delhi.
8. *Science in Sanskrit*, Samskr̥tabhāratī, Bangalore
9. *Pride of India*, Samskr̥ta Bharati, Bangalore.

**C.**

<b>SKT-320 O E</b>	<b>Yoga for Personality Development and Stress Management</b>
Unit-I	Concept of Yoga- meaning and Definition, Types and Techniques of Yoga.
Unit-II	Personality Development through Yoga, Yogic Techniques to develop Attention, Memory and Concentration.
Unit-III	Concept of Stress according to Indian and Western Psychology and its impact.
Unit-IV	Stress management through Yogic Techniques- Pranayama, Dhyana, Chanting of Mantra, Yoganidra etc.
Unit-V	Yogic way of Life with Special Reference to <i>Srimadbhagavadgita</i> and <i>Charakasamhita</i> .

**Books Recommended**

1. Swami Satyananda, *Asana, Pranayama, Mudra and Bandha*, Bihar Yoga Bharati, Bihar
2. Elizabeth B. Hurlock, *Personality Development*
3. Travis Bradberry, Jean Greaves and Patrick Lencioni, *Emotional Intelligence*
4. Marilyn Gordon, *The Wise Mind: The Brilliant Key to Life Transformation and Healing*
5. Cannon, W. (1939). *The Wisdom of the Body*, 2nd ed., NY: Norton Pubs.
6. George Feuerstein, *The Yoga Tradition* (its history, literature, philosophy and practice)
7. Sri Ananda, *The Complete Book of Yoga Harmony of Body and Mind*, Orient Paper backs: Vision Books Pvt. Ltd, 1982



8. Selye, H (1950). "*Stress and the general adaptation Syndrome*". *Br. Med. J.* **1** (4667): 1383–92. PMC 2038162.
9. Lazarus, R.S., & Folkman, S. (1984). *Stress, Appraisal and Coping*. New York: Springer.
10. Mills, R.C. (1995). *Realizing Mental Health: Toward a new Psychology of Resiliency*. Sulberger & Graham Publishing, Ltd.
11. Lehrer, Paul M. and David H. (FRW) Barlow, Robert L. Woolfolk, Wesley E. Sime (2007). *Principles and Practice of Stress Management, Third Edition*. pp. 46–47.
12. Foundation of Yoga, P.K. Mishra, Orissa State Text Book Bureou. Bhubaneswar.

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Paper no. SKT – 314 (04 credit) 100 marks will be evaluated in the following manner.

Mid term evaluation	40 marks
End term evaluation	60 marks
Total	100 marks

The Project will be supervised by one of the faculty member. The Mid Term Evaluation will be done by a committee constitute by the Department of which the concerned supervisor is a member. The committee will consist the supervisor, one member of the faculty of the department and one member either from adjunct Dept. of the University or one outside the University. The committee will be duly approved by the competent Authority. In case the outside external member is invited, he/she will be paid remuneration as per CUC norms. The Supervisor of the Project will have 60 % weightage of marks. In case two faculties supervise the project, the average of the 60 % of weightage marks will be taken into account.