

Department of Sanskrit
Bharati College (University of Delhi)
Janakpuri, New Delhi-58

Lesson Plans
(June 2021 to August 2022)
Course Instructor: Dr. Madhav Gopal

Term of Semester	Name of Course	Paper Name	Type of Paper
1 April 2021-9th August 2021	B.A. (H) Semester II	Niti Literature	AECC
20 July 2021- 30 November 2021	B.A. (H) Semester V	Fundamentals of Ayurveda	DSE
16 August 2021- 2 January 2022	B.A. (H) Semester III	Indian Culture and Social Issues	GE
22 November 2021- April 2022	B.A. (P) Semester I	Niti Literature	AECC
3 January 2022- 9 May 2022	B.A. (P) Semester IV	Grammar and Composition	MIL
3 January 2022- 9 May 2022	B.A. (H) Semester IV	Fundamentals of Indian Philosophy	GE
1 January 2022- 11 May 2022	B.A. (H) Semester VI	Environmental Awareness in Sanskrit Literature	DSE
20 July 2022- 30 November 2022	B.A. (H) Semester V	Fundamentals of Ayurveda	DSE
20 July 2022- 30 November 2022	B.A. (P) Semester V	Indian Perspectives on Personality Development	DSE

Bharati College
(University of Delhi)
Department of Sanskrit
Teaching Plan (April 2021- August 2021)

Course: Niti Literature (AECC)

Teacher(s): Madhav Gopal and Dr. Pratibha Tripathi

Semester: 1st BA (P) (AECC)

Meetings: 4 meetings per week for lectures

This course aims to get the students acquainted with the outline of Sanskrit Nīti literature through texts Pañcatantram and Nītiśatakam with the General Introduction to Sanskrit Literature. The students will learn the essence of the ways of life depicted and enjoined in the Niti Literature of Sanskrit language. They will also learn various aspects and forms of Sanskrit as one of the modern Indian Languages through the practice of easy and simple Sanskrit texts of Niti Literature. The storylines and the study and verses from the prescribed texts will instill in the students the moral and ethical values that will be an asset in the lived lives. They will be familiar with the general history of Sanskrit Literature and with the style and contents of the works of eminent literary figures like Bhasa, Kalidas, Bhavabhuti and Banabhatta etc.

This course will enhance the skill of chaste Sanskrit pronunciation as well as competence and performance of language. This will help them translate, explain the prescribed Sanskrit texts in their native language.

Week	Unit	Topics covered	Required Readings
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1	1	Introduction to the text Panchatantra ksapanakakatha,	Pañcatantra translated by Shrishyamacharan Pandey (2006)
2	1	sinha-karaka-murkhabrahmana katha	Pañcatantra translated by Shrishyamacharan Pandey (2006)
3	2	murkhapandita-katha, vanara-magaramaccha-katha	Pañcatantra translated by Shrishyamacharan Pandey (2006)
4	2	gangadattamanduka katha	Pañcatantra translated by Shrishyamacharan Pandey (2006)
5	3	Introduction to nitishatakam Text reading of nitishatakam from verses: 01-10	Savitri Gupta, Vidyanidhi Prakashan, (2015)
6	4	Text reading of nitishatakam from verses: 11-20	Savitri Gupta, Vidyanidhi Prakashan, (2015)
7	4	Text reading of nitishatakam from verses: 31-30	Savitri Gupta, Vidyanidhi Prakashan, (2015)
8	5	Sanskrit Mahakavya- works of Kalidasa and Bharavi	Sanskrit Sahitya ka Itihas by Umshankar Sharma Rishi
9	5	Sanskrit Prose – works of Banabhatta and Dandin	Sanskrit Sahitya ka Itihas by Umshankar Sharma Rishi
10	6	Sanskrit Drama- plays of Bhasa	Sanskrit Sahitya ka Itihas by Umshankar Sharma Rishi
11	6	Plays of Kalidasa and Bhavabhuti	Sanskrit Sahitya ka Itihas by Umshankar Sharma Rishi
12	6	Revision of some major topics	

Assessments of the Students:

1st Assignment is due in the fourth week (weightage 5 marks)

2nd Assignment is due in the 7th week (weightage 5 marks)

Class test is tentatively scheduled in the 10th week (weightage 10 marks)

Attendance (weightage 5 marks)

Total weightage of IA: 25 marks

Internal assessment: Assignments, class test, group discussions, presentations. (25 marks)

(The main exam is conducted by the University of Delhi by a written test of 75 marks)

Pedagogy/Teaching Methodology/Tools: Lectures, group discussions and mutual interactions of students take place in the classes. Students are encouraged to participate in presentations. Intermittently students are given home work to write on some issue of the syllabus and their write ups are discussed in the class.

Bharati College
(University of Delhi)
Department of Sanskrit
Teaching Plan (July 2021- November 2021)

Course: Fundamentals of Ayurveda

Teachers: Madhav Gopal and Dr. Chandan Kumar Jha

Semester: 5th BA (H) DSE

Meetings: 5 meetings in a week for lectures and three for tutorials.

Āyurveda is the most ancient but alive traditional healthcare system in India. Through the classroom lectures and discussions, this course will introduce students to the theory of Āyurveda. The major objective is to make them understand the basic principles and concepts of preventative and curative medicines, health maintenance, diet and nutrition, usage of commonly used spices and herbs and therapeutic procedures in Āyurveda.

Graduates who read this course should be able to know the ancient tradition of Indian Medicine system, which has focused not only to the physical health but a healthy lifestyle. They will know the history of Āyurveda through original sources of ancient medicine system enshrined in Sanskrit texts like Charaka Saṁhitā, Śuśruta Saṁhitā, Aṣṭāṅga Hṛdaya etc. and they will also get the basic knowledge of eight departments of Āyurveda. Students will get acquainted with the basic concepts of Trigūṇa, Pancamahābhūtas, Tridoṣas, Saptadhātus, Trayodosāgni, Trimalas, SvasthaVṛtta etc. which will help students to develop Āyurvedic understanding of lifestyle and concepts of preventive medicine. Āyurveda prescribes different food habits in different seasons. After reading this section students will be able to understand seasonal regimen & social conduct and its effect on health. It will develop their understanding of Health and Disease as explained in Āyurveda, and the way of diagnosing the illness. Our Ṛṣis were not only concerned about the physical health of individuals but also about the holistic health i.e. including mental, social and spiritual well being. By reading Taittirīyopaniṣad - Bhṛguvalli students would develop a more balanced approach towards life.

Week	Unit	Topics covered	Required Readings
1	1	Introduction to Āyurveda History of Indian Medicine in the pre-caraka period,	Singh R.H., Body, Mind, Spirit – Integrative Medicine in Ayurveda, Yoga and Nature Cure - Chowkhamba Surbharti Pratishthanam, Varanasi, I 2009 V.B. Athavale, Basic Principles of Āyurveda, Chaukhamba Sanskrit Pratishthan New Delhi, 2005.
2	1	The two schools of Āyurveda: Dhanvantari and Punarvasu. Main Ācāryas of Āyurveda – Mādhava, Sārṅgadhara and Bhāvamiśra.	Singh R.H., Body, Mind, Spirit – Integrative Medicine in Ayurveda, Yoga and Nature Cure - Chowkhamba Surbharti Pratishthanam, Varanasi, I 2009 V.B. Athavale, Basic Principles of Āyurveda, Chaukhamba Sanskrit Pratishthan New Delhi, 2005.
3	2	Eight branches of Āyurveda (aṣṭāṅga Āyurveda): 1. Kāyçikitsā (General Medicine) 2. Kaumārabhr̥tya (Pediatrics) 3. śalyatantra (Surgery) 4. Śālākya-Tantra (Ent. and Ophthalmology)	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)
4	2	5. Bhūta Vidyā (Psychiatry Medicine). 6. Viṣa Vijñāna (Toxicology). 7. Rasāyana (Rejuvenates). 8. Vajīkaraṇa (Aphrodisiac).	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)
5	3	The Triguṇas: Sattva, Rajas and Tamas. The Pañcamahābhūtas: Ākāśa (Space), Vāyu (Air), Teja or Agni (Fire), Jala (Water)	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)

		and Pṛthivī (Earth). The Tridoṣas: Vāta,Pitta and Kapha.	
6	3	The Saptadhātus: Rasa (fluid), Rakta(blood), Māmsa, Meda (fat),Asthi, Majjā and Śukra. The Trayodosāgni: Jatharāgni (gastric fire), Saptadhātvāgni and Pañcabhūtāgni. The Trimalas: Purīṣā (faeces),Mūtra (urine) and Sveda (sweat).	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)
7	3	Understanding Health and Disease in Āyurveda, SvasthaVṛtta (Preventive Medicine): Seasonal regimen & Social Conduct and its effect on health.	Singh R.H., Body, Mind, Spirit – Integrative Medicine in Ayurveda, Yoga and Nature Cure - Chowkhamba Surbharti Pratishthanam, Varanasi, I 2009 V.B. Athavale, Basic Principles of Āyurveda, ChaukhambaSanskrit Pratishthan New Delhi, 2005.
8	3	Carakasamhitā – Sūtra-sthānam (Tasyāśītiyādhyāya) Regimen of Six Seasons (Ṛtucharyā) : Hemanta (Early Winter), Śīśira (Winter),Vasanta (Spring), Grīṣma (Summer), Varṣā (Rainy) and Śarada (Autumn).	Singh R.H., Body, Mind, Spirit – Integrative Medicine in Ayurveda, Yoga and Nature Cure - Chowkhamba Surbharti Pratishthanam, Varanasi, I 2009 V.B. Athavale, Basic Principles of Āyurveda, ChaukhambaSanskrit Pratishthan New Delhi, 2005.
9	4	Diagnosis of illness (Roga-Parīṣaṇa) Eight ways to diagnose illness- Nāḍī (Pulse Examination), Mūtra (Urine Examination), Mala (Stool Examination), Jihvā (Tongue Examination), Śabda (Speech Examination), Sparśa (Touch Examination), Dṛk (Vision Examination), and Ākṣti (Appearance).	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016) Priya Vrat Sharma, Essentials of Āyurveda: Sodashanghrdayam, MotilalBanarsidass Publishers, 1999
10	5	Pancha kosha – the holistic concept of body in Indian Medicine	Singh R.H., Body, Mind, Spirit – Integrative Medicine in Ayurveda, Yoga and Nature Cure

		Based on Taittirīyopaniṣad - Bhṛ̥guvalli, Anuvāka- (1- 6)	- Chowkhamba Surbharti Pratishthanam, Varanasi, I 2009 V.B. Athavale, Basic Principles of Āyurveda, ChaukhambaSanskrit Pratishthan New Delhi, 2005.
11	6	Pancha kosha – the holistic concept of body in Indian Medicine Based on Taittirīyopaniṣad - Bhṛ̥guvalli, Anuvāka- (1- 6)	Singh R.H., Body, Mind, Spirit – Integrative Medicine in Ayurveda, Yoga and Nature Cure - Chowkhamba Surbharti Pratishthanam, Varanasi, I 2009 V.B. Athavale, Basic Principles of Āyurveda, ChaukhambaSanskrit Pratishthan New Delhi, 2005.
12	6	Taittirīyopaniṣad: Bhṛ̥guvallī, anuvāk 1- 6	Taittirīyopaniṣad- Jyoti Hindi Teeka by Kanhaiyalal Johi (2009)

Assessments of the Students:

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Class test is tentatively scheduled in the 10th week (weightage 10 marks)

Attendance (weightage 5 marks)

Total weightage of IA: 25 marks

Internal assessment: Assignments, class test, group discussions, presentations. (25 marks)

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Pedagogy/Teaching Methodology/Tools: Lectures, group discussions and mutual interactions of students take place in the classes. Students are encouraged to participate in presentations. Intermittently students are given home work to write on some issue of the syllabus and their write ups are discussed in the tutorial class. Tutorial classes also aim to do develop writing skills of students and improving their linguistic skills.

Bharati College
(University of Delhi)
Department of Sanskrit
Teaching Plan (August 2021- January 2022)

Course: Indian Culture and Social Issues

Teacher(s): Madhav Gopal

Semester: 3rd BA (H) Generic

Meetings: 5 meetings in a week for lectures and three for tutorials.

This is our generic paper that is offered to non-Sanskrit Honors students. It deals with salient elements of Indian culture and certain social issues that have their grounding in the ancient Sanskrit texts and still exist ubiquitously in the Indian society. Keeping in mind the uncomfotability of students in Sanskrit language, this paper is taught in Hindi and English media and reading materials include translated works from Sanskrit.

After completing the course the learners are expected to assimilate the nuances of Indian culture, evolution of different cultural traditions, adaptability with respect to foreign elements and undercurrent of Sanskrit-led culture in vernacular cultural life. They shall feel equipped with the weapons of logics to engage in significant socio-cultural issues.

Week	Unit	Topics covered	Required Readings
1	1	Concept of culture, culture vs.	Bharatiy Sanskriti by Kiran

		civilization, features of Indian culture	Tandon (2012), Chapter 1
2	1	features of Indian culture, culture in a multi-cultural society	Bharatiy Sanskriti by Kiran Tandon (2012), Chapter 9
3	2	Vedic civilization, Sindhu civilization,	Vedic Sahitya and Sanskriti by Baldev Upadhyay (2010), Chapters 12, 13, 14, 15 Pracheen Bharat ka Itihas tatha Sanskriti by KC Shrivastava (2000), Chapter 2,3
4	2	Sanskrit in Indo-Islamic tradition	Islām kā Sanskrit paramparā ko yogadāna (A conference Proceedings)
5	3	Pandavani, Vālmīki's Rāmāyaṇa, Bhāsa's Pratimānāṭakam,	History of Indian Literature by M. Winternitz, pp 481-495
6	3	Bhavabhūti's Uttarāmacaritam, Raghuvaṃśam of Kalidasa, Somadeva's Kathāsaritsāgara, Rāmāyaṇamañjari of Rājaśekhara	Sanskrit Sahitya ka Itihas by Umshankar Sharma Rishi
7	3	Ṛitusamhāra in folk music, Sanskrit themes in traditional dance forms in Kerala Yakṣagan Gītagovinda and Odissi	Website. Ministry of Culture, Government of India
8	3	Major agricultural and seasonal festivals of India and the Indian calendar – Bihu, Holi, Pongal, Makar Saṃkrāntī, Lohari, Onam, Baisakhi, Śrāvaṇī Pūrṇimā	Website, Ministry of Culture, Government of India
9	4	Concept of dharma, its evolving nature, sources for knowing dharma,	Medieval Hindu Law by A.D. Mathur, Chapter 1 and Classical Law of India by Robert Lingat, Chapter 1
10	4	Caste – Voices of challenge Traditional varṇahierarchy Vajrasūcī by Aśvaghoṣa	Vajrasūcī of Aśvaghoṣa by Ramesh Bharadwaj
11	5	Identity of women, questions of Draupadi and responses by various	Original relevant texts from <i>Mahabharata</i> with translations

		characters in Mahabharat	
12	6	Struggle to secure women's rights to property as depicted in smritis and their commentaries	Medieval Hindu Law by A.D. Mathur, Chapter 3 and YājñavalkyaSmṛti, Vyavahārādhyāya: Verse 135 with <i>Mitakshara</i>

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Bharati College
(University of Delhi)
Department of Sanskrit
Teaching Plan (November 2021- April 2022)

Course: Niti Literature (AECC)

Teacher(s): Madhav Gopal and Dr. Pratibha Tripathi

Semester: 1st BA (P) (AECC)

Meetings: 4 meetings per week for lectures

This course aims to get the students acquainted with the outline of Sanskrit Nīti literature through texts Pañcatantram and Nītiśatakam with the General Introduction to Sanskrit Literature. The students will learn the essence of the ways of life depicted and enjoined in the Niti Literature of Sanskrit language. They will also learn various aspects and forms of Sanskrit as one of the modern Indian Languages through the practice of easy and simple Sanskrit texts of Niti Literature. The storylines and the study and verses from the prescribed texts will instill in the students the moral and ethical values that will be an asset in the lived lives. They will be familiar with the general history of Sanskrit Literature and with the style and contents of the works of eminent literary figures like Bhasa, Kalidas, Bhavabhuti and Banabhatta etc.

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12	6	Revision of some major topics	

Assessments of the Students:

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Pedagogy/Teaching Methodology/Tools: Lectures, group discussions and mutual interactions of students take place in the classes. Students are encouraged to participate in presentations. Intermittently students are given home work to write on some issue of the syllabus and their write ups are discussed in the class.

Bharati College
(University of Delhi)
Department of Sanskrit
Teaching Plan (January 2022- May 2022)

Course: Grammar and Composition (Core)

Teacher(s): Madhav Gopal

Semester: 4th BA (P) Core MIL

Meetings: 5 in a week for lectures and three for tutorials.

This course aims to get the students to know the basics of Sanskrit Grammar, including rules of Sañjñā, Sandhi, Samāsa and Vibhaktyarth Prakaraṇa based on Laghusiddhāntakaumudī, a primer of Pāṇinian grammar. Besides, the students will be able to translate sentence and write short paras in Sanskrit from Hindi or English.

Week	Unit	Topics covered	Required Readings
1	1	yaṇ, guṇa, dirgha	Laghusiddhantakaumudi: Maheshwari Tika by MS Kushwaha (2013), ac sandhi prakaran
2	1	ayādi, vṛddhi and pūrvarūpa	Laghusiddhantakaumudi: Maheshwari Tika by MS Kushwaha (2013), ac sandhi prakaran
3	2	ścutva, ṣṭutva, anunāsikatva	Laghusiddhantakaumudi: Maheshwari Tika by MS Kushwaha (2013), hal sandhi

			prakaran
4	2	chatva and jaśtva	Laghusiddhantakaumudi: Maheshwari Tika by MS Kushwaha (2013), hal sandhi prakaran
5	3	utva, lopa, satva, rutva	Laghusiddhantakaumudi: Maheshwari Tika by MS Kushwaha (2013), visarga sandhi prakaran
6	4	Avyayībhāva	Laghusiddhantakaumudi: Maheshwari Tika by MS Kushwaha (2013), samasa prakaran
7	4	tatpuruṣa, bahuvrīhi and dvandva	Laghusiddhantakaumudi: Maheshwari Tika by MS Kushwaha (2013), samasa prakaran
8	5	kṛt pratyayas: tavyat, tavya, anīyar, yat, ṇyat, ṇvul, tṛc	Laghusiddhantakaumudi: Maheshwari Tika by MS Kushwaha (2013), kridanta prakaran
9	5	aṇ, kta, ktavatu, śatṛ, śānac, tumun, ktvā (lyap) and lyuṭ	Laghusiddhantakaumudi: Maheshwari Tika by MS Kushwaha (2013), kridanta prakaran
10	6	Sanskrit translation	Rachanaanuvaadakaumudi by KD Dwivedi (2011)
11	6	Paragraph writing in Sanskrit	Rachanaanuvaadakaumudi by KD Dwivedi (2011)
12	6	Essay writing in Sanskrit	Rachanaanuvaadakaumudi by KD Dwivedi (2011)

Assessments of the Students:

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2nd Assignment is due in the 7th week (weightage 5 marks)

Class test is tentatively scheduled in the 10th week (weightage 10 marks)

Attendance (weightage 5 marks)

Total weightage of IA: 25 marks

Internal assessment: Assignments, class test, group interaction, presentations. (25 marks)

(The main exam is conducted by the University of Delhi by a written test of 75 marks)

Pedagogy/Teaching Methodology/Tools: Lectures and mutual interactions of students take place in the classes. Students are encouraged to participate in communication practices. Intermittently students are given home work to solve some grammatical issues. Tutorial classes aim to do develop writing and communications skills of the students.

Bharati College
(University of Delhi)
Department of Sanskrit
Teaching Plan (January 2022- May 2022)

Course: Fundamentals of Indian Philosophy

Teacher(s): Dr. Madhav Gopal

Semester: 4th BA (H) Generic

Meetings: 5 in a week for lectures and three for tutorials.

Indian Philosophy teaches critical thinking, close reading, clear writing, and logical analysis. It develops the tools of logic and reason to analyze the ways in which the individual experiences the Universe. It guides the student to understand the language we use to describe the world, and our place within it. Different areas of philosophy are distinguished by the questions they ask. The most important reason to study philosophy is that it is of enormous and enduring interest. Philosophy is important, but it is also enormously enjoyable in which students are provided with the tools and the opportunity to develop and express their own philosophical views.

Week	Unit	Topics covered	Required Readings
1	1	Concept of Philosophy, Indian Philosophical schools	Bharatiy Darshan ki Rooprekha by H.P. Sinha (2018), Chapter 1
2	1	Epistemology	Bharatiy Darshan ki Rooprekha by H.P. Sinha (2018), Chapter 10, 14
3	2	Realism, Idealism, Causation – Satkaryavada, Asatkaryavada, Parinamavada, Vivartavada, Svabhavavada,	Bharatiy Darshan ki Rooprekha by H.P. Sinha (2018), Chapter 12, 15, and Bharatiy Darshan: Ek Parichay by DK Jha (2015)

			Chapter 2, 5
4	2	Consciousness and matter, theories of self, Karma & Punarjanma theory, Liberation	Bharatiy Darshan ki Rooprekha by H.P. Sinha (2018), Chapter
5	3	Cārvāka and Jainism, Four Noble Truths	Bharatiy Darshan ki Rooprekha by H.P. Sinha (2018), Chapter 7, 8, 9
6	4	Prakṛti, three Guṇas & Puruṣa in Samkhya philosophy	Bharatiy Darshan ki Rooprekha by H.P. Sinha (2018), Chapter 12
7	4	Eight fold path of Yoga	Bharatiy Darshan ki Rooprekha by H.P. Sinha (2018), Chapter 13
8	5	Nyāya Vaiśeṣika: Seven Padarthas, Mīmāṃsā - Svataḥ Prāmāṇyavāda	Bharatiy Darshan ki Rooprekha by H.P. Sinha (2018), Chapter 11, 14
9	6	Brahman, Māyā, Jīva and Jagat	Bharatiy Darshan ki Rooprekha by H.P. Sinha (2018), Chapter 15
10	6	Bhakti Schools of Vedānta	Bharatiy Darshan: Alochan aur Anusheelan by C.D. Sharma (2004), Chapter 18, 19
11	6	Bhakti Schools of Vedānta	Bharatiy Darshan: Alochan aur Anusheelan by C.D. Sharma (2004), Chapter 18, 19
12	6	Revision of major topics	

Assessments of the Students:

1st Assignment is due in the fourth week (weightage 5 marks)

2nd Assignment is due in the 7th week (weightage 5 marks)

Class test is tentatively scheduled in the 10th week (weightage 10 marks)

Attendance (weightage 5 marks)

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Pedagogy/Teaching Methodology/Tools: Lectures, group discussions and mutual interactions of students take place in the classes. Students are encouraged to participate in presentations. Intermittently students are given home work to write on some issue of the syllabus and their write ups are discussed in the tutorial class. Tutorial classes also aim to do develop writing skills of students and improving their linguistic skills.

Bharati College
(University of Delhi)
Department of Sanskrit
Teaching Plan (January 2022- May 2022)

Course: Environmental Awareness in Sanskrit Literature

Teacher(s): Dr. Parveen Bala and Dr. Madhav Gopal

Semester: 6th BA (H) Sanskrit

Meetings: 5 in a week for lectures and three for tutorials.

The main objective of this course is to make the students acquainted with the basic concept of Indian Environmental Science and salient features of environmental awareness as reflected in Vedic and Classical Sanskrit literature. Nature- friendly thoughts in Sanskrit Literature have benefited human race for long. Many religious practices were framed by ancient thinkers as a tool to protect nature and natural resources. After completing this course, students will realize that they are a part of nature and nature belongs to all creatures; therefore, they should be more careful about the utilization and preservation of natural resources. This will make them better citizens of the world.

Week	Unit	Topics covered	Required Readings
1	1	Concepts of Ecology, Paryavarana, Prakriti Vijnana, Jaiva Jagat and Ajaiva Jagat, Environment and Human Civilization	Paryavaran Adhyayan by Irak Bharucha (2013), and Sanskrit Sahitya mein Paryavaran Chetna by Dhananjay Vasudev Dwivedi (2012)
2	1	Global warming, Climate change, Ozone depletion, Pollution, Deforestation, flood, draught, earthquake	Paryavaran Adhyayan by Irak Bharucha (2013)
3	2	Concept of mother earth, protection and preservation of mother nature,	Sanskrit Sahitya mein Paryavaran Chetna by Dhananjay Vasudev

		planting trees in forests, and water preservation techniques as propounded in the Sanskrit Literature	Dwivedi (2012)
4	2	Buddhist and Jain concepts of ecology, protection of trees, love for animals and birds.	Sanskrit Sahitya mein Paryavaran Chetna by Dhananjay Vasudev Dwivedi (2012)
5	3	Divinity to Nature, Co-ordination between all natural powers of universe; Cosmic order 'ṛta' as the guiding force for environment of whole universe (Ṛgveda, 10.85.1); Equivalent words for Environment in Atharvaveda: 'Vṛtavṛtā'(12.1.52), 'Abhivārah,'(1.32.4.), 'Āvṛtāḥ' (10.1.30), 'Parīvṛtā' (10.8.31); five basic elements of universe covered by environment : Earth, Water, Light, Air, and Ether. (Aitareya Upaniṣad 3.3)	Sanskrit, Sanskriti evam Paryavaran by Pravesh Saxena, (Ṛgveda, 10.85.1); 'Vṛtavṛtā'(12.1.52), 'Abhivārah,'(1.32.4.), 'Āvṛtāḥ' (10.1.30), 'Parīvṛtā' (10.8.31); Aitareya Upanishad
6	3	Three constituent elements of environment known as 'Chandānsi': Jala (water), Vāyu (air), and Oṣadhi (plants) (Atharvaveda, 18.1.17); Natural sources of water in five forms: rain water(Divyāḥ),natural spring(Sravanti), wells and canals (Khanitrimāḥ), lakes (Svayamjāḥ) and rivers(Samudrārthāḥ) - Ṛgveda, 7.49.2.	Atharvaveda, 18.1.17 Ṛgveda, 7.49.2
7	4	Five elementary sources of environment preservation: Parvata (mountain), Soma (water), Vayu (air), Parjanya (rain) and Agni (fire)- Atharvaveda, 3.21.10; Environment Protection from Sun (Ṛgveda,1.191.1-16,Atharvaveda,2.32.1-6, Yajurveda,4.4,10.6); Congenial atmosphere for the life created by the Union of herbs and plants with sun	Atharvaveda, 3.21.10 Ṛgveda,1.191.1-16,Atharvaveda,2.32.1-6, Yajurveda,4.4,10.6 Atharvaveda,5.28.5

		rays (Atharvaveda,5.28.5)	
8	4	Importance of plants and animals for preservation of global ecosystem; (Yajurveda ,13.37); Eco friendly environmental organism in Upaniṣads (Bṛhadāraṇyaka Upaniṣad, 3.9.28, Taittirīya Upaniṣad,5.101, Ísopaniṣad,1.1)	Yajurveda ,13.37 Bṛhadāraṇyaka Upaniṣad, 3.9.28, Taittirīya Upaniṣad,5.101, Ísopaniṣad,1.1
9	5	Planting of Trees in Purāṇas as a pious activity (Matsya Purāṇa, 59.159;153.512 ; Varāha Purāṇa 172. 39), Various medicinal trees to be planted in forest by king (Śukranīti,4.58-62) Plantation of new trees and preservation of old trees as royal duty of king (Arthaśāstra, 2.1.20); Punishments for destroying trees and plants (Arthaśāstra,3.19), Plantation of trees for recharging underground water (Bṛhatsamhitā, 54.119)	Matsya Purāṇa, 59.159;153.512 ; Varāha Purāṇa 172. 39 Śukranīti,4.58-62 Arthaśāstra, 2.1.20 Arthaśāstra,3.19 Bṛhatsamhitā, 54.119
10	5	Various types of water canals 'Kulyā' for irrigation : canal originated from river 'Nādimatṛ mukha kulyā', canal originated from nearby mountain 'Parvataparsva vartini kulyā', canal originated from pond,'Hṛdasṛta kulyā, Preservation of water resources 'Vāpi –kūpa –taḍāga' (Agnipuraṇa, 209-2; Valmīki Ramayana, 2.80.10-11); Water Harvesting system in Arthaśāstra (2.1.20-21); Underground Water Hydrology in Bṛhatsamhitā (Dakāgalādhyāya, chapter-54)	Agnipuraṇa, 209-2; Valmīki Ramayana, 2.80.10-11 Sanskrit, Sanskriti evam Paryavaran by Pravesh Saxena
11	6	Eight elements of Environment and concept of 'Aṣṭamūrti' Śiva (Abhijñānaśākuntalam); Preservation of forest, water resources, natural resources; protection of animals, birds and plant in Kalidasa's works	Pracheen Bharat mein Paryavaran Chintan by Vandana Rastogi

12	6	Environmental awareness in Abhijñānaśākuntalam Drama, Eco-system of Indian monsoon in Meghdūta, Seasonal weather conditions of Indian sub-continent in Ṛusamhara, Himalayan ecology in Kumārasambhava	Pracheen Bharat mein Paryavaran Chintan by Vandana Rastogi
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Assessments of the Students:

1st Assignment is due in the fourth week (weightage 5 marks)

2nd Assignment is due in the 7th week (weightage 5 marks)

Class test is tentatively scheduled in the 10th week (weightage 10 marks)

Attendance (weightage 5 marks)

Total weightage of IA: 25 marks

Internal assessment: Assignments, class test, group discussions, presentations. (25 marks)

(The main exam is conducted by the University of Delhi by a written test of 75 marks)

Pedagogy/Teaching Methodology/Tools: Lectures, group discussions and mutual interactions of students take place in the classes. Students are encouraged to participate in discussing global environmental problems and finding Vedic solutions. Intermittently students are given home work to write on some issue of the syllabus and their write ups are discussed in the tutorial class. Tutorial classes also aim to do develop writing skills of students and improving their linguistic skills.

Bharati College
(University of Delhi)
Department of Sanskrit
Teaching Plan (July 2022- November 2022)

Course: Fundamentals of Ayurveda

Teachers: Dr. Madhav Gopal and Dr. Chandan Kumar Jha

Semester: 5th BA (H) DSE

Meetings: 5 meetings in a week for lectures and three for tutorials.

Āyurveda is the most ancient but alive traditional healthcare system in India. Through the classroom lectures and discussions, this course will introduce students to the theory of Āyurveda. The major objective is to make them understand the basic principles and concepts of preventative and curative medicines, health maintenance, diet and nutrition, usage of commonly used spices and herbs and therapeutic procedures in Āyurveda.

Graduates who read this course should be able to know the ancient tradition of Indian Medicine system, which has focused not only to the physical health but a healthy lifestyle. They will know the history of Āyurveda through original sources of ancient medicine system enshrined in Sanskrit texts like Charaka Saṁhitā, Śuśruta Saṁhitā, Aṣṭāṅga H•daya etc. and they will also get the basic knowledge of eight departments of Āyurveda. Students will get acquainted with the basic concepts of Trigūṇa, Pancamahābhūtas , Tridoṣas, Saptadhātus, Trayodosāgni, Trimalas, SvasthaVṛtta etc. which will help students to develop Āyurvedic understanding of lifestyle and concepts of preventive medicine. Āyurveda prescribes different food habits in different seasons. After reading this section students will be able to understand seasonal regimen & social conduct and its effect on health. It will develop their understanding of Health and Disease as explained in Āyurveda, and the way of diagnosing the illness. Our Ṛṣis were not only concerned about the physical health of individuals but also about the holistic health i.e. including mental, social and spiritual well being. By reading Taittirīyopaniṣad - Bh•guvalli students would develop a more balanced approach towards life.

Week	Unit	Topics covered	Required Readings
1	1	Introduction to Āyurveda History of Indian Medicine in the pre-caraka period,	Singh R.H., Body, Mind, Spirit – Integrative Medicine in Ayurveda, Yoga and Nature Cure - Chowkhamba Surbharti Pratishthanam, Varanasi, I 2009 V.B. Athavale, Basic Principles of Āyurveda, Chaukhamba Sanskrit Pratishthan New Delhi, 2005.
2	1	The two schools of Āyurveda: Dhanvantari and Punarvasu. Main Ācāryas of Āyurveda – Mādhava, Sārṅgadhara and Bhāvamiśra.	Singh R.H., Body, Mind, Spirit – Integrative Medicine in Ayurveda, Yoga and Nature Cure - Chowkhamba Surbharti Pratishthanam, Varanasi, I 2009 V.B. Athavale, Basic Principles of Āyurveda, Chaukhamba Sanskrit Pratishthan New Delhi, 2005.
3	2	Eight branches of Āyurveda (aṣṭāṅga Āyurveda): 6. Kāyçikitsā (General Medicine) 7. Kaumārabhr̥tya (Pediatrics) 8. śalyatantra (Surgery) 9. Śālākya-Tantra (Ent. and Ophthalmology)	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)
4	2	10. Bhūta Vidyā (Psychiatry Medicine). 9. Viṣa Vijñāna (Toxicology). 10. Rasāyana (Rejuvenates). 11. Vajīkaraṇa (Aphrodisiac).	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)
5	3	The Trigūṇas: Sattva, Rajas and Tamas. The Pañcamahābhūtas: Ākāśa (Space), Vāyu (Air), Teja or Agni (Fire), Jala (Water) and Pṛthivī (Earth).	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)

		The Tridoṣas: Vāta,Pitta and Kapha.	
6	3	<p>The Saptadhātus: Rasa (fluid), Rakta(blood), Māṁsa, Meda (fat),Asthi, Majjā and Śukra.</p> <p>The Trayadosāgni: Jatharāgni (gastric fire), Saptadhātvāgni and Pañcabhūtāgni.</p> <p>The Trimalas: Purīṣā (faeces),Mūtra (urine) and Sveda (sweat).</p>	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)
7	3	<p>Understanding Health and Disease in Āyurveda,</p> <p>SvasthaVṛtta (Preventive Medicine): Seasonal regimen & Social Conduct and its effect on health.</p>	<p>Singh R.H., Body, Mind, Spirit – Integrative Medicine in Ayurveda, Yoga and Nature Cure - Chowkhamba Surbharti Pratishthanam, Varanasi, I 2009</p> <p>V.B. Athavale, Basic Principles of Āyurveda, ChaukhambaSanskrit Pratishthan New Delhi, 2005.</p>
8	3	<p>Carakasamhitā – Sūtra-sthānam (Tasyāśītiyādhyāya)</p> <p>Regimen of Six Seasons (Rtucharyā) : Hemanta (Early Winter), Śīśira (Winter),Vasanta (Spring), Grīṣma (Summer), Varṣā (Rainy) and Śarada (Autumn).</p>	<p>Singh R.H., Body, Mind, Spirit – Integrative Medicine in Ayurveda, Yoga and Nature Cure - Chowkhamba Surbharti Pratishthanam, Varanasi, I 2009</p> <p>V.B. Athavale, Basic Principles of Āyurveda, ChaukhambaSanskrit Pratishthan New Delhi, 2005.</p>
9	4	<p>Diagnosis of illness (Roga-Parīṣaṇa)</p> <p>Eight ways to diagnose illness- Nāḍī (Pulse Examination), Mūtra (Urine Examination), Mala (Stool Examination), Jihvā (Tongue Examination), Śabda (Speech Examination), Sparśa (Touch Examination), Dṛk (Vision Examination), and Ākṣti (Appearance).</p>	<p>A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)</p> <p>Priya Vrat Sharma, Essentials of Āyurveda: Sogasanghrdayam, MotilalBanarsidass Publishers, 1999</p>
10	5	<p>Pancha kosha – the holistic concept of body in Indian Medicine</p> <p>Based on Taittirīyopaniṣad - Bhāguvalli,</p>	<p>Singh R.H., Body, Mind, Spirit – Integrative Medicine in Ayurveda, Yoga and Nature Cure - Chowkhamba Surbharti</p>

		Anuvāka- (1- 6)	Pratishthanam, Varanasi, I 2009 V.B. Athavale, Basic Principles of Āyurveda, ChaukhambaSanskrit Pratishthan New Delhi, 2005.
11	6	Pancha kosha – the holistic concept of body in Indian Medicine Based on Taittirīyopaniṣad - Bhṛṅguvalli, Anuvāka- (1- 6)	Singh R.H., Body, Mind, Spirit – Integrative Medicine in Ayurveda, Yoga and Nature Cure - Chowkhamba Surbharti Pratishthanam, Varanasi, I 2009 V.B. Athavale, Basic Principles of Āyurveda, ChaukhambaSanskrit Pratishthan New Delhi, 2005.
12	6	Taittirīyopaniṣad: Bhṛṅguvalli, anuvāk 1- 6	Taittirīyopaniṣad- Jyoti Hindi Teeka by Kanhaiyalal Johi (2009)

Assessments of the Students:

1st Assignment is due in the fourth week (weightage 5 marks)

2nd Assignment is due in the 7th week (weightage 5 marks)

Class test is tentatively scheduled in the 10th week (weightage 10 marks)

Attendance (weightage 5 marks)

Total weightage of IA: 25 marks

Internal assessment: Assignments, class test, group discussions, presentations. (25 marks)

(The main exam is conducted by the University of Delhi by a written test of 75 marks)

Pedagogy/Teaching Methodology/Tools: Lectures, group discussions and mutual interactions of students take place in the classes. Students are encouraged to participate in presentations. Intermittently students are given home work to write on some issue of the syllabus and their write ups are discussed in the tutorial class. Tutorial classes also aim to do develop writing skills of students and improving their linguistic skills.

Bharati College
(University of Delhi)
Department of Sanskrit
Teaching Plan (July 2022- November 2022)

Course: Indian Perspectives on Personality Development

Teacher(s): Dr. Madhav Gopal and Dr. Bindia Trivedi

Semester: 5th BA (P) DSE-2

Meetings: 5 meetings in a week for lectures and one for tutorials.

Indian philosophical tradition advocates an integrated approach to human personality where material and psychological growth complement each other. This course seeks to introduce some theoretical concepts and practical techniques for development of the human person.

Week	Unit	Topics covered	Required Readings
1	1	Historical Perspective : Ṛigveda, 1.164.37;	Ṛigveda, Swami Dayanand Saraswati (Author)
2	1	Chāndogyopaniṣad, VI. 2.3, VI.8.6, VIII.1.4 Bṛhadāraṇyakopaniṣad, II.5.18-19	1. Chāndogyopaniṣad, Gita press Gorakhpur 2. The Chāndogyopaniṣad by Rājendralāla Mitra (Raja) Bharatiya Kala Prakashan, 2001 3. The Upnishads by Eknath Easwaran, Jaico Books.
3	2	Concept of a person, Gītā, Chapter:1, Verses:1-30 Jīva as Core and Eight-fold Nature as Cover	1. Radhakrishana, The Bhagvadgītā. 2. Gītā with Hindi Translation, Gita Press, Gorakhpur.
4	2	Kṣetrajña as Core and Kṣetra as Cover Chapter-13, Verses-1-2, Chapter-13, Verses: 5-6, Chapter-13, Verses-19-23. Akṣara as Core and Kṣara as Cover,	1. Radhakrishana, The Bhagvadgītā. 2. Gītā with Hindi Translation, Gita Press, Gorakhpur.

		Chapter-15, Verses:7-11 and 6-19).	
5	3	Personality Types Gītā, Chapter-14, Verses:5-14,	1. Radhakrishana, The Bhagvadgītā. 2. Gītā with Hindi Translation, Gita Press, Gorakhpur.
6	3	Chapter-17, Verses:2-6, Chapter-17, Verses:11.21	1. Radhakrishana, The Bhagvadgītā. 2. Gītā with Hindi Translation, Gita Press, Gorakhpur.
7	3	Measures for behavioral Improvement - Part -I Control of Senses and Mind (Gītā: Chapter-2, Verses:59-60, 64 and 68.	1. Radhakrishana, The Bhagvadgītā. 2. Gītā with Hindi Translation, Gita Press, Gorakhpur.
8	3	Measures for behavioral Improvement - Part -I Control of Senses and Mind Chapter:3, Verses:41-43, Chapter: 6, Verses:19- 23.	1. Radhakrishana, The Bhagvadgītā. 2. Gītā with Hindi Translation, Gita Press, Gorakhpur.
9	4	Measures for behavioral Improvement - Part -II Right Faith (Gītā, Chapter: 9, Verses:3, 22, 23-28, 30-34) Recognition of Svadharma - Inner Urge; (Gītā, Chapter: 2, Verses:31,41-44.	1. Radhakrishana, The Bhagvadgītā. 2. Gītā with Hindi Translation, Gita Press, Gorakhpur.
10	4	Measures for behavioral Improvement - Part -II Chapter:3, Verses:4, 5, 8, 9, 27-30, 33-34, Chapter:4, Verses:18-22, Chapter:5, Verses:11-12, Chapter:7, Verses:15, 18, 20- 23, 27-29)	1. Radhakrishana, The Bhagvadgītā. 2. Gītā with Hindi Translation, Gita Press, Gorakhpur.
11	5	Measures for behavioral Improvement - Part -III Channelizing Innate Urges on Social Lines: (Gītā, Chapter:18, Verses:41- 51)	1. Radhakrishana, The Bhagvadgītā. 2. Gītā with Hindi Translation, Gita Press, Gorakhpur.
12	6	Measures for behavioral Improvement - Part -III Channelizing Innate Urges on Social Lines: (Gītā, Chapter:18, Verses:52- 62)	1. Radhakrishana, The Bhagvadgītā. 2. Gītā with Hindi Translation, Gita Press, Gorakhpur.

Assessments of the Students:

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2nd Assignment is due in the 7th week (weightage 5 marks)

Class test is tentatively scheduled in the 10th week (weightage 10 marks)

Attendance (weightage 5 marks)

Total weightage of IA: 25 marks

Internal assessment: Assignments, class test, group discussions, presentations. (25 marks)

(The main exam is conducted by the University of Delhi by a written test of 75 marks)

Pedagogy/Teaching Methodology/Tools: Lectures, group discussions and mutual interactions among students are the regular activity in classes. Students are encouraged to participate in presentations and teaching learning activity. Intermittently students are given homework to improve their writing skills from the syllabus and the same are discussed in the tutorial class. Tutorial classes also aim to do develop writing skills of students and improving their linguistic skills.