

**RASHTRIYA SANSKRIT VIDYAPEETHA : TIRUPATI**  
**(DEEMED TO BE UNIVERSITY)**  
**DIRECTORATE OF DISTANCE EDUCATION**

**B.A 1<sup>st</sup> Year Syllabus : 2018-19**

**Part I**

**1<sup>st</sup> Language ENGLISH**

**Marks: 100**

**Paper -1**

1. Fantasy – A Collection of Short Stories  
[Lessons 1-10] By V. Sasi Kumar, Orient Longman, 2005
2. Grammar: (A) Tenses (B) Modals  
C) Articles D) Prepositions
3. Writing Skills:
  - a) Narration: I person to III person Vice versa
  - b) Dialogue writing (based on the syllabus of Speaking skills)
4. Speaking Skills (Internal Assessment)
  - (a) a. Introducing & greeting each other b. Asking and giving permission
  - c. Asking and giving directions d. Invitation & reply
  - e. Offer of help

**Reference Books :**

- *Macmillan Grammar – A Hand Book , A. E. Augustine & K. V. Joseph, Macmillan, Chennai, 1988.*
  - *Build Your Grammar by V. Sujatha, Rashtriya Sanskrit Vidyapeetha, Tirupati, 2007.*
  - *Communication Practice by V. Sujatha, Rashtriya Sanskrit Vidyapeetha, Tirupati, 2007*
- .....

**Part II - (Optional)**

**2<sup>nd</sup> Language - SANSKRIT**

**Marks: 100**

**Paper – 2**

- क) रघुवंशम् (पञ्चमसर्गः) (कालिदासकृतम्) ५० M  
सहायकग्रन्थः - १) रघुवंशम् (सञ्जीवनी-चन्द्रकलाटीकोपेतम्) श्रीकृष्णमणित्रिपाठीसम्पादितम्,  
चौखम्बासुरभारतीप्रकाशनम्, वाराणसी  
२) रघुवंशमहाकाव्यम् मल्लिनाथकृता सञ्जीवनीव्याख्या –  
Chaukhamba Vidya Prakashan, Varanasi
- ख) महाकविदण्डिविरचितं दशकुमारचरितम् (पूर्वपीठिका) ५० M  
सहायकग्रन्थः - दशकुमारचरितम् (पूर्वपीठिकामात्रम्) (प्रदीपिकासंस्कृत-हिन्दीव्याख्याविभूषितम्)  
भारतीयविद्याप्रकाशनम्, दिल्ली.

Sastri 1st Year Part – I 2<sup>nd</sup> Language MalayalamMalayalam 2<sup>nd</sup> Language**Pattern of Marks :**

A.	<b>സ്വപ്ന വാസവദത്തം</b> (Swapna Vasavadatam) Drama				
	1.	(Out of 2 questions) x 10	=	10 Marks	
	2.	(Out of 4 questions) x 5	=	10 Marks	
	5.	(Objective type questions) x 1	=	<u>05 Marks</u>	
					<b>25 Marks</b>
B.	<b>ഗദ്യമാലിക</b> (Gadyamalika) Essays				
	1.	(Out of 2 questions) x 10	=	10 Marks	
	2.	(Out of 4 questions) x 5	=	10 Marks	
	5.	(Objective type questions) x 1	=	<u>05 Marks</u>	
					<b>25 Marks</b>
C.	<b>ഇന്നലെകൾ</b> (Innalekal)				
	1.	(Out of 2 questions) x 10	=	10 Marks	
	2.	(Out of 4 questions) x 5	=	10 Marks	
	5.	(Objective type questions) x 1	=	<u>05 Marks</u>	
					<b>25 Marks</b>
D.	<b>കഥാപർവ്വം</b> (Kathaparvam)				
	1.	(Out of 2 questions) x 10	=	10 Marks	
	2.	(Out of 4 questions) x 5	=	10 Marks	
	5.	(Objective type questions) x 1	=	<u>05 Marks</u>	
					<b>25 Marks</b>
	Total	A	B	C	D
		25	+	25	+
		25	+	25	+
		25	+	25	
					=
					<b>100 Marks</b>

**Syllabus :**

- A. **സ്വപ്ന വാസവദത്തം** - എ.ആർ. രാജരാജവർമ്മ  
(Swapna Vasavadatam – A.R. Raja Raja Varma)
- B. **ഗദ്യമാലിക** (Collection of Essays)  
Published by University of Calicut
1. സാഹിത്യത്തിലെ സ്ത്രീ - ജോസഫ് മുണ്ടശ്ശേരി
  2. ശൈലിയെപ്പറ്റി ചില ചിന്തകൾ - എസ്. ഗുപ്തൻനായർ
  3. മനസ്സും മാധ്യമങ്ങളും - എം.എൻ. വിജയൻ
  4. അപ്രാപ്യമായി ഒരു വിതാനം - കെ.പി. ശങ്കരൻ
  5. സാഹിത്യനിരൂപകന്റെ സ്വകാര്യലോകം - കെ.പി. അപ്പൻ

C. **ഇന്നലെകൾ (Essays)**

Published by University of Calicut

1. ഒന്നാം ലോകമഹായുദ്ധം - കേശവദേവ്
2. എഴുത്തിന്റെ ഇറ്റിറ്റില്ലം - ലളിതാംബിക അന്തർജ്ജനം
3. അക്കാലത്ത് ഒരു സംഭവം - വൈലോപ്പിള്ളി ശ്രീധരമേനോൻ
4. കേളപ്പജിയുടെ നാടകം - തീക്കൊടിയൻ
5. അന്ധവിശ്വാസങ്ങളും വിശ്വാസങ്ങളും - പവനൻ

D. **കഥാപർവ്വം (Malayalam Short Stories)**

1. ജന്മദിനം - വൈക്കം മുഹമ്മദ് ബഷീർ
2. മരപ്പാവകൾ - കാരൂർ നീലകണ്ഠപ്പിള്ള
3. വാനപ്രസ്ഥം - എം.ടി. വാസുദേവൻനായർ
4. ഒരിടത്ത് - സക്കറിയ
5. ഇങ്ങനെയാണ് നമ്മൾ - ഗ്രേസി

## Paper – 1 (C) Common paper Compulsory

### History of Vedic Literature

Marks: 50

रामचन्द्रमिश्रविरचितः संस्कृतसाहित्येतिहासः

- |              |               |                   |
|--------------|---------------|-------------------|
| १) वेदाः     | २) वेदाङ्गानि | ३) पुराणानि,      |
| ४) रामायणम्, | ५) महाभारतम्, | ६) कथासाहित्यम् च |

मूलग्रन्थः - रामचन्द्रमिश्रविरचितः संस्कृतसाहित्येतिहासः चौखम्बासुरभारतीप्रकाशनम्, के. ३७/११७,  
गोपालमन्दिरलैन्, वाराणसी - २२१ ००१.

## Paper – 1 (D) Common paper Compulsory

### Environmental Studies

Marks: 50

#### Paper - 1

##### Unit 1: Introduction to environmental studies

- Multidisciplinary nature of environmental studies;
- Scope and Importance; Need for Public Awareness;
- Institutions related to Environment, Famous Personalities in Environment.
- Concept of sustainability and sustainable development.

##### Unit 2: Ecosystems

- What is an ecosystem? Structure and function of ecosystem; Energy flow in an ecosystem: food chains, food webs and ecological succession. Case studies of the following ecosystems :
  - a) Forest ecosystem
  - b) Grassland ecosystem
  - c) Desert ecosystem
  - d) Aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries)

##### Unit 3: Natural Resources: Renewable and Non-renewable Resources

- Land resources and land use change; Land degradation, soil erosion and desertification.
- Deforestation: Causes and impacts due to mining, dam building on environment, forests, biodiversity and tribal populations.
- Water: Use and over-exploitation of surface and ground water, floods, droughts, conflicts over water (international & inter-state).
- Energy resources: Renewable and non-renewable energy sources, use of alternate energy sources, growing energy needs, case studies.

##### Unit 4: Environmental Pollution

- Environmental pollution: types, causes, effects and controls; Air, water, soil and noise pollution
- Nuclear hazards and human health risks
- Solid waste management: Control measures of urban and industrial waste.
- Pollution case studies.

##### Unit 5: Biodiversity and Conservation

- Levels of biological diversity: genetic, species and ecosystem diversity; Biogeographic zones of India; Biodiversity patterns and global biodiversity hot spots.
- India as a mega-biodiversity nation; Endangered and endemic species of India.

- Threats to biodiversity: Habitat loss, poaching of wildlife, man---wildlife conflicts, biological invasions; Conservation of biodiversity: In---situ and Ex---situ conservation of biodiversity.
- Ecosystem and biodiversity services: Ecological, economic, social, ethical, aesthetic and Informational value.

#### Unit 6: Environmental Policies & Practices

- Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture.
- Environment Laws: Environment Protection Act; Air (Prevention & Control of Pollution) Act; Water (Prevention and control of Pollution) Act; Wildlife Protection Act; Forest Conservation Act. International agreements: Montreal and Kyoto protocols and Convention on Biological Diversity (CBD).
- Nature reserves, tribal populations and rights, and human wildlife conflicts in Indian context.

#### Unit 7: Human Communities and the Environment

- Human population growth: Impacts on environment, human health and welfare.
- Resettlement and rehabilitation of project affected persons; case studies.
- Disaster management: floods, earthquake, cyclones and landslides.
- Environmental movements: Chipko, Silent valley, Bishnois of Rajasthan.
- Environmental ethics: Role of Indian and other religions and cultures in environmental conservation.
- Environmental communication and public awareness, case studies (e.g., CNG vehicles in Delhi).

#### Unit 8: Field work

- Visit to an area to document environmental assets: river/ forest/ flora/fauna, etc.
- Visit to a local polluted site---Urban/Rural/Industrial/Agricultural.
- Study of common plants, insects, birds and basic principles of identification.
- Study of simple ecosystems---pond, river, Delhi Ridge, etc.

#### References:

1. Carson, R. 2002. *Silent Spring*. Houghton Mifflin Harcourt.
2. Gadgil, M., & Guha, R. 1993. *This Fissured Land: An Ecological History of India*. Univ. of California Press.
3. Gleeson, B. and Low, N. (eds.) 1999. *Global Ethics and Environment*, London, Routledge.
4. Gleick, P. H. 1993. *Water in Crisis*. Pacific Institute for Studies in Dev., Environment & Security. Stockholm Env. Institute, Oxford Univ. Press.
5. Groom, Martha J., Gary K. Meffe, and Carl Ronald Carroll. *Principles of Conservation Biology*. Sunderland: Sinauer Associates, 2006.
6. Grumbine, R. Edward, and Pandit, M.K. 2013. Threats from India's Himalaya dams. *Science*, 339: 36---37.
7. McCully, P. 1996. *Rivers no more: the environmental effects of dams*(pp. 29---64). Zed Books.
8. McNeill, John R. 2000. *Something New Under the Sun: An Environmental History of the Twentieth Century*.
9. Odum, E.P., Odum, H.T. & Andrews, J. 1971. *Fundamentals of Ecology*. Philadelphia: Saunders.
10. Pepper, I.L., Gerba, C.P. & Brusseau, M.L. 2011. *Environmental and Pollution Science*. Academic Press.
11. Rao, M.N. & Datta, A.K. 1987. *Waste Water Treatment*. Oxford and IBH Publishing Co. Pvt. Ltd.
12. Raven, P.H., Hassenzahl, D.M. & Berg, L.R. 2012. *Environment*. 8th edition. John Wiley & Sons.
13. Rosencranz, A., Divan, S., & Noble, M. L. 2001. *Environmental law and policy in India. Tripathi 1992*.
14. Sengupta, R. 2003. *Ecology and economics: An approach to sustainable development*. OUP.
15. Singh, J.S., Singh, S.P. and Gupta, S.R. 2014. *Ecology, Environmental Science and Conservation*. S. Chand Publishing, New Delhi.
16. Sodhi, N.S., Gibson, L. & Raven, P.H. (eds). 2013. *Conservation Biology: Voices from the Tropics*. John Wiley & Sons.
17. Thapar, V. 1998. *Land of the Tiger: A Natural History of the Indian Subcontinent*.
18. Warren, C. E. 1971. *Biology and Water Pollution Control*. WB Saunders.
19. Wilson, E. O. 2006. *The Creation: An appeal to save life on earth*. New York: Norton.
20. World Commission on Environment and Development. 1987. *Our Common Future*. Oxford University Press.

## Part II - 1<sup>st</sup> ELECTIVES

SAHITYA

(Compulsory)

Paper -1

Marks : 100

विद्यानाथप्रणीतं प्रतापरुद्रीयम् (नायक-काव्य , गुण-दोषप्रकरणानि)

सहायकग्रन्थाः - १. प्रतापरुद्रीयम् (रत्नापणसंस्कृत-बालक्रीडाहिन्दीव्याख्यायुतम्)

मधुसूदनशास्त्रीसम्पादितः, कृष्णदास अकादमी, वाराणसी - २२१ ००१

२. प्रतापरुद्रीयम् - राघवन् वि.सम्पादितम्, The Sanskrit Education Society, Madras

Paper -2

Marks : 100

क) माघविरचितं शिशुपालवधम् (प्रथमसर्गः)

सहायकग्रन्थः - १. शिशुपालवधम् , पण्डितजगन्नाथशास्त्री तैलङ्गसम्पादितम्, भारतीयविद्याप्रकाशनम्, दिल्ली

२. शिशुपालवधम् - मल्लीनाथसूरीटीकोपेतम्, कुम्बकोणम्, शारदाविलास, प्रेस्, १९९२

३. शिशुपालवधम्, रामजीलालशर्मासम्पादितम्, चौखम्बासुरभारती, दिल्ली

ख) चम्पूरामायणम् - सुन्दरकाण्डः - भोजदेवकृतः

सहायकग्रन्थः - १. रामायणचम्पूः - कम्पाइलर - ए.वरदराजन्, संस्कृतभाषाप्रचारिणीसभा, चित्तोर - १९७८

२. रामायणचम्पूः - रामचन्द्रमिश्रसम्पादितः - चौखम्बाविद्याभवनम्, वाराणसी

३. रामायणचम्पूः - सुरीलक्ष्मण-बुधेन्द्ररामचन्द्रव्याख्यासहितः चौखम्बासंस्कृतसंस्थानम्, वाराणसी - १९८२

## Part II – 2<sup>nd</sup> ELECTIVES

English Literature

(OPTIONAL)

Paper -1

Marks : 100

Novel – Pride and Prejudice by Jane Austen

Reference Books:

1. Aspects of the Novel by E. M. Forster, London, Edwin Arnold, 1974

2. The Anatomy of Novel by Marjorie Boulton, Kalyani publications, New Delhi

Novel - The Guide by R. K. Narayan

Reference Books:

1. Aspects of the Novel by E. M. Forster, London, Edwin Arnold, 1974

2. The Anatomy of Novel by Marjorie Boulton, Kalyani publications, New Delhi

**Unit -1** – Sources of Ancient Indian History - Archaeological & Literary Sources

**Unit -2** - a) Indus Valley Civilization - Harappa & Mohanjodaro - Town planning - Seals - Religion - Trade - Decay

b) Vedic Culture - Rigvedic and Later Vedic culture - Society - Religion and Economy.

**Unit-3** - a) Buddhism - Teaching of Gautama Buddha - Four Buddhist Councils -Sangha

-  
Buddhist sects.

b) Jainism - Teaching of Mahavir - Sects - Contribution to Indian Culture

c) Bhagavatism & Saivism.

**Unit-4** – a. Foreign Invasions - Persian & Macedonian Invasions -Alexander- Impact on Indian Culture.

b. Mauryan Empire - Chandragupta Maurya - Asoka - Mauryan Administration - Society & Culture - Downfall of Mauryan empire.

c. Kushans - Society - Economy - Religion - Art & Architecture

d. Gupta Empire - Samudra Gupta - Administration - Society - Economy -Religion.

e. Harshavardhana and his times -Account of Hieuan Tsang.

**Unit-5-** a. Satavahanas - Society & Economy-Religion

b. Sangam age - Society & Economy & Literature

c. Pallavas of Kanchi - Society & Religion

d. Cholas of Iunjavourc-Raja Raja I-Society-Policy & Religion

e. Eastern & Western Chalukyas - Society - Economy & Religion.

**Text Books :**

1. History of India - Romila Thapper Penguin Publishers. New Delhi
2. The Wonder that was India - A.L. Bashyam, Rupa & Co. Publishers. Delhi
3. History of Ancient India - LP. Sharma. Konark Publishers. New Delhi
4. History of South India - K.A.N. Sastri, Oxford University Press. New Delhi
5. Rise of Civilization in India and Pakistan - F.R.&B.R. Allchim, Cambridge, University Press, New Delhi

**Reference Books:**

1. Comprehensive History of India -Relevaru Volumes People's Publishing House. New Delhi.
- 2) The Vedic Age: The age of imperial and classical age- R.C.Muzumdar, Bharatiya Vidya Bhavan Publications, New Delhi

**Sastri 1st Year – Malayalam Literature**  
**Part 2 : 2<sup>nd</sup> & 3<sup>rd</sup> Elective – Malayalam Literature**  
**ആധുനിക കവിത - (Modern Poetry) Paper I**

**Pattern of Marks :**

I.	Essay type questions (out of 5)	=	15x2=30 Marks
II.	Long type questions (out of 5)	=	10x3=30 Marks
III.	Short type questions (out of 8)	=	05x4=20 Marks
IV.	Objective type questions	=	<u>20x1=20 Marks</u>
			<u>Total 100 Marks</u>

**Syllabus**

1. കരുണ - കുമാരനാശാൻ
2. കണ്ണുനീർത്തുള്ളി - നാലാപ്പാട്ട് നാരായണമേനോൻ
3. പാക്കനാർ - കുണ്ടൂർ നാരായണമേനോൻ
4. സാഹിത്യമഞ്ജരി (നാലാം ഭാഗം) - വള്ളത്തോൾ
 

(a) രാധയുടെ കൃതാർത്ഥത	(b) കർമ്മഭൂമിയുടെ പിഞ്ചുകാൽ
(c) ഭാരതസ്ത്രീകൾതൻ ഭാവശുദ്ധി	(d) എന്റെ ഗുരുനാഥൻ
5. നീരാഞ്ജനം - പി. കുഞ്ഞിരാമൻനായർ
 

	15x2=30 Marks
	<u>05x2=10 Marks</u>
	Total 40 marks
6. സ്വപ്നിക്കുന്ന അസ്ഥിമാടം - ചങ്ങമ്പുഴ
 

(a) ഹൃദയമുള്ള സർപ്പം	(b) സ്വപ്നിക്കുന്ന അസ്ഥിമാടം
(c) ഭാവത്രയം	(d) പച്ച
	(e) തെങ്ങുകളുടെ വിഡ്ഢിത്തം
7. ഇടശ്ശേരിയുടെ നാലു കവിതകൾ - ഇടശ്ശേരി
 

(a) പുതപ്പാട്ട്	(b) വിവാഹസമ്മാനം
(c) പുത്തൻകലവും അരിവാളും	(d) കാവിലെപ്പാട്ട്
8. മിശ്രതാളം - കടമ്മനിട്ട രാമകൃഷ്ണൻ
 

(a) മകനോട്	(b) കുഞ്ഞേ മൂലപ്പാൽ കുടിക്കരുത്
(c) കോഴി	(d) ഈ മിശ്രതാളം കക്കാടിന്
9. ബുദ്ധനും ആട്ടിൻകുട്ടിയും - എ. അയ്യപ്പൻ
 

(a) ജാതകകഥ	(b) രാത്രികൾ
(c) പ്ലേഗ്	(d) ബുദ്ധനും ആട്ടിൻകുട്ടിയും
10. രണ്ടായ് മുറിച്ചത് - പി.പി. രാമചന്ദ്രൻ
 

(a) കത്തുകൾ	(b) ലൈബ്രറിയൻ മരിച്ചതിൽപ്പിന്നെ
(c) രണ്ടായ് മുറിച്ചത്	(d) നിശ്ശബ്ദം

	10x3=30 Marks
	<u>05x2=10 Marks</u>
	Total 40 marks

Objective type : 20 Marks  
 40 + 40 + 20 = 100 Marks

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**Paper 1 - Information Technology - (With Effect from 2017-18)****Marks: 100**

**UNIT-I** - Introduction to computers: Definition, characteristics and limitations of computers–Elements of Computers–Hardware - CPU–Primary and Secondary memory–Input and Output devices

**UNIT- II** - Operating System and Windows: Operating Systems: Definition Functions and Types of Operating Systems–Disk Operating System: Internal and External Commands.

**UNIT-III** - Introduction to MS - Word: Features of MS Word, MS - Word controls, Toolbars, Creating and Saving Documents, Opening a file, Page Layout: Print Layout, Web - layout, Normal Layout, Outline View – Setting tabs – Hyper linking – Bookmarks. Formatting Text: Setting Font size, Color, Style, Formatting paragraph: aligning text, line spacing, Header and Footer: Page Numbering–Tables: Creating a Tables, Inserting, Deleting and Merging of Rows and Columns, Deleting a Table–Mail

**UNIT-IV** - MS - Power Point: Features–Creating Presentation, Inserting a slide, Deleting a slide, Slide numbering, Saving – PowerPoint Views – Inserting Objects in Presentation: Inserting Graph, Inserting Picture, Inserting Sound, Inserting Video, Inserting Organization chart – Animations: Setting Custom Animation–Finalizing presentation: Assigning Transition and timing–Printing–Setting up slide show Toolbar.

**UNIT - V** - MS - Excel: Features - Worksheets: Creating, Inserting, Deleting Worksheet, Saving – Page Setup and Printing Worksheet - Formatting: Cell formatting–Creating Charts–Worksheets Functions: Text, Date, Time, Math, Statistical, financial functions.

**Prescribed Book:**

1. Peter Norton, Introduction to Computers, Sixth edition, Tata McGraw Hill, 2009
2. Ron Mansfield, Working in Microsoft Office, Tata McGraw Hill, 2000
3. Fundamentals of Internet and WWW by Reymond Greenlaw and Ellen Hepp, Tata Mc Graw Hill, 2004

**Reference Books:**

1. Michael Miller, Absolute Beginners Guide to Computer Basics, 4<sup>th</sup> Edition, Pearson Education
2. Deborah Morley, Charles S.Parker, Under Standing Computers today and tomorrow, 11<sup>th</sup> Edition, Thomson
3. Ed Bott, Woody Leonhard, Using Microsoft Office 2007, Pearson Education.

**LAB: MS - Office (50 Marks)**

**UNIT VI** - Overview of C: History of C, Importance of C, Basic Structure of C programs, Executing a 'C' program. Constants, Variables and Data Types: Character Set, C tokens, Keywords and Identifiers, Constants, Variables, Data Types, Declaration of Variables, Assigning Values to Variables. Operators and Expressions: Arithmetic, Relational, Logical, Assignment, Increment, Decrement, Conditional, Bitwise and Special Operators–Arithmetic Expressions.

**UNIT VII** - Input and Output Operations: Reading a character, Writing a character. Decision making and Branching: IF Statement - SIMPLE IF statement, IF...ELSE statement, NESTING OF IF...ELSE statements–SWITCH statement, GOTO statement.

**UNIT VIII** - Decision Making and Looping: WHILE statement, DO. WHILE statement, FOR statement.

**UNIT IX** - Arrays: One Dimensional Array, Two Dimensional Arrays. Strings: Declaring and Initializing String Variable, String - handling Functions.

**UNIT X** - Functions: Definition of a function, User - defined functions, Elements of User - defined functions, Recursion, Structures and Unions: Defining a structure, Declaring Structure Variables, Accessing Structure Members, Structure Initialization, Unions

**Prescribed Textbook** - 1.E. Balaguruswamy, Programming in ANSI C 4E, Tata McGraw – Hill, 2009

**Reference Books** - 1. Byron S.Gottfried, Programming with C ,2<sup>nd</sup> Ed,Tata Mc - Graw Hill, 2009

**LAB: Introductory Programming using C language (50 Marks)**

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## Part II – 3<sup>rd</sup> ELECTIVES

Yoga & Meditation

(OPTIONAL)

### A) AN INTRODUCTION TO YOGA

50 MARKS

#### 1. Yoga- meaning, definition, concepts, aim, objects, misconcepts

Yoga- word meaning- definitions from various scriptures i.e., from vedas- Upanishadas - yogic texts- puranas, etc self realisation through discrimination- Ashtangayoga- objects- various misconceptions to day regarding yoga- conclusion.

#### 2. Historical development of Yoga and yogic texts

Historical traces of yogi concepts from Pre- Vedas- Vedas- Upanshads- Ithihasas- Classical age- Puranas- Modern- Various Yogic texts

#### 3. Schools of Yoga

Rajayoga- Jnanayoga- Bhaktiyoga- Karmayoga

#### 4. Astangayoga of Pathanjali

Introduction- eight accessories- benefits- yama- Niyama- Asana-Pranayama- Prathyahara- Dharana- Dhyana- Samadhi- Conclusion.

#### 5. Brief account of Pranayama, Bandhas, Mudras and Kriyas

Prana- meaning- classification- gradation of pranayama- varieties of kumbhakas- practising methods- benefits- prana and mind- meaning of Bandha- classification- practising methods- benefits- contra- indications- Mudras- meaning- Classification- Practising methods- benefits- Kriyas- meaning- Purpose- Kriyas- Classification- practising methods- benefits- conclusion.

#### 6. Yogic Education and Physical Education

Exercises – types- its aim- yoga- types- its aim- comparision- contrast- conclusion.

### B) YOGIC TEXTS AND BHAGAVADGITA -

50 MARKS

#### 7. Patanjali Yogasutras Chapter I (SAMADHI PADA)

Introduction to yogadarsana- yogasutras- place in six darsanas- yoga- meaning- definition- nature of Darshita (seer) in native nature (purestate) and modified state- vrittis of chitta- chittabhūmikas- definition- chittavrttinirodhamargas- kinds of Samadhi- antarayas- classification- free from antarayas- cittaprasadana- samapatti- Ritambaraprajna- Sabijasadhi- Nirbijasadhi.

#### 8. Bhagavadgita chapter II (SANKHYA YOGA)

Bhagavadgita Introduction - Importance of Sankhya Yoga - Human Weakness in regard to fight against respected and beloved ones - how to overcome such situation - surrendering to supreme - nature of soul and body - immorality of soul - role of karmas in the cycle of death and birth - Characteristics of soul ( atman) - duty for duty's sake (fight for the sake of fighting without selfish) - selfless action - equanimity is called yoga

(samatvamyogamuchyate) - yoga is art of all work (Yogahkarmasukausalam) - qualities of sthithaprajna (enlighted person) - Brahmisthithi(self hood)

**PRACTICALS**

**50 Marks**

**ASANAS**

1. Swasthikasana
2. Vaidika Suryanamaskara
3. Padangushtasana
4. Padahasthasana
5. Uttita Trikonasana
6. Uttita Parsvakonasana
7. Utkatasana
8. Vajrasana
9. Suptavajrasana
10. Janusirshas
11. Paschimottanasana
12. Purvottanasana
13. Bharadwajasana
14. Navasana
15. Bhujangasana
16. Salabhasana
17. Dhanurasana
18. Viparitakarani
19. Gomukhasana
20. Garudasana

**PRANAYAMA**

1. Rechaka- puraka- kumbhaka
2. SuryaBhedana
3. ChandraBhedana
4. Ujjayi

**KRIYA**

1. Jalaneti

**Archakatva & Pourohitya**

**(OPTIONAL)**

**Paper-1 -**

**Marks: 100**

1. पञ्चाङ्गनिर्णयः, विवाहान्तपञ्चदशसंस्काराणाम्, मुहूर्तनिर्णयः।
2. नित्यनैमित्तिककाम्यकर्माणि, विवाहान्त पञ्चदश संस्काराणां सामान्यपरिचयः
3. स्नपनविधिः (शिवकेशवभेदेन), अर्चक नियमाः।
4. ब्रह्मचर्याश्रमधर्माः

**Practicals -**

**Marks – 50**

1. गणपतिपूजा, 2. पुण्याहवाचनम्, 3. पञ्चाङ्गपरिचयः 4. अग्निमुखं पुराणोक्तनवग्रह पूजाविधिः

**सहायकग्रन्थः –**

1. मुहूर्तविज्ञानचन्द्रिका – पञ्चाङ्गप्रकरणम्, प्रथमभागः
2. मुहूर्तविज्ञानचन्द्रिका – मुहूर्तभागः
3. वैखानसागमः, T.T.D
4. धर्मसिन्धुः, द्वितीयपरिच्छेदः
5. आपस्तम्बगृह्यसूत्र उपोद्घातः
6. मनुस्मृतिः, द्वितीयाध्यायः 169 श्लोकतः।

