

VishwavidyanilayaKaryasoudha Crawford Hall, Mysuru- 570 005

Dated: 09-10-2023

www.uni-mysore.ac.in

No.AC6/303/2022-23

### Notification

Sub:- Revised Syllabus and Scheme of Examination of Sanskrit programme (I & II Semester) with effect from the Academic year 2023-24.

Ref:- 1. This office circular No: AC2(S)/151/2020-21 dated 06-09-2023.

- 2. Decision of BOS in Sanskrit meeting held on 08-09-2023.
- 3. Vice Chancellor approved dated 06-10-2023.

The Board of Studies in Sanskrit which met on 08-09-2023 has resolved to recommended and approved the revised syllabus and scheme of Examinations of Sanskrit programme (I & II semester) with effect from the academic year 2023-24.

Pending approval of the Faculty of Arts and Academic Council meetings the above said syllabus and scheme of examinations are hereby notified.

The syllabus and Scheme of Examinations contents may be downloaded from the University website i.e., www.uni-mysore.ac.in

GRAFT AF PROVED BY THE REGISTRAP

Deputy Registrar (Academic) Deputy Registrat (Academic) University of Mysore 4 Mayore 570 005

To:

- 1. All the Principal of affiliated Colleges of University of Mysore, Mysore.
- 2. The Registrar (Evaluation), University of Mysore, Mysuru.
- 3. The Chairman, BOS/DOS in Sanskrit, Manasagangothri, Mysore.
- 4. The Director, Distance Education Programme, Moulya Bhavan, Manasagangothri, Mysuru.
- 5. The Director, PMEB, University of Mysore, Mysore.
- 6. Director, College Development Council, Manasagangothri, Mysore.
- 7. The Deputy Registrar/Assistant Registrar/Superintendent, Administrative Branch and Examination Branch, University of Mysore, Mysuru.
- 8. The PA to Vice-Chancellor/ Registrar/ Registrar (Evaluation), University of Mysore, Mysuru.
- 9. Office Copy.

### **UNIVERSITY OF MYSORE**

# Undergraduate Curriculum for 2023-24 as per NEP

### Department of Sanskrit

# | Semester - BA/B Music/ BFA/BPA/BSW | Ability Enhancement Compulsory Courses - 3 Credits

Sanskrit Poetry, Grammar and Comprehension (L+T+P) (3+1+0)	Marks	
(14141)(31110)	Theory	1A
Unit-1 Introduction to Classical Sanskrit Poetry – SamskritaSahityaParampare - By Dr. M. ShivakumaraSwamy (Page 1-24)	15	40
Unit-2 Selected shlokas from Valmiki Ramayana - Balakanda - Sarga 1 - 1 to 60 shloka	35	
Unit-3 Vocabulary building - SamskritaVyavaharaSahasri (page1-18) • Ajanta shabda  (अकारन्त-इकरान्त-उकारन्त ऋकारान्तशब्दा:	10	
Total	100	υ

### **Learning Objectives:**

- a. It gives introduction to Sanskrit poetry.
- b. It inspires to read the Ramayana.
- c. It helps to build the foundation for Sanskrit vocabulary.
- d.lt supports the formation of sentences in Sanskrit.
- e. It assists in comprehension skills.

### **Learning Outcomes:**

- 1. The student gets motivated to compose poems.
- 2. The student imbibes the noble qualities.
- 3. The student develops conviction in scriptures.
- 4. The student learns Sanskrit speaking skills.
- 5. The student will be confident in learning new texts of Sanskrit.

### **Recommended Learning Resources**

#### **Printed Text Books**

1.SamskritaSahityaParampare- By Dr.M.ShivakumaraSwamy,bharavi Publication,

Bengaluru. RPT 1987 (Page 1-24)

- 2. Srimad Ramayana Valmiki.
- 3. SamskritaVyavaharaSahastri SamskritaBharati, (Delhi-Bengalur) Page 1-18.
- 4. Roopachandrika-Choukamba publications

### **Digital Resources:**

www.archieve.org

# I Semester - BSc/BSc FAD and all other Science and Home Science Courses Ability Enhancement Compulsory Course- 3 Credits

Sanskrit Poetry, Grammar and Comprehension (L+T+P) (3+1+0)	Marks	
	Theory	IA
Unit-1	15	40
Introduction to Classical Sanskrit Poetry - SamskritaSahitya Parampare - By Dr.M. ShivakumaraSwamy (Page 1-24)		
Unit-2 Selected portions from Raghuvamsham I Sarga (1-50 Shlokas)	35	
<b>Unit-3</b> Vocabulary building SamskritaVyavaharaSahastri (page1-18)	10	
Ajanta shabda (अकारन्त-इकरान्त-उकारान्त-ऋकारान्त-शब्दा:)		
Total	100	)

### **Learning Objectives:**

- 1. It gives introduction to Sanskrit poetry.
- 2. It inspires to read the RaghuvamshamMahakavyam.
- 3. It helps to build the foundation for Sanskrit vocabulary.
- 4. It supports the formation of sentences in Sanskrit.
- 5. It assists in comprehension skills.

### **Learning Outcomes:**

- 1. The student gets motivated to compose poems.
- 2. The student imbibes the noble qualities.
- 3. The student develops conviction in scriptures.
- 4. The student learns Sanskrit speaking skills.
- 5. The student will be confident in learning new texts of Sanskrit.

### **Recommended Learning Resources**

#### **Printed Text Books**

- 1. SamskritaSahityaParampare By Dr.M.ShivakumaraSwamy, Bharavi Publication, Bengaluru. RPT 1987 (Page 1-24)
- 2. RaghuvamshaMahakavya Kalidasa.
- 3. SamskritaVyavaharaSahasri SamskritaBharati, (Delhi-Bengalur) Page 1-18.
- 4. Roopachandrika-Choukamba publications

### Digital Resources:

www.archieve.org

### I Semester - B Com /BBA

# **Ability Enhancement Compulsory Course- 3 Credits**

Sanskrit Poetry, Grammar and Comprehension (L+T+P) (3+1+0)	Marks	
	Theory	IA
Unit-1 Introduction to Classical Sanskrit Poetry – Samskrita Sahitya Parampare – By	15	40
Dr.M.ShivakumaraSwamy (Page 1-24)	į	
Unit-2	25	
Selected portions from KumarasambhavamSarga 5 (1-40 Shlokas)	35	
Unit-3	1.0	
Vocabulary building - SamskritaVyavaharaSahastri (page1-18)	10	
Ajanta shabda (अकारन्त-इकरान्त-उकारन्त ऋकारान्तशब्दाः)	i	
Total	100	······································

### **Learning Objectives:**

- 1. It gives introduction to Sanskrit poetry.
- 2. It inspires to read the KumarasambhavaMahakavyam.
- 3. It helps to build the foundation for Sanskrit vocabulary.
- 4. It supports the formation of sentences in Sanskrit.
- 5. It assists in comprehension skills.

### **Learning Outcomes:**

- 1. The student gets motivated to compose poems.
- 2. The student imbibes the noble qualities.
- 3. The student develops conviction in scriptures.
- 4. The student learns Sanskrit speaking skills.
- 5. The student will be confident in learning new texts of Sanskrit.

# **Recommended Learning Resources**

#### **Printed Text Books**

- 1. SamskritaSahityaParampare By Dr.M.ShivakumaraSwamy, Bharavi Publication, Bengaluru. RPT 1987 (Page 1-24)
- 2. KumarasambhavaMahakavya Kalidasa.
- 3. SamskritaVyavaharaSahastri SamskritaBharati, (Delhi-Bengalur) Page 1-18.
- 4. Roopachandrika-Choukamba publications

### **Digital Resources:**

www.archieve.org

### I Semester - BCA/BHM & other courses

### Ability Enhancement Compulsory Course- 3 Credits

Sanskrit Poetry, Grammar and Comprehension (L+T+P) (3+1+0)	Marks	
	Theory	IA
Unit-1	15	40
Introduction to Classical Sanskrit Poetry - SamskritaSahitya Parampare - By Dr.M. ShivakumaraSwamy (Page 1-24)		
Unit-2 Selected Shlokas from Neetishataka of Bartruhari Selected 40 Shlokas from the biginning	35	    - 
Unit-3	10	
Vocabulary building SamskritaVyavaharaSahastri (page1-18) · Ajanta shabda (अकारन्त-इकरान्त-उकारन्त ऋकारान्तशब्दा:		!
Total	10	0

### **Learning Objectives:**

- 1. It gives introduction to Sanskrit poetry.
- 2. It inspires to read the complete Neetishataka.
- 3. It helps to build the foundation for Sanskrit vocabulary.
- 4. It supports the formation of sentences in Sanskrit.
- 5. It assists in comprehension skills.

### Learning Outcomes:

- 1. The student gets motivated to compose poems.
- 2. The student imbibes the noble qualities.
- 3. The student develops conviction in scriptures.
- 4. The student learns Sanskrit speaking skills.
- 5. The student will be confident in learning new texts of Sanskrit.

### **Recommended Learning Resources**

### **Printed Text Books**

- 1. SamskritaSahityaParampare By Dr.M.ShivakumaraSwamy, Bharavi Publication, Bengaluru. RPT 1987 (Page 1-24)
- 2. Neetishataka Bhartruhari.
- 3. SamskritaVyavaharaSahasri SamskritaBharati, (Delhi-Bengalur) Page 1-18.
- 4. Roopachandrika-Choukamba publications

Digital Resources: www.archieve.org

# Discipline Specific Core (DSC) - Gadyakavya A1 (3) I Semester - (Paper - 1) BA (Basic/ Hons.) - 3 Credits Optional Sanskrit

Gadyakavya (L+T+P) (3+1+0)	Marks	
	Theory	IA
<b>Unit-1</b> Vetalapanchavimshati katha – Upakrama to Hariswami katha – (1 – 14 Page)	20	40
<b>Unit-2</b> Vetalapanchavimshati katha –Satvashila - yashodhanakathaa – (15 – 27 Page)	20	!   
<b>Unit-3</b> Vetalapanchavimshati katha – Vishnuswami to Upasmhara – (28 – 40 page)	20	
Total	100	)

### Learning Objectives:

- 1. It inspires to read the complete Dashkumaracharita and so on.
- 2. It assists in acquiring advanced learning skills.

### **Learning Outcomes:**

- 1. The student gets motivated to make out similar works in Sanskrit literature.
- 2. The student imbibes the noble qualities depicted in Sanskrit literature.
- 3. The student acquires grammatical skills.
- 4. The student will be confident in learning new texts of Sanskrit.

# **Recommended Learning Resources Printed Text Books**

Web Page https://archive.org/details/in.ernet.dli.2015.326726/page/n1/ mode/2up

### **Digital Resources:**

www.archieve.org

# Discipline Specific Core (DSC) - Padyakavya A2 (3) I Semester - BA (Paper - 2) (Basic/ Hons.) - 3 Credits

### Optional Sanskrit

Padyakavya (L+T+P) (3+1+0)	Marks	
	Theory	IA
Unit-1 Kiratarjuneeyam – Sarga 3 with Mallinatha commentary – 1 to 20shlokas.	20	40
Unit-2 Kiratarjuneeyam – Sarga 3 with Mallinatha commentary – 21to 40 shlokas	20	
<b>Unit-3</b> Kiratarjuneeyam – Sarga 3 with Mallinatha commentary – 41 to 60shlokas.	20	
Total	100	

### **Learning Objectives:**

- 1. It inspires to read the complete Shishupalavadham and so on.
- 2. It assists in acquiring advanced learning skills.

### **Learning Outcomes:**

- 1. The student gets motivated to make out similar works in Sanskrit literature.
- 2. The student imbibes the noble qualities depicted in Sanskrit literature.
- 3. The student acquires grammatical skills.
- 4. The student will be confident in learning new texts of Sanskrit.

### **Recommended Learning Resources**

### **Printed Text Books**

ಕಿರತಾರ್ಜುನೀಯಮ್. ಚೌಕಾಂಬಾ ಪಬ್ಲಿಕೇಶನ್ಸ್ ವಾರಣಾಸಿ

Digital Resources: www.archieve.org

### Open Elective (OE)

I Semester - BA (Basic/ Hons.) - 3 Credits

Title - Poetry (L+T+P)(3+1+0)	Marks	
(2.1.1)(3.1.3)	Theory	IA
Unit-1 Introduction to Katha Sahitya - SamskritaBhashashastra MattuSahitya Charitre - Dr K Krishnamurthy, Vi.Ranganathasharma and Vi.H.K.Siddagangaiah. (page 638-704)	15	40
<b>Unit-2</b> Hitopadesha – Mitralabha - Story 1-4	30	
<b>Unit-3</b> Hitopadesha – Mitralabha - Story 5-7	15	
Total	100	)

### **Learning Objectives:**

- 1. It inspires to read the complete Hitopadesha and so on.
- 2. It assists in acquiring advanced learning skills.

### **Learning Outcomes:**

- 1. The student gets motivated to make out similar works in Sanskrit literature.
- 2. The student imbibes the noble qualities depicted in Sanskrit literature.
- 3. The student acquires grammatical skills.
- 4. The student will be confident in learning new texts of Sanskrit.

# **Recommended Learning Resources**

### **Printed Text Books**

Hitopadesha - Mitralabha , Choukhamba Publications, Varanasi

Digital Resources: www.archieve.org

https://www.wikipedia.org/ https://ia801502.us.archive.org/

# Skill Enhancement Course (SEC) I Semester - BA (Basic/ Hons.) - 2 Credits

Digital Fluency - Sanskrit & Computer Literacy (2) (L+T+P) (1+0+2)	Marks	
	Theory	IA
Basic computer skills in Sanskrit / conversational Sanskrit / Translation / Sanskrit typing	30	20
Total	50	·

### **Learning Objectives:**

- 1. It inspires to explore Sanskrit sources in internet.
- 2. It assists in acquiring advanced computer skills.

### **Learning Outcomes:**

- 1. The student gets motivated to discover new avenues in Sanskrit.
- 2. The student will be confident in learning new skills relevant to Sanskrit.

Recommended Learning Resources
Printed Text Books:

Digital Resources: www.archieve.org

# II Semester - BA/B Music/ BFA/BPA/BSW Ability Enhancement Compulsory Course—3 Credits

Sanskrit Prose, Grammar and Translation (L+T+P) (3+1+0)	Marks	
	Theory	lA
Unit-1		
Introduction to Sanskrit Gadya Literature – Samskrita Bhashashastra Mattu Sahitya	15	40
Charitre – Dr K Krishnamurthy, Vidwan Ranganathasharma and Vidwan		
H.K.Siddagangaiah. (page 591-638)		
Unit-2		
BharataSangraha - By LakshmanaSuri - VanaParva and VirataParva.	35	
Unit-3		
Kriyapadani (परस्मैपद-आत्मनेपदाना लट्, लङ्, लोट्, लृट् रूपाणि)	10	
Translation from Sanskrit to Kannada/English (Unseen Sentences		
Total	10	0

### **Learning Objectives:**

- 1. It gives introduction to Sanskrit prose.
- 2. It inspires to read the complete BharataSangraha.
- 3. It helps to gain the knowledge about various forms of nouns.
- 4. It supports the formation of sentences in Sanskrit.
- 5. It assists in translation skills.

### **Learning Outcomes:**

- 1. The student gets motivated to make out similar works in Sanskrit literature.
- 2. The student imbibes the noble qualities depicted in Sanskrit literature. 3. The student acquires grammatical skills.
- 4. The student learns Sanskrit speaking skills.
- 5. The student will be confident in learning new texts of Sanskrit.

### **Recommended Learning Resources**

#### **Printed Text Books**

- 1. BharataSangraha Lakshmanasuri.
- 2. Roopachandrika-Choukamba publications

Digital Resources: www.archieve.org

# II Semester - BSc/BSc FAD and all other Science and Home Science Courses Ability Enhancement Compulsory Course- 3 Credits

Sanskrit Prose, Grammar and Translation (L+T+P) (3+1+0)	Mar	ks
	Theory	IA
Unit-1 Introduction to Sanskrit Gadya Literature - SamskritaBhashashastra – Dr K Krishnamurthy, Vi.Ranganathasharma and Vi.H.K.Siddagangaiah. (page 591-638)	15	40
<b>Unit-2</b> BharataSangraha – By LakshmanaSuri – Adiparva and SabhaParva.	35	
Unit-3 Kriyapadani (परम्मैपद-आत्मनेपदानां लट्, लङ्, लोट्, लृट् रूपाणि) Translation from Sanskrit to Kannada/English (Unseen Sentences)	10	
Total	100	)

### **Learning Objectives:**

- 1. It gives introduction to Sanskrit prose.
- 2. It inspires to read the complete BharataSangraha.
- 3. It helps to gain the knowledge about various forms of nouns.
- 4. It supports the formation of sentences in Sanskrit.
- 5. It assists in translation skills.

### **Learning Outcomes:**

- 1. The student gets motivated to make out similar works in Sanskrit literature.
- 2. The student imbibes the noble qualities depicted in Sanskrit literature.
- 3. The student acquires grammatical skills.
- 4. The student learns Sanskrit speaking skills.
- 5. The student will be confident in learning new texts of Sanskrit.

### **Recommended Learning Resources**

### **Printed Text Books**

- 1. BharataSangraha Lakshmanasuri.
- 2. Roopachandrika-Choukamba publications

Digital Resources: www.archieve.org

### II Semester -B Com/BBA

# **Ability Enhancement Compulsory Course- 3 Credits**

Sanskrit Prose, Grammar and Translation (L+T+P) (3+1+0)	Marks	
	Theory	IA
Unit-1 Introduction to Sanskrit Gadya Literature - SamskritaBhashashastraMattu SahityaCharitre - Dr K Krishnamurthy, VidwanRanganathasharma and VidwanH.K. Siddagangaiah. (page 591-638) Unit-2	15	40
BharataSangraha - By LakshmanaSuri - Udyogaparva and Bhishmaparva.	35	
Unit-3 Kriyapadani (परस्मैपद - आत्मनेपदानां लट्, लङ्, लोट्, लृट् रूपाणि) Translation from Sanskrit to Kannada/English (Unseen Sentences)	10	
Total	100	)

### Learning Objectives:

- 1. It gives introduction to Sanskrit prose.
- 2. It inspires to read the complete BharataSangraha.
- 3. It helps to gain the knowledge about various forms of nouns.
- 4. It supports the formation of sentences in Sanskrit.
- 5. It assists in translation skills.

### **Learning Outcomes:**

- 1. The student gets motivated to make out similar works in Sanskrit literature.
- 2. The student imbibes the noble qualities depicted in Sanskrit literature.
- 3. The student acquires grammatical skills.
- 4. The student learns Sanskrit speaking skills.
- 5. The student will be confident in learning new texts of Sanskrit.

# **Recommended Learning Resources Printed Text Books**

- 1. BharataSangraha Lakshmanasuri.
- 2. Roopachandrika-Choukamba publications

Digital Resources: www.archieve.org

### II Semester - BCA/BHM & other courses

### Ability Enhancement Compulsory Course- 3 Credits

Sanskrit Prose, Grammar and Translation (L+T+P) (3+1+0)	Marks	
	Theory	lA
Unit-1 Introduction to Sanskrit Gadya Literature - SamskritaBhashashastra MattuSahitya Charitre - Dr K Krishnamurthy, Vi.Ranganathasharma and Vi.H.K.Siddagangaiah. (page 591-638)	15	40
<b>Unit-2</b> BharataSangraha – By LakshmanaSuri – karnaparva and Shalyaparva	35	!   
Unit-3 Kriyapadani (परस्मैपद-आत्मनेपदानां लट्,लिट्,लङ्,लोट्, लुट् रूपाणि Translation from Sanskrit to Kannada/English (Unseen Sentences)	10	
Total	100	1

### **Learning Objectives:**

- 1. It gives introduction to Sanskrit prose.
- 2. It inspires to read the complete Dashakumaracharitam.
- 3. It helps to gain the knowledge about various forms of nouns.
- 4. It supports the formation of sentences in Sanskrit.
- 5. It assists in translation skills.

### **Learning Outcomes:**

- 1. The student gets motivated to make out similar works in Sanskrit literature. 2. The student imbibes the noble qualities depicted in Sanskrit literature. 3. The student acquires grammatical skills.
- 4. The student learns Sanskrit speaking skills.
- 5. The student will be confident in learning new texts of Sanskrit.

### Recommended Learning Resources Printed Text Books

- 1. BharataSangraha Lakshmanasuri.
- 2. Roopachandrika-Choukamba publications,

Digital Resources: www.archieve.org

https://www.wikipedia.org/ Page 7 of 19

# Discipline Core (DSC) - Champukavya- A 3(3)

# II Semester - BA (Paper - 1) (Basic/ Hons.) - 3 Credits

Optional Sanskrit

Champukavya (L+T+P) (3+1+0)	Marks		
	Theory	IA	
Unit-1 Champuramayanam – Bhojadeva – Balakanda – 1 to 40 shlokas Unit-2 Champuramayanam – Bhojadeva – Balakanda – 41 to 80 shlokas	20	340	
Unit-3 Champuramayanam – Bhojadeva – Balakanda - 81 to 117 shlokas	20		
Total	10	100	

### Learning Objectives:

- 1. It inspires to read the complete Champuramayanam and so on.
- 2. It assists in acquiring advanced learning skills.

### **Learning Outcomes:**

- 1. The student gets motivated to make out similar works in Sanskrit literature.
- 2. The student imbibes the noble qualities depicted in Sanskrit literature.
- 3. The student acquires grammatical skills.
- 4. The student will be confident in learning new texts of Sanskrit.

### Recommended Learning Resources Printed Text Books

Champuramayanam - Bhojadeva . Choukhamba Publication , Varanasi

### **Digital Resources:**

www.archieve.org

# Discipline Core (DSC) - Nataka- A 4(3)

# II Semester - BA (Paper - 2) (Basic/ Hons.) - 3 Credits

**Optional Sanskrit** 

Nataka (L+T+P) (3+1+0)	Marks		KS
		Theory	IA
<b>Unit-1</b> AbhijnanaShakuntalam - Kalidasa - Act 1.		20	40
<b>Unit-2</b> AbhijnanaShakuntalam – Kalidasa – Acts 2 & 3.		20	
<b>Unit-3</b> AbhijnanaShakuntalam - Kalidasa - Act 4.		20	
	Total	100	

### Learning Objectives:

- 1. It inspires to read the complete AbhijnanaShakuntalam and so on.
- 2. It assists in acquiring advanced learning skills.

### **Learning Outcomes:**

- 1. The student gets motivated to make out similar works in Sanskrit literature.
- 2. The student imbibes the noble qualities depicted in Sanskrit literature.
- 3. The student acquires grammatical skills.
- 4. The student will be confident in learning new texts of Sanskrit.

# **Recommended Learning Resources**

### **Printed Text Books**

AbhijnanaShakuntalam - Kalidasa, Choukhamba publication, Varanasi

Digital Resources: www.archieve.org

### Open Elective (OE)

II Semester - BA (Basic/ Hons.) - 3 Credits

Subhashita (L+T+P)(3+1+0)	Marks	
	Theory	IA
<b>Unit-1</b> Subhashitamanjari - 7 Daiva-Purushaprayatna - 1-40 Shlokas	15	40
<b>Unit-2</b> ubhashitamanjari – 7 Daiva-Purushaprayatna – 41-80 Shlokas	30	
<b>Unit-3</b> Subhashitamanjari – 7 Daiva-Purushaprayatna – 81-128 Shlokas	15	
Total	100	

### **Learning Objectives:**

- 1. It inspires to read the complete Subhashita and so on.
- 2. It assists in acquiring advanced learning skills.
- 3. By knowing the role of fate and the role of human efforts in life, to create understanding to face the difficulties that come in life

# Learning Outcomes:

- 1. The student gets motivated to make out similar works in Sanskrit literature.
- 2. The student imbibes the good qualities.
- 3. The student acquires grammatical skills.
- 4. The student will be confident in dealing his life.

# **Recommended Learning Resources Printed Text Books**

1. Subhashita Manjaree - Chapter 7 - Daiva-Purushaprayatna 1- 128 shlokas Kannada

Digital Resources: www.archieve.org

### kill Enhancement Course (SEC)

II Semester - BA (Basic/ Hons.) - 2 Credits

Health and Wellness/ Social & Emotional Learning (2) Yoga & Ayurveda -1 (L+T+P) (1+0+2)		ks	
	Theory	IA	
Yoga – Vivekananda Kendra, Mysuru. Ayurveda – SushrutaSamhita – Part 1 - Chapter 1 -	30	20	
Total	50	50	

### **Learning Objectives:**

- 1. It inspires to explore Sanskrit sources in internet.
- 2. It assists in acquiring advanced computer skills.

### **Learning Outcomes:**

- 1. The student gets motivated to discover new avenues in Sanskrit.
- 2. The student will be confident in learning new skills relevant to Sanskrit.

### **Recommended Learning Resources**

### **Printed Text Books**

Yoga - Vivekananda Kendra, Mysuru.11<sup>th</sup> edition. Ayurveda - SushrutaSamhita

Digital Resources: www.archieve.org