

Lesson Plan of Sanskrit(General)
CBCS System
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SEMESTER-1

Course Code	Name of Topic with details of Tutopics	No of Classes	Date	Learning Objectives	Courses Outcome
CC-A1	<p style="text-align: center;"><u>Section- A</u> <i>Raghuvamśam :</i> Canto-I Verses : 1-25 Allotted Marks(A.M)-20 </p>	21		The objective of Sanskrit poetry multifaceted and encompasses various aspects as contribute to the beauty, depth, and richness of the literary tradition.	<p>The outcome of Sanskrit poetry are far-reaching and profound, shaping, the cultural, intellectual, and spiritual landscape.</p> <p>Student can acquire knowledge about</p> <ol style="list-style-type: none"> 1. Classical Sanskrit Poetry. 2. Several kind of Poetry. 3. Society reflected in the Poetry.
	<p style="text-align: center;">UNIT I Canto I A.M-10 Verses : 1-10 Introduction(Author & Text), Meaning/translation, Explanation, Story, Characteristics of Raghu clan, Characteristics of Dilīpa.</p>	10			
	<p style="text-align: center;">UNIT II Canto I A.M-10 Verses : 11-25 Meaning/translation, Explanation, Role of Dilīpa for the welfare of the Subjects. Appropriateness of Title, Background of given contents.</p>	11			
	<p style="text-align: center;"><u>Section -B</u> <i>Śisūpālavadham:</i> Canto I Verses : 1-30 Allotted Marks-20 </p>	21			

	<p>UNIT I Canto I A.M-10 Verses : 1-15 Introduction(Author & Text), Appropriateness of Title, Background of given contents. Grammar, Translation, Explanation, Poetic excellence, thematic analysis</p>	11			
	<p>UNIT II Canto I A.M-10 Verses : 16-30 Grammar, Translation, Explanation, Poetic excellence, thematic analysis. माघे सन्तित्रयोगुणाः, मेघे माघे गतो वयः, तावद् भारवेर्भतियावन्माघस्यनोदयः।</p>	10			
	<p>Section- C Nītiśatakam : Verses : 1-20 Allotted Marks-20 LH-20</p>	21			
	<p>UNIT I Verses : 1-10 A.M-10 Translation, Explanation</p>	11			
	<p>UNIT II Verses : 11-20 A.M-10 Translation, Explanation, Social experiences of Bhartṛhari, Types of Fool.</p>	10			
	<p>Section- D History of Sanskrit Poetry Allotted Marks-30</p>	15			

	<p>UNIT I A.M-15 Aśvaghoṣa, Kālidāsa, Bhāravi, Māgha, Śrīharṣa, Jayadeva, Bhartṛhari and their works.</p>	8			
	<p>UNIT II A.M-15 Origin and Development of Different types of Mahākāvya and Gītikāvya with special reference to the above mentioned Poets and their works.</p>	7			
	<p>Revision</p>	6			

SEMESTER-2

Course Code	Name of Topic with details of Topics	No of Classes	Date	Learning Objectives	Courses Outcome
CC-A2	<p style="text-align: center;"><u>Section- A</u> <i>Śukanāsopadeśa</i> Allotted Marks(A.M)-30</p>	24		Sanskrit prose serves multifaceted purposes, ranging from communication and education to artistic expression and spiritual enlightenment, making in a versatile and enduring literary tradition.	The outcome of Sanskrit prose encompass intellectual enrichment, cultural preservation, literary legacy, spiritual awakening, academic scholarship, global influence, and continued rebalance, reflecting its enduring significance, can in the realm of literate, philosophy, and spiritually. A student can get ideas about – 1 The essential literature. 2. Society reflected in this world. 3. Literary style as reflected in this works.
	<p style="text-align: center;">UNIT I (A.M)-15 Introduction- Author/Text (up to the end of the text.)</p>	14			
	<p style="text-align: center;">UNIT II (A.M)-15 Society and political thought depicted in <i>Śukanāsopadeśa</i>, logical meaning and application of sayings.</p>	10			
	<p style="text-align: center;"><u>Section -B</u> Śivarājaviṣayam, Niśvāsa-I Allotted Marks-30</p>	24			
	<p style="text-align: center;">UNIT I Para 1 to 20 (A.M)-15 Introduction- Author/Text, Text reading (Grammar, Translation, and Explanation), poetic excellence, plot, Timing of Action.</p>	12			
	<p style="text-align: center;">UNIT II (A.M)-15 From Para 21 to the end of the text. Text reading (Grammar, Translation, and Explanation), Poetic excellence, plot, Timing of Action.</p>	12			

	<p><u>Section- C</u> Survey of Sanskrit Literature: Prose Allotted Marks-30</p>	24			
	<p>UNIT I (A.M)-15 Origin and development of prose and important prose romances : Subandhu, Bāṇa, Daṇḍin, AmbikādataVyāsa.</p>	12			
	<p>UNIT II (A.M)-15 Pañcatantra, Hitopadeśa, Vetālapañcaviṃśatikā, Siṃhāsanadvātriṃśikā and Puruṣaparīkṣā.</p>	12			
	<p>Revision</p>	12			

SEMESTER-3

Course Code	Name of Topic with details of Tutorials	No of Classes	Date	Learning Objectives	Courses Outcome
CC-A3	<p style="text-align: center;"><u>Section- A</u> <i>Abhijñānaśākuntalam: Kālidāsa</i> Acts I-IV Allotted Marks-25</p> <p style="text-align: center;">UNIT I Acts I-IV (a) Explanation of terms like nāndī, prastāvanā, sūtradhāra, naṭī, viśkambhaka and vidūṣaka. (b) Text Reading (Grammar, Translation, and Explanation), Poetic excellence, Plot.</p>	26		The objectives of the Sanskrit drama encompass entertainment, education, cultural representation, emotional catharsis, artistic expression social critique, and religious exploration making it reach and versatile from of theatrical literature in ancient India.	<p>The outcome of Sanskrit drama encompass cultural heritage ,preservation literary legacy, artistic excellence, social reflection , moral and ethical reflection , entertainment and recreation, and 4 cross culture influence, underscoring its enduring significance in the realms of theatre, and cultural diplomacy.</p> <p>Student can get a brief knowledge about</p> <ol style="list-style-type: none"> 1. Classical Sanskrit dramas and dramatics. 2. Society reflected in the dramas. 3. Literary style as reflected in the dramas.
	<p style="text-align: center;"><u>Section -B</u> <i>Abhijñānaśākuntalam:</i> Kālidāsa Act V-VII Allotted Marks-15</p> <p style="text-align: center;">UNIT I Acts V-VII (a) Text Reading (Grammar, Translation, Explanation), Poetic excellence, Plot, Timing of Action. Personification of nature. (b) Kāvyeṣunāṭakamramyam, upamā, Language of Kālidāsa, dhvani in Kālidāsa, Purpose and design behind Abhijñānaśākuntalam and other problems related to the text.</p>	22			

SEC-A1	<p>Section- C Technical Terms from Sanskrit Dramaturgy: Allotted Marks-20</p>	10			
	<p>UNIT I Allotted Marks-10 नाटक, नायक, नायिका, पूर्वरङ्ग, नान्दी, सूत्रधार, नेपथ्य, प्रस्तावना, कञ्चुकी एवं विदूषक।</p>	5			
	<p>UNIT II Allotted Marks-10 अङ्क, स्वगत, प्रकाश, अपवारित, जनान्तिक, आकाशभाषित, विष्कम्भक, प्रवेशक, भरतवाक्यम्।</p>	5			
	<p>Section- D History of Sanskrit Drama and an Introduction to Principle of Sanskrit Drama Allotted Marks-30</p>	14			
	<p>UNIT I Allotted Marks-15 Origin and Development</p>	4			
	<p>UNIT II Allotted Marks-15 Some important dramatists and dramas: Bhāsa, Kālidāsa, Śūdraka, Viśākhadatta, Harṣa, Bhavabhūti, and their works</p>	10			
	<p>Basic Sanskrit 1. Translation : 40 marks Vernacular to Sanskrit 20 marks Sanskrit to Vernacular-20 marks</p>	12			
	<p>2.Comprehension in Sanskrit -10 marks 3.Paragraph Writing- 10 marks 4.Letter Writing-10 marks 5.Easy Writing marks</p>				
				<p>The Objective of the basic Sanskrit is to gain an understanding of the foundation of the foundational principles of the language , develop proficiency in reading, writing and speaking Sanskrit, and explore the rich literary and cultural heritage</p>	<p>The outcome of the basic Sanskrit is learning basic Sanskrit can be a rewarding experience that offers insights into to rich cultural heritage and provides a foundation for personal and intellectual growth. A student can express I idea in Sanskrit language. 2. Basic knowledge of computer. 3.How Sanskrit texts would be preserved in computer .</p>

SEMESTER-4

Cours e Code	Name of Topic with details of Tutopics	No of Classe s	Date	Learning Objectives	Courses Outcome
CC- A4	<p style="text-align: center;">Section- A Laghusiddhāntakaumudī : Saṃjñāprakaraṇa Allotted Marks(A.M)-20</p>	18		The objective of Sanskrit grammar is to provide a comprehensive framework for studying , analyzing , and mastering the Sanskrit language, thereby preserving its rich literary heritage, facilitating communication, and promoting intellectual growth and cultural understanding	Sanskrit grammar is highly structured and precise, focusing on morphology, syntax, and semantics. Its study results in a deep understanding of linguistics principles, aiding in the interpretation of classical texts and the production of correct Sanskrit compositions. Mastering Sanskrit grammar enables individual to appreciate the richness of classical Indian literature and philosophy. Additionally, it serves as the foundation for various disciplines, yoga, Ayurveda, and Indian classical music. Students acquired knowledge about – 1. Writing Sanskrit. 2. Basic knowledge of grammar.
	<p style="text-align: center;">UNIT I Saṃjñāprakaraṇa</p>				
	<p style="text-align: center;">Section -B Laghusiddhāntakaumudī : Sandhiprakaraṇa Allotted Marks-35</p>	18			
	<p style="text-align: center;">UNIT I (A.M)-15 ac sandhi: yaṇ, guṇa, dīrgha, ayādi, vṛddhi and pūrvarūpa. (b) Text Reading (Grammar, Translation, Explanation), Poetic excellence, Plot, Timing of Action. Personification of nature</p>	6			
	<p style="text-align: center;">UNIT II (A.M)-10 halsandhi: ścutva, utva, anunāsikāṭva, chhatva and jaṣṭva:</p>	6			
	<p style="text-align: center;">UNIT III (A.M)-10 visargasandhi: utva, lopa, ṣatva and rutva</p>	6			
	<p style="text-align: center;">Section -C Laghusiddhāntakaumudī: VibhaktiyārthaPrakaraṇa Allotted Marks-35</p>	18			

<p>SEC-B-1</p>	<p style="text-align: center;">UNIT I Vibhaktyarthaprakaraṇa</p> <p>Spoken Sanskrit (Marks: 40) & Computer Awareness for Sanskrit(Basic Computer Awareness, Typing in Unicode for Preservation and Digitalization of Sanskrit Text Web Publishing) (Marks: 50)</p> <p style="text-align: center;">Revision</p>	<p style="text-align: center;">18</p> <p style="text-align: center;">12</p>		<p>The objective of the spoken Sanskrit is to revive and preserve the ancient language for contemporary communication, cultural heritage and academic pursuits. It aims to make Sanskrit accessible and relevant in today's world, fostering a deeper understanding of Indian philosophy, literature and traditions. Additionally promoting spoken Sanskrit can help bridge linguistic and cultural gaps and contribute to the preservation of linguistic diversity.</p>	<p>The outcome of spoken Sanskrit is multifaceted encompassing culture, education and intellectual enrichment.</p>
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SEMESTER 5

Course Code	Name of Topic with details of Tutorials	No of Classes	Date	Learning Objectives	Courses Outcome
DSE-1	<p style="text-align: center;"><u>Section- A</u> Dharma Allotted Marks-30</p>	21		<p>The objective of Sanskrit tradition and culture are diverse and interconnected, encompassing the preservation of ancient knowledge , spiritual exploration, cultural identity, academic pursuits, linguistics excellence, aesthetic beauty, social harmony, ethical values. By engaging with the rich tapestry of Sanskrit and tradition and culture , individual get profound insights into the intellectual spiritual and cultural heritage of India and contribute to its ongoing legacy of wisdom and creativity.</p>	<p>The tradition of Sanskrit tradition and culture encompass a rich tapestry of intellectual legacy, culture, cultural heritage spiritual wisdom, linguistics excellences academic scholarship and culture exchange. The enduring influence of the Sanskrit tradition continues to resonate in contemporary society by inspiring individual to explore the depths of knowledge, creativity, spirituality and cultural diversity that characterize this ancient tradition.</p> <p>1.The basic idea of Indian philosophy and its importance 2. Religion and its importance in the society. 3. Ancient Indian culture and its tradition.</p>
	<p style="text-align: center;">UNIT I Allotted Marks-10 Form of God, Mode of worship, Bhakta as a morally evolved person - Gitā Chapter XII</p>	7			
	<p style="text-align: center;">UNIT II Allotted Marks-10 Dharma – ten-fold dharma and its versions, definitions of satya, ahimsā, asteya, aparigraha, pañcamahāyajña; theory of three debts.</p>	7			
	<p style="text-align: center;">UNIT III Allotted Marks-10 Man's initiative and God's design; God's līlā and Kṛpā, Daiva versus puruṣakāra, adṛṣṭa, three types of karma – sañcita, kriyamāṇa and prārabdha karma.</p>	7			
	<p style="text-align: center;"><u>Section -B</u> Saṃskāra and Puruṣārtha Allotted Marks-30</p>	21			
	<p style="text-align: center;">UNIT I Allotted Marks-15 Process of acculturation – importance of Saṃskāra</p>	10			

	<p>UNIT II</p> <p>Allotted Marks-15 Aim of human life – theory of Puruṣārtha.</p> <p>Section- C Svadharmā Allotted Marks-30</p> <p>UNIT I Allotted Marks-15 An ‘amoral’ person – svadharmā and karmayoga, sthitaprajña in the Gitā (Chapter II).</p> <p>UNIT II Allotted Marks-15 Prakṛti – three guṇas and their impact on personality.</p>	<p>11</p> <p>21</p> <p>10</p> <p>11</p>			
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SEMESTER- 5

Course Code	Name of Topic with details of Tutotpics	No of Classes	Date	Learning Objectives	Courses Outcome
DSE-2	<p style="text-align: center;">Section –A Historical Perspective Allotted Marks(A.M.)-15</p> <p style="text-align: center;">UNIT I Historical Perspective: Ṛgveda, 1.164.37; Chāndogyopaniṣad, VI. 2.3, VI.8.6, VIII.1.4 Bṛhadāraṇyakopaniṣad, II.5.18-19</p>	15		<p>The objective of incorporating Indian perspectives in personality development is to draw upon the reach culture and philosophical traditions of India to enhance personal growth and well-being. By integrating Indian philosophies, practices and values into the process of personality development, individuals can cultivate a holistic understanding of themselves and their place in the world.</p>	<p>The outcome of incorporating Indian perspectives in personality development are geared towards fostering personal growth, self-discovery, well-being , and more meaningful and fulfilling ligr for individuals who engaged with these traditions.</p> <p>1. Students acquired knowledge about – 1.Measure of controlling the senses and mind. 2. Concept of persona and types of personality.</p>
	<p style="text-align: center;">Section -B Concept of a person Allotted Marks-30</p> <p style="text-align: center;">UNIT I Concept of a person, Gītā, Chapter:1, Verses:1-30 Jīva as Core and Eight-fold Nature as Cover Kṣetrajña as Core and Kṣetra as Cover Chapter-13, Verses-1-2, Chapter-13, Verses: 5-6, Chapter-13, Vrses-19-23. Akṣara as Core and Kṣara as Cover, Chapter-15, Verses:7-11 and 6-19.</p>	16			
	<p style="text-align: center;">Section- C Personality Types Allotted Marks-15</p> <p style="text-align: center;">UNIT I Personality Types Gītā, Chapter-14, Verses:5-14, Chapter-17, Verses:2-6, Chapter-17, Verses:11.21</p>	16			
	<p style="text-align: center;">Section- D Measures for behavioural</p>				

SEC-A-2	<p style="text-align: center;">Improvement Allotted Marks-30</p> <p style="text-align: center;">UNIT I</p> <p>Measures for behavioural Improvement Control of Senses and Mind (Gītā: Chapter-2, Verses:59-60, 64 and 68, Chapter:3, Verses:41-43, Chapter: 6, Verses:19-23. Right Faith (Gītā, Chapter: 9, Verses:3, 22, 23-28, 30-34) Recognition of Svadharma - Inner Urge; (Gītā, Chapter: 2, Verses:31,41-44, 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) Channelizing Innate Urges on Social Lines: (Gītā, Chapter:18, Verses:41-62).</p>	16			
	<p><u>Basic Elements of Āyurveda</u></p> <p>Introduction of Āyurveda(Marks – 30)</p> <p>Carakasamhitā-(Sūtrasthānam) (Marks – 30)</p> <p>Taittirīyopaniṣad (Marks – 30)</p>	15		The basic elements of Ayurveda , known as “Pancha Mahabhutas” (Five great elements), play a fundamental role in understanding the principals of his ancient system of medicine. The objective of incorporating these basic elements 4 into Ayurveda is to establish a holistic framework for diagnosing, treating and maintaining health and well-being.	The outcome of balancing the basic elements in Ayurveda is a state of optimal health, vitality, and harmony that allows individuals to alive a balanced and fulfilling life. By understanding principals of Ayurveda, individuals can achieve a state of holistic wellbeing that encompasses physical health , mental clarity, emotional balance, and spiritual growth
	Revision	6			Students acquire knowledge about – 1.The books on ancient Indian medical science and their authors . 2.Available text and simplicity of language . 3. Source and development of Ayurveda.

SEMESTER 6

Course Code	Name of Topic with details of Topics	No of Classes	Date	Learning Objectives	Courses Outcome
DSE-3	<p style="text-align: center;"><u>Section- A</u> <i>Kāvya prakāśa: Kāvya vaiśiṣṭya and Kāvya Prayojana</i> Allotted Marks-35</p> <p style="text-align: center;">UNIT I <i>Kāvya prakāśa: Kāvya Vaiśiṣṭya and Kāvya Prayojana</i></p>	20		<p>Times objective of literary criticism is to analyze, interpret and evaluate literary works, including novels, poems, plays, and essays. It aims to understand the deeper meanings, themes techniques and cultural context of literature., providing insights into the text's significance and its impact on readers. Literary criticism often involves exploring aspects such as style, structure, symbolism, character development, and historical back ground to gain a deeper understanding and appreciation of work.</p>	<p>The outcome of literary criticism to enrich our understanding and appreciation of literature, fostering a deeper engagement with the complexities and nuances of literary texts. Students acquired knowledge about –</p> <ol style="list-style-type: none"> 1.Characteristics and utility of Kavya. 2. Quality of poet. 3.Definition of Kavya and its classification.
	<p style="text-align: center;"><u>Section -B</u> <i>Kāvya prakāśa: Kāvya Kāraṇa</i> Allotted Marks-25</p> <p style="text-align: center;">UNIT I <i>Kāvya prakāśa: Kāvya Kāraṇa</i></p>	20			
	<p style="text-align: center;"><u>Section- C</u> <i>Kāvya prakāśa: Kāvya Svarūpa and Kāvya bheda</i> Allotted Marks-30</p> <p style="text-align: center;">UNIT I <i>Kāvya prakāśa: Kāvya Svarūpa and Kāvya bheda</i></p>	20			

Course Code	Name of Topic with details of Tutopics	No of Classes	Da te	Learning Objectives	Courses Outcome
DSE-4	<p align="center"><u>Section- A</u> Concepts and Basic Features of Indian Nationalism Allotted Marks-30</p> <p align="center">UNIT I Allotted Marks-15 Meaning, Definitions and Elements of Indian Nation ‘Rāṣṭra’: Meaning of Nation, Definitions and Constituent Elements of Nation in Western Perspective. Indian Concept of Nation: ‘Rāṣṭra’, Meaning, Etymology and Definitions, Essential Elements of ‘Rāṣṭra’ in Sanskrit Literature (Atharvaveda, 11.9.17; 12.1.1-12 ŚuklaYajurveda, 22.22) ‘Rāṣṭra’ in the Context of ‘Saptāṅga’ Theory of State (Kauṭilya’s Arthaśāstra, 6.1, Mahābhārata, Śāntiparva, 56.5; Śukranīti, 1.61- 62)</p> <p align="center">UNIT II Allotted Marks-15 Meaning, Definitions and Elements of Indian Nationality: Meaning of Nationality, Definitions and Constituent Elements of Nationality, Essential Factors of Nationality: National Integration, Patriotism, Freedom, Religious Tolerance, National Pride, National Consciousness and Citizenship. Special Features of Indian Nationalism: Social</p>	<p align="center">20</p> <p align="center">10</p> <p align="center">10</p>		<p>The objective of nationalism in Sanskrit literature was to harness the power of language and culture to strengthen the collective identity and aspirations of the Indian people, contributing to the broader socio-political movements aimed at achieving independence, culture revival, and national resurgence.</p>	<p>The outcome of nationalism in Sanskrit literature has been instrumental in shaping India’s cultural and intellectual landscape, leaving a lasting imprint on its literature, politics, and society.</p> <p>Students acquired knowledge about – 1. Concept and basic feature of Indian Nationalism. 2. Name of country, National symbols and rise of Nationalism. 3. Modern nationalistic thought and Gandhian Sanskrit literature.</p>

	<p>Harmony (SāmājikaSamarsata), Equality of the Religions, International Brotherhood, Unity in Diversity and Cultural Consciousness.</p>				
	<p><u>Section -B</u> Name of Country, National Symbols and Rise of Nationalism Allotted Marks-30</p>	20			
	<p>UNIT I Allotted Marks-15 Name of the Country ‘Bharatavarsha’ and National Symbols: Different views regarding name of ‘Bharatavarsha’ in Vedic and Pauranic Literature, National Symbols of India: National Anthem-‘Jana GanaMana’, National Song- ‘VandeMataram’, National Flag of India, National Emblem ‘Ashok Chakra’, National Calendar of India ‘ŚakaSamvat’.</p>	10			
	<p>UNIT II Allotted Marks-15 Rise of Indian Nationalism and Freedom Struggle Movement: Major Factors which led to the rise of nationalist sentiments in modern period with special reference to Western Thought and Education, Rediscovery of India’s Past, Socio-religious reform movements and Impact of contemporary national movements worldwide. Brief survey of Socio-religious nationalistic thought of modern India with special reference to Raja Ram Mohan Ray, Swami DayanandSaraswati, Swami Vivekananda, Bankim Chandra Chattopadhyay, Mahatma</p>	10			

	<p>Gandhi, Madan Mohan Malaviya, VirSavarkar and Dr.B.R.Ambedkar.</p> <p><u>Section- C</u> Nationalistic Thought and Modern Sanskrit Literature Allotted Marks-30</p> <p>UNIT I Allotted Marks-15 Contributions of Sanskrit Literature to Freedom Struggle Movement: Survey of nationalistic trends in modern Sanskrit literature</p> <p><u>Section- C</u> Nationalistic Thought and Modern Sanskrit Literature before Independence; Survey of nationalistic trends in modern Sanskrit literature after Independence</p> <p>UNIT II Allotted Marks-15 Modern Nationalistic Thought and Gandhian Sanskrit Literature: Social, political and religious background of Gandhian Thought with special reference to 'GrāmaSvarāja' (Local Self Government), 'Satyāgraha' (Truth Fullness), 'Ahimsā' (Non Violence), 'Prajātantra' (People's Democracy) and 'DhārmikaSahisnuta' (Religious Tolerance). Contemporary Sanskrit Literature on Gandhian Thought with special reference to 'Satyāgrahagitā' of PanditaKsamarava, 'Bhāratavijayanātakam' of Mathura PriadDikshita, 'Gandhicaritam' of CharudevaShastri, 'Gandhi Gitā' of Prof. Indra.</p>	<p>20</p> <p>10</p> <p>10</p>			
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SEC-B-2	<p>Yogasūtra of Patañjali (Samādhipāda, Sādhana-pāda, Vibhūtipāda)</p>	12	<p>The primary objective of the Yoga Sutras of Patanjali is to provide a comprehensive guide for achieving self-realization and spiritual liberation through the practice of yoga. Patanjali outlines a systematic approach to attaining mental and emotional harmony. As well as inner peace and spiritual growth. The Yoga Sutras offer a framework for understanding the nature of the mind, the obstacles to spiritual progress and the methods for transcending these obstacles. Ultimately, the aim is to cultivate state of yoga, or union, where the individual consciousness, leading to liberation suffering and the cycle of birth and death.</p>	<p>The outcomes of studying and applying principals of Yoga Sutras can lead to holistic transformation, encompassing physical, mental, emotional and spiritual dimensions of well-being.</p> <p>Student acquire knowledge about – 1. Samadhipada. 2. Sadhanapada 3. Vibhutipada</p>
	Revision	12		