

GURU NANAK COLLEGE (AUTONOMOUS)

A Sikh Minority Institution | Unit of Guru Nanak Educational Society (Regd.)

Affiliated to University of Madras | Approved by AICTE

Accredited at A++ Grade by NAAC (CGPA 3.68/4)

Guru Nanak Salai, Velachery, Chennai - 600042



SCHOOL OF LANGUAGES

Foundation Sanskrit

(Semester pattern with Choice Based Credit System)

Syllabus

(For the UG Batch of 2026 - 29 and thereafter)

DEPARTMENT OF SANSKRIT

VISION

To make the learners embrace and practice the imbibed wisdom from Sanskrit literature in their lives.

MISSION

To disseminate the system of knowledge prevailed in ancient times to the current generation.

Part –I Foundation Course– SANSKRIT

2026 - Batch

PAPER TITLE: PROSE, GRAMMAR and HISTORY OF PROSE LITERATURE

PROGRAMME: FOR ALL UG	BATCH: 2026 – 2029
PART : I	COURSE COMPONENT: Language
COURSE NAME: SANSKRIT-I	COURSE CODE:
SEMESTER: I	MARKS:100
CREDITS: 3	TOTAL HOURS: 90

COURSE OBJECTIVE: Provide students with a comprehensive understanding of foundational concepts in Sanskrit prose, grammar, and the historical development of prose literature.

COURSE OUTCOME:

1. Identify and use basic grammatical elements such as nouns, verbs and sentence structures in Sanskrit.
2. Interpret and apply official vocabulary, phrases and technical terms in simple prose passages.
3. Demonstrate skills in reading, writing and understanding Sanskrit prose texts.
4. Analyze different forms and themes in Sanskrit prose literature.
5. Explain and appreciate the historical development and cultural significance of Sanskrit prose literature.

Unit – I : Sanskrit Grammar –

18hrs

(अक्षराणि, पदानि) (शब्दाः – अकारान्त पुलिङ्गः, आकारान्त स्त्रीलिङ्गः & अकारान्त नपुंसकलिङ्गः)
Vowels, Consonance, Combine Letters, Two Letters words etc...

Masculine Gender: Raama, Feminine Gender: Lata, Neuter Gender: Phala
राम लता फल

Unit- II : Verbal forms, Prefixes & Indeclinable,

18hrs

Tenses (Present, Past and Future)
(क्रियापदानि – लटलकारः, लङ्लकारः & लृटलकारः)
(उपसर्गाः – प्र, उप, अनु, सम्, निर्, प्रति। अव्ययानि)

Unit – III : Sakuntala Caritam - 1 to 6 Lessons

18hrs

Unit – IV : Sakuntala Caritam - 7 to 12 Lessons

18hrs

Unit – V : History of Sanskrit Literature

18hrs

- a) Prose Literature
- b) Historical Kavyas

PRESCRIBED BOOKS:

Sakuntala Caritam, Pandit Sivarama, Edited and
Translated by Dr. R. Thiagarajan, Head of P G & Research Department of Sanskrit,
Presidency College, Chennai.

REFERENCE BOOKS

- K.L.V Sastry&L.Anantarama Sastri (1985), Shabda Manjari , R.S.Vadhyar& Sons, Palghat.
- K.L.V Sastry&L.Anantarama Sastri (1985), Dhaturupa Manjari, R.S.Vadhyar& Sons, Palghat.
- T.K.Ramacandra Aiyar (2011), A Short History of Sanskrit Literature, R.S.Vadhyar& Sons, Palghat.

Question Paper pattern:

Section	Question Component	Numbers	Marks	Total
A	Answer ANY 10 questions out of 12. (each in 50 words)	1-12	3	30
B	Short Answer Answer any 5 out of 7 questions (each in 300 words)	13-19	6	30
C	Essay Answer any 4 out of 6 questions (each in 1200 words)	20-25	10	40
TOTAL MARKS				100

Breakup of Questions for Theory:

Unit	Sec. A	Sec. B	Sec. C
I	1	1	1
II	1	1	
III	4	2	2
IV	4	2	2
V	2	1	1
Total	12	7	6

Assessment tools for class activities I year (First Semester)

Continuous Internal Assessment - Components FOUNDATION SANSKRIT			
Assessment Type	Nature	Maximum Marks	Weightage
Mid-Semester Examination	Pen and Paper test for 90 minutes	50	10
Model Examination	Written examination for 180 minutes	100	10
Assignment	Prose topics from History of Sanskrit Literature. Content (6 marks) + Presentation (2marks) + Submission on time (2marks)	10	10
Class activity 1	Reading: Clarity (2marks) + Pronunciation (2marks) +Presentation (1 mark)	5	5
Class activity 2	Writing: Grammar Without mistake (3 marks) + Hand Writing (2 marks)	5	5
Class activity 3	Speaking: Small Sentences Clarity (2 marks) + Fluency (2 marks) + Body Language (1 mark)	5	5
Attendance	Marks will be given based on the attendance percentage of respective course	5	5
Total			50

Part –I Foundation Course– SANSKRIT

2026 - Batch

PAPER TITLE: POETRY, GRAMMAR and HISTORY OF PADYA KAVYA.

PROGRAMME: ALL UG	BATCH: 2026 – 2029
PART: I	COURSE COMPONENT: Language
COURSE NAME: SANSKRIT-II	COURSE CODE:
SEMESTER: II	MARKS:100
CREDITS: 3	TOTAL HOURS: 90

COURSE OBJECTIVE: Provide students with a comprehensive understanding of the principles, aesthetics, and historical development of Padya Kavya, the poetic form in Sanskrit literature.

COURSE OUTCOME:

1. Interpret and appreciate selected poems from ancient Sanskrit poetry.
2. Explain the contributions of important poets from ancient and medieval Sanskrit literature.
3. Analyze moral and ethical values reflected in Padya Kavya.
4. Demonstrate understanding of themes such as universal brotherhood, secularism and humanity through poetic texts.
5. Evaluate the artistic beauty, style and linguistic richness of Padya Kavya as a major genre of Sanskrit literature.

Unit – I : Sanskrit Grammar

18hrs

Sabdas (इकारान्त पुल्लिङ्गः, उकारान्त पुल्लिङ्गः & ऋकारान्त पुल्लिङ्गः,
इकारान्त स्त्रीलिङ्गः, ईकारान्त स्त्रीलिङ्गः, अस्मद् & युष्मद्)

Masculine Gender : Hari, Guru, Pitru (हरि, गुरु, पितृ)

Feminine Gender : Matru, Nadi (मातृ, नदी)

Common Gender : Asmad, Yusmad, Tad in all 3 genders. (अस्मद्, युष्मद्, तद्)

Unit – II : Verbs and Suffixes

18hrs

Verbs : क्रियापदानि - लोट्लकारः, विधिलिङ्लकारः

Suffixes: प्रत्ययाः – क्त्वा, तुमुन्, ल्यप्

Unit – III : Ramodanta — Shlokas 1-20

18hrs

Unit – IV : Ramodanta — Shlokas 21-40

18hrs

Unit – V : History of Sanskrit Literature

18hrs

- a) Padya Kavya Literature. b) Five Mahakavyas c) Devotional Lyrics.

REFERENCE BOOKS

- K.L.V. Sastry & L. Anantarama Sastri (1985), Shabda Manjari, R.S. Vadhyar & Sons, Palghat.
- K.L.V. Sastry & L. Anantarama Sastri (1985), Dhaturupa Manjari, R.S. Vadhyar & Sons, Palghat.
- Pandit L. Anantarama Sastri, (2012), Sri Ramodanta, R.S. Vadyar & Sons, Palghat.
- T.K. Ramacandra Aiyar (2011), A Short History of Sanskrit Literature, R.S. Vadhyar & Sons, Palghat.

Question Paper pattern:

Section	Question Component	Numbers	Marks	Total
A	Answer ANY 10 out of 12 questions. (each in 50 words)	1-12	3	30
B	Short Answer Answer any 5 out of 7 questions (each in 300 words)	13-19	6	30
C	Essay Answer any 4 out of 6 questions (each in 1200 words)	20-25	10	40
TOTAL MARKS				100

Unit	Sec. A	Sec. B	Sec. C
I	1	1	1
II	1	2	1
III	4	1	
IV	3	2	2
V	3	1	2
Total	12	7	6

Continuous Internal Assessment - Components
FOUNDATION SANSKRIT

Assessment Type	Nature	Maximum Marks	Weightage
Mid-Semester Examination	Pen and Paper test for 90 minutes	50	10
Model Examination	Written examination for 180 minutes	100	10
Assignment	Definition of Maha Kavyas and works and authors of Sanskrit poem literature. Content (6 marks) + Presentation (2marks) + Submission on time (2marks)	10	10
Class activity 1	Reading: Clarity (2marks) + Pronunciation (2marks) +Presentation (1 mark)	5	5
Class activity 2	Writing: Grammar Without mistake (3 marks) + Hand Writing (2 marks)	5	5
Class activity 3	Reciting : Reciting the Verses Clarity (2 marks) + Fluency (2 marks) + Body Language (1 mark)	5	5
Attendance	Marks will be given based on the attendance percentage of respective course	5	5
Total			50

Part –I Foundation Course– SANSKRIT

2026 - Batch

PAPER TITLE: DRAMA, PROSODY and HISTORY OF DRAMA LITERATURE

PROGRAMME: ALL UG	BATCH: 2026 – 29
PART : I	COURSE COMPONENT: Language
COURSE NAME: SANSKRIT-III	COURSE CODE:
SEMESTER: III	MARKS:100
CREDITS: 3	TOTAL HOURS: 90

COURSE OBJECTIVE: Designed to equip students with a comprehensive understanding of the dramatic tradition in Sanskrit literature, focusing on the study of dramatic texts, prosodic elements, and the historical context of drama.

COURSE OUTCOME:

- 1. Interpret and analyze themes, characters and sentiments in Sanskrit dramas.*
- 2. Explain the basic principles of Sanskrit prosody and dramatic structure.*
- 3. Demonstrate performance skills through enactment of selected dramatic scenes.*
- 4. Trace and describe the historical development of Sanskrit drama and the contributions of major playwrights.*
- 5. Critically analyze dramatic texts and performance traditions using principles of literary and dramatic criticism.*

Unit – I	: Drama literature – Introduction, Types of Sanskrit Dramas and Madhyama Vyayoga	18hrs
Unit – II	: Madhyama Vyayoga	18hrs
Unit – III	: Meter 1-5 (1.Arya 2. Anushtubh 3. Indravajra 4. Upendravajra 5.Vasanta tilaka	18hrs
Unit – IV	: Meter 6-10 (6. Malini 7. Totakam 8. Bhujanga Prayatam 9. Vamsastham 10. Sragvini.)	18hrs
Unit – V	: Dramas of Bhasa, Dramas of Kalidasa and Dramas of Bhavabhuti & Harshavardhana	18hrs

REFERENCE BOOKS:

History of Sanskrit Literature

Published by R.S. Vadhyar & Sons, Palghat

Question Paper pattern:

Section	Question Component	Numbers	Marks	Total
A	Answer ANY 10 questions out of 12. (each in 50 words)	1-12	3	30
B	Short Answer Answer any 5 out of 7 questions (each in 300 words)	13-19	6	30
C	Essay Answer any 4 out of 6 questions (each in 1200 words)	20-25	10	40
TOTAL MARKS				100

BREAKUP OF QUESTIONS FOR THEORY:

Unit	Sec. A	Sec. B	Sec. C
I	3	2	2
II	2	2	2
III	2	1	1
IV	2	1	
V	3	1	1
Total	12	7	6

Continuous Internal Assessment - Components			
FOUNDATION SANSKRIT			
Assessment Type	Nature	Maximum Marks	Weightage
Mid-Semester Examination	Pen and Paper test for 90 minutes	50	10
Model Examination	Written examination for 180 minutes	100	10
Assignment	Types of Dramas and characteristics of Dramas. Content (6 marks) + Presentation (2marks) + Submission on time (2marks)	10	10
Class activity 1	Reading: Clarity (2marks) + Pronunciation (2marks) +Presentation (1 mark)	5	5
Class activity 2	Writing: Meters Without mistake (3 marks) + Hand Writing (2 marks)	5	5
Class activity 3	Acting: Role Play Clarity (2 marks) + Fluency (2 marks) + Body Language (1 mark)	5	5
Attendance	Marks will be given based on the attendance percentage of respective course	5	5
Total			50

Part –I Foundation Course–SANSKRIT

2026 – Batch

PAPER TITLE: Didactic poem, Alankaras and History of Alankara Literature

PROGRAMME: ALL UG	BATCH: 2026 – 29
PART : I	COURSE COMPONENT: Language
COURSE NAME: SANSKRIT-IV	COURSE CODE:
SEMESTER: IV	MARKS:100
CREDITS: 3	TOTAL HOURS: 90

COURSE OBJECTIVE: *Provide students with a comprehensive understanding of didactic poetry, the various figures of speech (Alankaras), and the historical evolution of Alankara literature.*

COURSE OUTCOME:

- 1. Interpret and explain moral and philosophical ideas expressed in selected didactic poems.*
- 2. Describe the historical development of Alankara literature.*
- 3. Analyze the principles of Sanskrit aesthetics and their role in poetic composition.*
- 4. Identify and apply different types of Alankaras (figures of speech) in the analysis of Sanskrit poetry.*
- 5. Classify and evaluate the functions of various Alankaras in enhancing the beauty and effectiveness of poetic expression.*

Unit – I	: Niti Sara – Verses 1-25	18hrs
Unit – II	: Niti Sara – Verses 26-50	18hrs
Unit – III	: Alankaras 1 – 5 Upama, Ananvaya, Rupaka, Ullekha, Thulyayogita	18hrs
Unit – IV	: Alankaras 6 – 10 Deepaka, Vytirekha, Vyajastuti, Arthantaranyasa, Slesa	18hrs
Unit – V	: Alankara Literature and Didactic literature	18hrs

REFERENCE BOOKS :

- Niti Sara – compiled.
- Kamandakiya of Kamandaka, (2016) Sampurnananda Samskrita Vishwa Vidyalaya, Varanasi.
- Chandraloka – of Jayadeva (Fifth chapter)
- T.K.RamacandraAiyar (2011), A Short History of Sanskrit Literature, R.S.Vadhyar& Sons, Palghat.

Question Paper pattern:

Section	Question Component	Numbers	Marks	Total
A	Answer ANY 10 questions out of 12 (each in 50 words)	1-12	3	30
B	Short Answer Answer any 5 out of 7 questions (each in 300 words)	13-19	6	30
C	Essay Answer any 4 out of 6 questions (each in 1200 words)	20-25	10	40
TOTAL MARKS				100

Breakup of questions for theory:

Unit	Sec. A	Sec. B	Sec. C
I	4	2	1
II	4	2	1
III	1	1	1
IV	1	1	1
V	2	1	2
Total	12	7	6

Continuous Internal Assessment - Components
FOUNDATION SANSKRIT

Assessment Type	Nature	Maximum Marks	Weightage
Mid-Semester Examination	Pen and Paper test for 90 minutes	50	10
Model Examination	Written examination for 180 minutes	100	10
Assignment	Name of the Alankara works and authors from History of Sanskrit Literature. Content (6 marks) + Presentation (2marks) + Submission on time (2marks)	10	10
(Reading, Writing and Reciting Activities)			
Class activity 1	Reading: Clarity (2marks) + Pronunciation (2marks) +Presentation (1 mark)	5	5
Class activity 2	Writing: Alankaras Without mistake (3 marks) + Hand Writing (2 marks)	5	5
Class activity 3	Reciting : Reciting the Verses from Niti - Sara Clarity (2 marks) + Fluency (2 marks) + Body Language (1 mark)	5	5
Attendance	Marks will be given based on the attendance percentage of respective course	5	5
Total			50

CERTIFICATE COURSE

PAPER TITLE: YOGA & MEDITATION

(Common to all programmes)

PROGRAMME: ALL Programmes	BATCH: 2026 onwards
PART:	COURSE COMPONENT: Certificate Course
COURSE NAME: Yoga and Meditation	COURSE CODE:
CREDITS: 3	MARKS:100
SEMESTER:	TOTAL HOURS: 30
THEORY/PRACTICAL	

Course Objective: *Provide students with a comprehensive understanding of the theory, practice, and historical development of yoga and meditation within the context of Indian philosophical and spiritual traditions.*

Course Outcome:

1. Understand and to be equipped with the concepts of yogic practices and asana.
2. Become familiar with the difference between Yoga & Meditation
3. Explore various paths of yoga, including Hatha Yoga, Raja Yoga, Bhakti Yoga, Karma Yoga, and Jnana Yoga, and their respective practices and techniques.
4. Examine the relationship between yoga, meditation, and mental health, and explore their therapeutic applications for stress reduction, relaxation, and well-being.
5. Cultivate a regular personal practice of yoga and meditation, and integrate their teachings into daily life for holistic well-being and spiritual development.

UNIT I:

3 Hours

Introduction: Meaning -Definition and Scope of Yoga -Aim, Objectives and Functions of Yoga - The yoga sutra - General Consideration - Need and importance of yoga in Physical fitness.

UNIT II:

3 Hours

Foundation of Yoga: The Astanga Yoga (Eight limbs of yoga): Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhayana and Samadhi – Introduction to Hata Yoga.

UNIT III:

7 Hours

Meditation: Meaning – Concept – Types of Meditation – Positive Health – Mental Health – Techniques to control the mind – Easy meditation techniques.

UNIT IV:

10 Hours

Asanas: Classification of asanas - Effect of Asanas on various system of the body - Halasana – Sarvangasana- Salabhasana- Pawanmuktasana – Bhujangasana - Mandukasana - Paschimottasana - Vajrasana – Tadasana – Shavasana – Uttanasana – Trikonasana – vrikshasana - Surya Namaskar. Influence of relaxative and meditative posture on various system of the body.

UNIT V:

7 Hours

Pranayama: Types of Pranayama- Methods and Benefits, Effect of Pranayama on various system of the body, anulom vilom, kapalabhati - Types of Bandhas, mudras and Kriyas-Methods and Benefits - Types of

Chakras, Nadis and its Benefits.

Reference and Text Books:

1. Brown, F.Y. (2000). How to use Yoga. Delhi: Sports publication.
2. Gharote, M.L.&Ganguly, H. (1988). Teaching methods for yogic practice. Lonawala: Kaixydahmoe.
Rajjan, S.M. (1985). Yoga strengthening of relaxation for sports man.
3. New Delhi: Allied Publishers. Shankar, G. (1998). Holistic approach of yoga. Delhi: Aditya Publishers
Shekar, K.C. (2003). Yoga for health. Delhi: KhelSahitya.

CERTIFICATE COURSE

PAPER TITLE: संस्कृते प्रथम चरणः
(First foot in Sanskrit)

(Common to Students, Faculty and General Public)

PROGRAMME:	BATCH: 2026 onwards
PART:	COURSE COMPONENT: Certificate Course
COURSE NAME: संस्कृते प्रथम चरणः (First foot in Sanskrit)	COURSE CODE:
CREDITS: 2	MARKS:100
	TOTAL HOURS: 30
THEORY	

Course objective:

To familiarize the students with basic knowledge in Sanskrit.

Course outcome:

1. Acquaint with vowels, consonants and words
2. Apply gender and tenses
3. Understand case endings usage in a sentence
4. Comprehend short stories
5. Know self-management through Sanskrit slokas

UNIT I:

10 Hours

Introduction of Letters: स्वराः, व्यञ्जनानि, संयुक्ताक्षराणि, लिङ्गानि, पदानि

Vowels, Consonants, combination of Letters.

Genders and words with 2 Letter and 3 Letters.

UNIT II:

4 Hours

शब्दाः (Sabdās) Nouns and धातवः (Dhatus) Verbs : शब्दाः - इदम्, तद्, अस्मद्, युष्मद्

धातवः - लकाराः (Tenses) - लट् (Present), लङ्. (Past) and लृट् (Future)

UNIT III:

10 Hours

विभक्तयः (Case endings and it's usages) : Case endings and it's meanings.

Usages of First case ending प्रथमा विभक्ति to सप्तमी विभक्ति Seventh case ending.

UNIT IV:

4 Hours

कथाः and पदानि (Small stories and words):

Story of Crow and Vada (काकः जम्बुकश्च) Wedge and Monkey. (कीलोत्पाटी वानरः) Words: Animals, Birds, Fruits, Vegetables, Body Parts, Relatives, Days and Numbers.

UNIT V:

2 Hours

सुभाषितानि (Good sayings) : Few सुभाषितानि Slokas.

Reference and Text Books: Sanskrit for Beginners.