



UGCF Sanskrit Course: AEC
Option-1
Sanskrit C: Introductory
Upaniṣad and Gītā

Total Credits: 02

[A] Course Objectives:

The general objective of this course is to give the students basic idea of Philosophy of the Upaniṣads and the Bhagavad Gītā, which are recognized as representative texts of Indian thought.

[B] Course Learning Outcomes:

The Students will be able to peep into understand the spiritual depth of the intellectual wisdom of Indian seers. The Ishopanishad teaches the art of harmonizing materialism and spiritualism. The subject matter of the Bhagavad Gita II comprising of the concepts of Niṣkāṃ karmyoga, Self and Sthita Prajña (the ideal human being) will enable learners to attain a proper balance between intellectual and emotional faculties. After the completion of this paper the students will be aware of the solutions of many modern day conflicts available in the upanishadic literature and Bhagavad Geeta. They will get to know the spiritual aspects of Indian traditions separated from the religious tradition.

[C] Course Contents

Unit: I

Course Content/Prescribed Books

General Introduction to Upanisadic Philosophy
Text Introduction to Ishavasyopnishad

Unit: II

Course Content/Prescribed Books

Introduction to Geeta: Background, Purpose,
Gyanyoga
Karmayoga
Bhaktiyoga

[D] References:

Compulsory Readings:

1. शशि तिवारी, ईशावस्योपनिषद्: भूमिका एवं व्याख्या, भारतीय विद्या प्रकाशन दिल्ली।
2. उमाशंकर शर्मा ऋषि, संस्कृत साहित्य का इतिहास, चौखम्भा भारती, वाराणसी
3. बलदेव उपाध्याय, वैदिक साहित्य एवं संस्कृति, वाराणसी।
4. Isha Upanishad, The Complete Works Of Sri Aurobindo, Sri Aurobindo Ashram Trust, Pondicherry 2003



Additional Resources:

[E] Teaching Learning Process:

The general introduction and subject matter will taught in Upanishad and Geeta.

[F] Weekly Plan

Week: 1	Unit 1
Week: 2	Unit 1
Week: 3	Unit 1
Week: 4	Unit 1
Week: 5	Unit 1
Week: 6	Unit 1
Week: 7	Unit 2
Week: 8	Unit 2
Week: 9	Unit 2
Week: 10	Unit 2
Week: 11	Unit 2
Week: 12	Unit 2

[G] Assessment Methods:

	Basic Structure of Question Paper & Division of Marks	38
iii.	Questions - 02 (from Unit 1-2)	02 x 10 = 20
iv.	Short Notes - 03 (from unit-1-2)	03 x 06 = 18
II	Internal Assessment (Project/Discussion/Assignment/ paper presentation/ Periodic tests etc.)	12
	Total Marks : (I+II)	(38+12) = 50

[H] Keywords:

Upanishad and Geeta