

LESSON PLAN: MIL (AEC) - INTRODUCTORY UPANISHAD AND GEETA

Name of the Teacher: Dr. Sunita Sharma

Course: B.A. (Prog.) Sanskrit

Paper: MIL (AEC) – Introductory Upanishad and Geeta (Sanskrit B)

Semester: II

Credits: 2 (2 Lectures per week)

Teaching Days: As per Time Table

Session Duration: 2 January 2026 – 30 April 2026

Week/Dates	Lectures (2)	Unit & Topics
Week 1 (2-9 Jan)	L1-L2	General Introduction to Upanishads; Philosophical Background
Week 2 (12-16 Jan)	L3-L4	Ishavasyopanishad – Introduction to Text
Week 3 (19-23 Jan)	L5-L6	Concept of Karma; Vidya and Avidya
Week 4 (27-30 Jan)	L7-L8	Satya and Atman; Moral Teachings
Week 5 (2-6 Feb)	L9-L10	Text Reading, Translation and Explanation
Unit I Completed	10 Lectures	✓
Week 6 (9-13 Feb)	L11-L12	Introduction to Bhagavad Gita – Background and Purpose
Week 7 (16-20 Feb)	L13-L14	Gyanayoga – Philosophical Insights
Week 8 (23-27 Feb)	L15-L16	Karmayoga – Concept of Nishkama Karma
Mid-Sem Break (1-8	-	-

March)		
Week 9 (9–13 Mar)	L17–L18	Bhaktiyoga – Devotion and Surrender
Week 10 (16–20 Mar)	L19–L20	Comparative Study of Three Yogas
Week 11 (23–27 Mar)	L21–L22	Selected Verses: Translation and Explanation
Week 12 (30 Mar–3 Apr)	L23–L24	Philosophical Doctrines in Gita
Week 13 (6–10 Apr)	L25–L26	Ethical and Moral Values in Gita
Week 14 (13–17 Apr)	L27–L28	Application of Teachings in Modern Life
Week 15 (20–24 Apr)	L29–L30	Revision and Recitation Practice
Week 16 (27–30 Apr)	L31–L32	Final Revision and Internal Assessment
Unit II Completed	22 Lectures	✓

Teaching-Learning Methodology

- Text reading with correct pronunciation.
- Translation and explanation in simple language.
- Discussion on philosophical concepts.
- Recitation of selected mantras and verses.
- Class interaction and short presentations.

Assessment Criteria

Internal Assessment (as per University guidelines).

Class Test / Assignment / Attendance as applicable.

End-Term Evaluation as per University norms.

LESSON PLAN: SANSKRIT LITERATURE – KATHA-KAVYA (DSC-11)

Name of the Teacher: Dr. Sunita Sharma

Course: B.A. (Prog.) Sanskrit

Paper: DSC-11 (Sanskrit Literature: Katha-Kavya)

Semester: VI

Teaching Days: Monday–Friday

Weekly Load: 3 Lectures + 1 Tutorial

Session Duration: 2 January 2026 – 30 April 2026

Week/Dates	Lectures (3)	Tutorial (1)	Unit & Topics
Week 1 (2–9 Jan)	L1–L3	T1	Introduction to Katha-Kavya; General Introduction to Sanskrit Literature
Week 2 (12–16 Jan)	L4–L6	T2	Panchatantram: Aparikshitakarakam – Overview
Week 3 (19–23 Jan)	L7–L9	T3	Kshapanakakatha; Brahmaninakulakatha
Week 4 (27–30 Jan)	L10–L12	T4	Lobhavishta Chakradharakatha
Unit I Completed	12 Lectures	4 Tutorials	✓
Week 5 (2–6 Feb)	L13–L15	T5	Sinha Karakabrahmankatha
Week 6 (9–13 Feb)	L16–L18	T6	Murkha-brahmanakatha
Week 7 (16–20 Feb)	L19–L21	T7	Matsyamandukkatha
Week 8 (23–27 Feb)	L22–L24	T8	Rakshashrgalkatha

Mid-Sem Break (1-8 March)	-	-	-
Unit II Completed	12 Lectures	4 Tutorials	✓
Week 9 (9-13 Mar)	L25-L27	T9	Hitopadesha: Mitrabhabhah – Introduction
Week 10 (16-20 Mar)	L28-L30	T10	Vridhavyagraha- Lubdhvirakatha
Week 11 (23-27 Mar)	L31-L33	T11	Translation & Explanation Practice
Unit III Completed	12 Lectures	3 Tutorials	✓
Week 12 (30 Mar-3 Apr)	L34-L36	T12	Tradition of Kathakavya in Sanskrit Literature
Week 13 (6-10 Apr)	L37-L39	T13	Origin and Development of Kathakavya
Week 14 (13-17 Apr)	L40-L42	T14	Panchtantra, Hitopdesa, Kathasaritsagar
Week 15 (20-24 Apr)	L43-L45	T15	Vetalpanchavimsatika, Simhasanadwatrimika, Purusapariksha
Week 16 (27-30 Apr)	L46-L48	T16	Revision, Text Reading & Internal Assessment Discussion
Unit IV Completed	12 Lectures	5 Tutorials	✓

TUTORIAL FOCUS

- Text reading with proper pronunciation
- Translation into Hindi/English

- Explanation of moral and ethical values
- Discussion on literary style of Katha-Kavya
- Short answer and passage explanation practice
- Student presentations on prescribed texts

Assessment Criteria

Internal Assessment (30 Marks): Assignment (12), Attendance (6), Class Test (12)

Continuous Assessment (40 Marks): Project/Presentation (20), Viva (15), Attendance (5)

End-Term Examination: 90 Marks

LESSON PLAN: SANSKRIT PROSE (DSC-II)

Name of the Teacher: Dr. Sunita Sharma

Course: B.A. (Prog.) Sanskrit

Paper: DSC-II (Sanskrit Prose)

Semester: II

Teaching Days: Monday–Friday

Weekly Load: 3 Lectures + 1 Tutorial

Session Duration: 2 January 2026 – 30 April 2026

Week/Dates	Lectures (3)	Tutorial (1)	Unit & Topics
Week 1 (2–9 Jan)	L1–L3	T1	Introduction to Sanskrit Prose; General Features of Classical Prose
Week 2 (12–16 Jan)	L4–L6	T2	Śukanāsopadeśa: Introduction to Author & Text; Background
Week 3 (19–23 Jan)	L7–L9	T3	Text Reading up to mid portion (Grammar, Translation, Explanation)
Week 4 (27–30 Jan)	L10–L12	T4	Continuation of Text; Literary Features & Style
Week 5 (2–6 Feb)	L13–L15	T5	Society & Political Thought in Śukanāsopadeśa; Logical Meaning of Sayings
Unit A Completed	15 Lectures	5 Tutorials	✓

Week 6 (9–13 Feb)	L16–L18	T6	Introduction to Śivarājavijayam; Historical Background
Week 7 (16–20 Feb)	L19–L21	T7	Text Reading Para 1–10 (Grammar, Translation, Explanation)
Week 8 (23–27 Feb)	L22–L24	T8	Text Reading Para 11–20; Poetic Excellence & Plot
Mid-Sem Break (1–8 March)	-	-	-
Week 9 (9–13 Mar)	L25–L27	T9	Text Reading Para 21 onwards; Timing of Action
Week 10 (16–20 Mar)	L28–L30	T10	Completion of Text; Literary Analysis
Unit B Completed	15 Lectures	5 Tutorials	✓
Week 11 (23–27 Mar)	L31–L33	T11	Origin & Development of Sanskrit Prose
Week 12 (30 Mar–3 Apr)	L34–L36	T12	Important Prose Romances: Subandhu, Bāṇa, Daṇḍin
Week 13 (6–10 Apr)	L37–L39	T13	Ambikadatta Vyāsa & Later Prose Writers
Week 14 (13–17 Apr)	L40–L42	T14	Pañcatantra, Hitopadeśa, Vetālapañcaviṃśatikā
Week 15 (20–24 Apr)	L43–L45	T15	Siṃhāsanadvātriṃśikā & Puruṣaparīkṣā; Comparative Study
Week 16 (27–30 Apr)	L46–L48	T16	Revision, Translation Practice & Internal

Apr)			Assessment Discussion
Unit C Completed	18 Lectures	6 Tutorials	✓

TUTORIAL FOCUS

- Close reading of prescribed prose texts
- Grammar-based explanation and translation
- Discussion on political and social ideas in texts
- Literary appreciation of prose style
- Passage explanation and short answer practice
- Student presentations on prose authors

Assessment Criteria

Internal Assessment (30 Marks): Assignment (12), Attendance (6), Class Test (12)

Continuous Assessment (40 Marks): Project/Presentation (20), Viva (15), Attendance (5)

End-Term Examination: 90 Marks

LESSON PLAN: VAC – AYURVEDA AND NUTRITION

Name of the Teacher: Dr. Sunita Sharma

Course: B.A. (Prog.) Sanskrit

Paper: VAC (Ayurveda and Nutrition)

Semester: II

Credits: 2 (1 Lecture + 1 Tutorial)

Teaching Days: As per Time Table

Session Duration: 2 January 2026 – 30 April 2026

Week/Dates	Lecture (1)	Tutorial/Practical (1)	Unit & Topics
Week 1 (2-9 Jan)	L1	T1	Introduction to Ayurveda; Ayurveda and Indian Food Cultures
Week 2 (12-16 Jan)	L2	T2	Nutrition and Lifestyle Transition over the Years
Week 3 (19-23 Jan)	L3	T3	Regional Food Traditions of India
Week 4 (27-30 Jan)	L4	T4	Discussion & Case Studies on Traditional Food Culture
Unit I Completed	4 Lectures	4 Tutorials	✓
Week 5 (2-6 Feb)	L5	T5	Rich Sources of Nutrients; Balanced Diet
Week 6 (9-13 Feb)	L6	T6	Concept of Doshas & Assessment
Week 7 (16-20)	L7	T7	Ahara Vidhi Visheshaayatana –

Feb)			Quality of Food
Week 8 (23-27 Feb)	L8	T8	FSSAI Regulations on Ayurvedic Aahar
Mid-Sem Break (1-8 March)	-	-	-
Week 9 (9-13 Mar)	L9	T9	Application of Ayurvedic Food Principles
Week 10 (16-20 Mar)	L10	T10	Project Discussion & Market Survey Planning
Unit II Completed	6 Lectures	6 Tutorials	✓
Week 11 (23-27 Mar)	L11	T11	Principles of Diet: Sattvic, Rajasi, Tamasic Foods
Week 12 (30 Mar-3 Apr)	L12	T12	Viruddha Ahara, Pathya, Apathya, Viprita Ahaar
Week 13 (6-10 Apr)	L13	T13	Dincharya and Ritucharya – Lifestyle Management
Week 14 (13-17 Apr)	L14	T14	Ayurvedic Diets & Stress-linked Food Behaviour
Week 15 (20-24 Apr)	L15	T15	Project Presentation / Survey Report Discussion
Week 16 (27-30 Apr)	Revision	Final Presentation	Course Review & Internal Assessment
Unit III Completed	5 Lectures	5 Tutorials	✓

PRACTICAL / PROJECT COMPONENT

- Visit local market and classify food items into Sattvic, Rajasi, Tamasic categories.
- Conduct survey of 10–15 households regarding food behaviour and Ayurvedic dietary principles.
- Study consumption patterns: Viruddha Ahara, Pathya, Apathya, Viprita Ahaar.
- Study lifestyle practices: Dincharya and Ritucharya.
- Submission of Project Report or Audio-Visual Presentation (15–30 minutes).

Assessment Criteria

Internal Assessment (10): Assignment (4), Test (4), Attendance (2)

Practical (40): Project + Viva

LESSON PLAN: DHARMASHASTRA STUDIES (DSC-IV)

Name of the Teacher: Dr. Sunita Sharma

Course: B.A. (Prog.) Sanskrit

Paper: DSC-IV (Dharmashastra Studies)

Semester: IV

Teaching Days: Monday-Friday

Weekly Load: 3 Lectures + 1 Tutorial

Session Duration: 2 January 2026 – 30 April 2026

Week/Dates	Lectures (3)	Tutorial (1)	Unit & Topics
Week 1 (2-9 Jan)	L1-L3	T1	Introduction to Dharmashastra Studies; Meaning & Etymology of Dharma
Week 2 (12-16 Jan)	L4-L6	T2	Concept of Dharma; Dharma as Normative & Ethical Element
Week 3 (19-23 Jan)	L7-L9	T3	Society and Norms; Normative Social Institutions
Week 4 (27-30 Jan)	L10-L12	T4	Survey of Dharmashastra Texts: Sutra & Smriti Literature
Week 5 (2-6 Feb)	L13-L15	T5	Commentaries, Nibandha Texts, Arthashastra, Ramayana, Mahabharata, Puranas
Unit I Completed	15 Lectures	5 Tutorials	✓

Week 6 (9–13 Feb)	L16–L18	T6	Acharya; Varna System
Week 7 (16–20 Feb)	L19–L21	T7	Ashrama System; Purushartha Chatushtya
Week 8 (23–27 Feb)	L22–L24	T8	Education, Marriage, Yajna & Daana
Mid-Sem Break (1–8 March)	-	-	-
Week 9 (9–13 Mar)	L25–L27	T9	Code of Conduct; Social Discipline
Unit II Completed	12 Lectures	4 Tutorials	✓
Week 10 (16–20 Mar)	L28–L30	T10	Vyavahara: Ancient Indian Legal System
Week 11 (23–27 Mar)	L31–L33	T11	Courts, Legal Administration, Civil & Criminal Law
Week 12 (30 Mar–3 Apr)	L34–L36	T12	Legal Procedure, Evidence, Penal Code, Judgement
Week 13 (6–10 Apr)	L37–L39	T13	Polity: State, Good Governance, Seven Elements
Week 14 (13–17 Apr)	L40–L42	T14	King & Ministers; Mandala Theory, Shadgunya, Upayas
Unit III Completed	15 Lectures	5 Tutorials	✓
Week 15 (20–24 Apr)	L43–L45	T15	Prayashchitta: Types of Sins;

			Penances
Week 16 (27-30 Apr)	L46-L48	T16	Pilgrimage, Shraddha; Revision & Internal Assessment
Unit IV Completed	6 Lectures	2 Tutorials	✓

TUTORIAL FOCUS

- Textual analysis of Smriti passages
- Discussion on Varna & Ashrama system
- Case study discussion on ancient legal disputes
- Comparative analysis: Ancient & Modern Legal System
- Short answer practice & previous year questions
- Presentation on Mandala Theory / Purushartha

Assessment Criteria

Internal Assessment (30 Marks): Assignment (12), Attendance (6), Class Test (12)

Continuous Assessment (40 Marks): Project/Presentation (20), Viva (15), Attendance (5)

End-Term Examination: 90 Marks