



SARDAR PATEL UNIVERSITY
Vallabh Vidyanagar, Gujarat
(Reaccredited with 'A' Grade by NAAC (CGPA 3.25)
Syllabus with effect from the Academic Year 2021-2022

B.A. Sanskrit -Semester – I

Course Code	UA01GSAN51	Title of the Course	KUMARSAMBHAVAM OF KALIDASA(Sarg-5)
Total Credits of the Course	04	Hours per Week	04

Course Objectives:	This course aims to get students acquainted with Classical Sanskrit Poetry. It intends to give an understanding of literature, through which students will be able to appreciate the development of Sanskrit Literature. The course also seeks to help students to negotiate texts independently
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Course Content		
Unit	Description	Weightage*(%)
1.	Unit-1 Shlokas : 1 to 17 Origin and Development the form of Mahakavya, Life Date & Works of Kalidasa, Plot Construction & Change Made by Kalidas, Style of Kalidas, Characteristics of Kumarshambhavam (Lakshan of Mahakavya)	25
2.	Unit-2 Shlokas : 18 to 40 Translation with explanation Reference to the Context Short Notes and General Questions on Subject Matter	25
3.	Unit-3 Sholkas : 41 to 63 Translation with explanation Reference to the Context Short Notes and General Questions on Subject Matter	25
4.	Unit-4 Shlokas : 64 to 86 Translation with explanation Reference to the Context Short Notes and General Questions on Subject Matter	25

Teaching-Learning Methodology	
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance(As per CBCS R.6.8.3)	15%
3.	University Examination	70%

Course Outcomes: Having completed this course, the learner will be able to	
1.	This course will be enable the students to appreciate the Sanskrit poetry.
2.	The course will make the learner capable of analysing the literature based on various aspects like Grammar, Literary Criticism .
3.	It is supposed to create and awareness of Historicity of the Sanskrit Literature.

Suggested References:	
Sr. No.	References
1.	Kumarsambhavam(Sarg-3 & 5)Sargdhara Nandi,Mahajan Pablising House, Ahmedabad
2.	Kumarsambhavam, Nemichandra Shastri ,Motilal Banarasidas,Delhi
3.	Kumarasambhavam, M.R.Kale (Ed.) Motilala Banarasidas, Delhi.
4.	Sanskrit Mahakavya, Dr. V. M. Bhatt, Saraswati Pustak Bhandar, Ahamdabad

On-line resources to be used if available as reference material
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B.A. Sanskrit -Semester – I

Course Code	UA01CSAN52	Title of the Course	HISTORY OF SANSKRIT LITERATURE
Total Credits of the Course	04	Hours per Week	04

Course Objectives:	This course aims to get students acquainted with Classical Sanskrit Literature. It intends to give an understanding of Forms of Sanskrit Poetry and Sanskrit Poets.
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Course Content		
Unit	Description	Weightage*(%)
1.	Unit-1 General Introduction History of Sanskrit Literature Introduction of Gadyakavya, Padyakavya, Champukavya	25
2.	Unit-2 Subandhu, Banbhatt, Trivikram Bhatt, Kalhan, Bilhan,	25
3.	Unit-3 Jagnnatha, Amaru, Jayadev, Bhartrihari	25
4.	Unit-4 Bhavbhuti, Shudrak, Bharavi, Magha	25

Teaching-Learning Methodology	
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%



Course Outcomes: Having completed this course, the learner will be able to

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| 1. | This course will be enable the students to appreciate the Sanskrit poetry, drama, prose. |
| 2. | It is supposed to create and awareness of Historicity of the Sanskrit Literature. |

Suggested References:

Sr. No.	References
1.	Sanskrit Sahityano Itihasa , Prof. Jitendra Desai, Sarasvati Pustak Bhandar, Ahmedabad.
2.	History of Sanskrit Literature, Keith A.B, MLBD, Delhi.
3.	History of Classical Sanskrit Literature, Krishnamachariar MLBD, Delhi.
4.	History of Sanskrit Literature, Gaurinath Shastri MLBD, Delhi.
5.	Indian Literature (Vol. I-III), Winternitz, Maurice: also Hindi Translation, MLBD, Delhi.
6.	History of Sanskrit Literature, Acharya Baldev Upadhyaya ,Shardaniketan , Varansni

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Course Code	UA01GSAN51	Title of the Course	KUMARSAMBHAVAM OF KALIDASA(Sarg-5)
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Course Objectives:	This course aims to get students acquainted with Classical Sanskrit Poetry. It intends to give an understanding of literature, through which students will be able to appreciate the development of Sanskrit Literature. The course also seeks to help students to negotiate texts independently
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Course Content		
Unit	Description	Weightage*(%)
1.	Unit-1 Shlokas : 1 to 17 Origin and Development the form of Mahakavya, Life Date & Works of Kalidasa, Plot Construction & Change Made by Kalidas, Style of Kalidas, Characteristics of Kumarshambhavam(Lakshan of Mahakavya)	25
2.	Unit-2 Shlokas : 18 to 40 Translation with explanation Reference to the Context Short Notes and General Questions on Subject Matter	25
3.	Unit-3 Sholkas : 41 to 63 Translation with explanation Reference to the Context Short Notes and General Questions on Subject Matter	25
4.	Unit-4 Shlokas : 64 to 86 Translation with explanation Reference to the Context Short Notes and General Questions on Subject Matter	25

Teaching-Learning Methodology	
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%

Course Outcomes: Having completed this course, the learner will be able to	
1.	This course will be enable the students to appreciate the Sanskrit poetry.
2.	The course will make the learner capable of analysing the literature based on various aspects like Grammar, Literary Criticism .
3.	It is supposed to create and awareness of Historicity of the Sanskrit Literature.

Suggested References:	
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B.A. Sanskrit -Semester – I

Course Code	UA01GSAN52	Title of the Course	HISTORY OF SANSKRIT LITERATURE
Total Credits of the Course	04	Hours per Week	04

Course Objectives:	This course aims to get students acquainted with Classical Sanskrit Literature. It intends to give an understanding of Forms of Sanskrit Poetry and Sanskrit Poets.
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Course Content		
Unit	Description	Weightage*(%)
1.	Unit-1 General Introduction History of Sanskrit Literature Introduction of Gadyakavya, Padyakavya, Champukavya	25
2.	Unit-2 Subandhu, Banbhatt, Trivikram Bhatt, Kalhan, Bilhan,	25
3.	Unit-3 Jagnnatha, Amaru, Jayadev, Bhartrihari	25
4.	Unit-4 Bhavbhuti, Shudrak, Bharavi, Magha	25

Teaching-Learning Methodology	
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%



Course Outcomes: Having completed this course, the learner will be able to

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| 1. | This course will be enable the students to appreciate the Sanskrit poetry, drama, prose. |
| 2. | It is supposed to create and awareness of Historicity of the Sanskrit Literature. |

Suggested References:

Sr. No.	References
1.	Sanskrit Sahityano Itihasa , Prof. Jitendra Desai, Sarasvati Pustak Bhandar, Ahmedabad.
2.	History of Sanskrit Literature,Keith, A.B, MLBD, Delhi.
3.	History of Classical Sanskrit Literature, Krishnamachariar MLBD, Delhi.
4.	History of Sanskrit Literature, Gaurinath Shastri MLBD, Delhi.
5.	Indian Literature (Vol. I-III), Winternitz, Maurice: also Hindi Translation, MLBD, Delhi.
6.	History of Sanskrit Literature, Acharya BaldevUpadhyaya ,Shardaniketan , Varansni

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B.A. Sanskrit -Semester – I

Course Code	UA01SSAN51	Title of the Course	YOGA-PART - I
Total Credits of the Course	02	Hours per Week	02

Course Objectives:	To create awareness about Yoga, to cultivate importance of Yoga practices, to improve individual and social health through Yoga.
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Course Content		
Unit	Description	Weightage*(%)
1.	Unit-1 Darshan Parichay ,Yoga Darshana Udabhav-Vikasa Patanjali Jivan – Darshan, Yogano Arth, Paribhasha, Mahatv	25
2.	Unit-2 Introduction of Patanjali Ashtang Yoga ,Yam-Niyam, Ashan, Pranayam, Pratyahar,Dharana, Dhyana & Samadhi & Labha Pranayam	25

Teaching-Learning Methodology	
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	-
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	-
3.	University Examination	50%



Course Outcomes: Having completed this course, the learner will be able to

1.	Students will be able to know about Indian Philosophy.
2.	Particularly about the Yoga Darshan through the selected topics of Yoga Philosophy based on Patanjala Yogasutra.
3.	These topics will be very useful in daily life in present time.

Suggested References:

Sr. No.	References
1.	Shree Patanjalyogdarshan with Rhashyadipikatia-Pujyaamahraj Naththu , (AanandAashramBilkha –Saurashtra) Publisher Shri Hrajivan Shah, 1999.
2.	PranayamRahashya ,SvamiRamdevaji, DivyaPrakashan , DivyaYogMandor, Haridvar (Uttaranchal).
3.	Yog(Vedthi VartmanSudhi) , Dr. Puja Kotak, Bharati Print & Publishing House, Ahmedabad, 2014.
4.	Yaugik Bandh Ane Mudra , Shri Bhandev, GurjarPrakashan , Ahmedabad, 2014.
5.	Sampurna Pranayama, Shree Bhandev, GurjarPrakashan , Ahmedabad, 2014.
6.	Pranayam Rahashya(VigyanikTathyonkeSath),Svami Ramdev, DivayaPrakashan, Haridvara(Uttarachal), 2008.

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B.A. Sanskrit -Semester – II

Course Code	UA02AENV51	Title of the Course	ENVIRONMENTAL SCIENCE & SANSKRIT
Total Credits of the Course	04	Hours per Week	04

Course Objectives:	This course aims to create awareness in students about environment, to cultivate importance of environmental science and Sanskrit, to improve individual and social awareness .
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Course Content		
Unit	Description	Weightage* (%)
1.	Unit-1- Paryavaranno Arth ane Vyakhya - Paryavarannu Vargikaran, Paryavaranna Ghatako - Paryavarana Shikshanna Hetuo ane Siddhanto	25
2.	Unit-2 Nivasantantarno Parichay ane Lakshanikatao,Ghatako, Prakaro Aaharshrunkhala,Aharjaal , Paristhiti Vigyan Pradushanno Arth, Pradushakonu Vargikaran ,Hava Pradushanna Karano ane Asaro, Jal Pradushanna Karano ane Asaro, Jamin Pradushanna Karano ane Asaro	25
3.	Unit-3 Global Warming, ,Vaidik Sahityama Havanu (Vayu) Mahatv ane Samrakshanna Upayo, Vaidik Sahityama Jalnu Mahatv ane Samrakshanna Upayo	25
4.	Unit-4 Vaidik Sahityama Pruthvinu (Jamin) Mahatv, Samrakshanna Upayo Vaidik Sahityama Vnsampattinu Mahatv & Samrakshanna Upayo Vedomo Ygan dvara ParyavaranaSvrakshana - Kalidasna Sahityama Paryavarana	25

Teaching-Learning Methodology	
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Students will be able to learn about Environment, its mean and importance .
2.	Students will be able to understand the importance of environment in daily life in present time through Sanskrit literature.

Suggested References:	
Sr. No.	References
1.	Paryavaran Abhyas, Erach Bharucha, Oreintal Black Swan Private Limited, Mumbai
2.	Paryavaran Abhyas , Dr.B.K.Bhatt ,New Popular Prakashan, Surat
3.	Paryavaran, Prof.Hemantkumar Shah ,Nirav Prakashan, Ahmedabad
4.	Paryavaranno Abhyas B.S.Shah Prakashan, Ahmedabad
5.	Vedo me Paryavaran , Daya Dave ,Surabhi Publication ,Jiaipur
6.	Sanskrit Vangmaya me Paryavaran ,Dr.Shankarlal Shastri, Hansa Prakashan, Jaipur

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B.A. Sanskrit -Semester – II

Course Code	UA02CSAN51	Title of the Course	DASHAKUMARCHARITAM (Uchchhvasa-6) Of Dandi
Total Credits of the Course	04	Hours per Week	04
Course Objectives:	This course aims to acquaint students with Classical Sanskrit Prose literature. Origin and development of Prose, Important Prose romances and fables Sanskrit are also included here for students to get acquainted with the beginnings of Sanskrit Prose literature. The course also seeks to help students negotiate texts independently.		

Course Content		
Unit	Description	Weightage*(%)
1.	Unit-1 Introduction of Gadhya Sahitya Origin and Development the form of Gadhya Sahitya Life, Time & Work of Dandi , Title of Dashakumarcharitam Dashakumarcharitam as a Katha-Akhyayika, Style of Dandi	25
2.	Unit-2 Paragraph (01 to 04) , Translation with explanation , Reference to the context Short Notes, General Questions on Subject Matter	25
3.	Unit-3 Paragraph (05 to 08), Translation with explanation , Reference to the context Short Notes, General Questions on Subject Matter	25
4.	Unit-4 Paragraph (09 to 11) Translation with explanation, Reference to the context, Short Notes, General Questions on Subject Matter	25

Teaching-Learning Methodology	
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce,	15%



	Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	
3.	University Examination	70%

Course Outcomes: Having completed this course, the learner will be able to

1.	This course will be enable the students to appreciate the Sanskrit prose.
2.	It is supposed to create and awareness of Historicity of the Sanskrit Literature.
3.	They will be able to know about poetic excellence and depict society and highlight human values.

Suggested References:

Sr. No.	References
1.	Dashkumaracharitam(Uchchhavas-6)Dr.Shantikumar Pandya,
2.	Dashkumaracharitam(Uchchhavas-6)Dr.Ninaben Bhavanagari,Shri Gajanan Pustakalay ,Tower Road, Surat
3.	Dashkumaracharitam(Uchchhavas-8) Dr,Mahendra Sukla.Sarasvati PustakBhandar, Ahmedabad.
4.	Dashkumaracharitam(Uchchhavas-1) Dr. Ramkrishna Acharya ,Vinod Pustak Mandir ,Agra
5.	Dashkumaracharitam , subodhachandra Panta evam Vishvanath Za Arthprakashikopetam ,Motilal Banarasidas,Delhi

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B.A. Sanskrit -Semester – II

(Degree abbreviation) (Programme Name) Semester (Use Roman numerals)

Course Code	UA02CSAN52	Title of the Course	MADHYAMVYAYOG OF BHASA & METERS
Total Credits of the Course	04	Hours per Week	04

Course Objectives:	This course aims to acquaint students with the famous drama of Sanskrit Literature, Based on the great Epic the Mahabharata. It is also to learn Sanskrit meters for analysis and lyrical techniques.
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Course Content		
Unit	Description	Weightage* (%)
1.	Unit-1 Introduction of Sanskrit Ekanki Rupak Characteristics of Sanskrit Rupak, Life and Works of Bhasa Plot Construction and Change Made by Bhasa Title of Madhyamvyayog Bhasa as a Dramatist Characteristics of Bhima Hidimba, Ghatotkachcha etc.	25
2.	Unit-2 Madhyamvyayog Act -1(Shloka: 1 to 26) Translations with explanation Reference to theContext, Short Notes and General Questions on Subject Matter	25
3.	Unit-3 Madhyamvyayog Act -1(Shloka: 27 to 52) Translations with explanation Reference to the context, Short Notes and General Questions on Subject Matter	25
4.	Unit-4 Anupshtup, Upendravajra, Indravajra, Vanshatha, Vasanttilaka. Mandakranata. Prithvi, Shikharini, Shaardulavikridita, Arya	25

Teaching-Learning Methodology	
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Students will be able to learn about history of Sanskrit Drama.
2.	They will be able to know about Theatrical elements of Sanskrit drama through play of Bhasa.
3.	Students will be able to learn about Sanskrit meters.

Suggested References:	
Sr. No.	References
1.	Sanskrit Natako No Parichaya, Dr. Tapasvi Nandi, University GranthNirman Bord, Ahemadabad.
2.	Bhasa Ek Adhyayana, Dr. Shanti Kumar Pandya, PashvaPablication, Ahemadabad.
3.	Bhasa Ek Adhyayana , Acharya Baldev Upadhyaya, Chaukhmba Vidhya Bhavan, Varansi.
4.	Bhasa A Study, A.d.Puslakar, Oriented Publishers Book Sellers, Dehli
5.	Madhyamvyayog, Vasantkumar Bhatt, Sarasvati PustakBhandar, Ahemadabad.

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(Degree abbreviation) (Programme Name) Semester (Use Roman numerals)

Course Code	UA02GSAN51	Title of the Course	DASHAKUMARCHARITAM (Uchchhvasa-6) Of Dandi
Total Credits of the Course	04	Hours per Week	04
Course Objectives:	This course aims to acquaint students with Classical Sanskrit Prose literature. Origin and development of Prose, Important Prose romances and fables Sanskrit are also included here for students to get acquainted with the beginnings of Sanskrit Prose literature. The course also seeks to help students negotiate texts independently.		

Course Content		
Unit	Description	Weightage* (%)
1.	Unit-1 Introducation of Gadhya Sahitya Origin and Development the form of Gadhya Sahitya Life,Time& Work of Dandi ,Title of Dashakumarcharitam Dashakumarcharitam as a Katha-Akhyayika, Style of Dandi	25
2.	Unit-2 Paragraph (01 to 04) Translation with explanation , Reference to the context Short Notes and General Questions on Subject Matter	25
3.	Unit-3 Paragraph (05 to 08) Translation with explanation , Reference to the context Short Notes and General Questions on Subject Matter	25
4.	Unit-4 Paragraph (09 to 11) Translation with explanation, Reference to the context Short Notes and General Questions on Subject Matter	25

Teaching-Learning Methodology	
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
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3.	University Examination	70%

Course Outcomes: Having completed this course, the learner will be able to	
1.	This course will be enable the students to appreciate the Sanskrit prose.
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3.	Dashkumaracharitam(Uchchhavas-8) Dr,Mahendra Sukla.Sarasvati PustakBhandar, Ahmedabad.
4.	Dashkumaracharitam(Uchchhavas-1) Dr. Ramkrishna Acharya ,Vinod Pustak Mandir ,Agra
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(Degree abbreviation) (Programme Name) Semester (Use Roman numerals)

Course Code	UA02GSAN52	Title of the Course	MADHYAMVYAYOG OF BHASA & METERS
Total Credits of the Course	04	Hours per Week	04

Course Objectives:	This course aims to acquaint students with the famous drama of Sanskrit Literature, Based on the great Epic the Mahabharata. It is also to learn Sanskrit meters for analysis and lyrical techniques.
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Course Content		
Unit	Description	Weightage* (%)
1.	Unit-1 Introduction of Sanskrit Ekanki Rupak Characteristics of Sanskrit Rupak, Life and Works of Bhasa Plot Construction and Change Made by Bhasa Title of Madhyamvyayog Bhasa as a Dramatist Characteristics of Bhima Hidimba, Ghatotkachcha etc.	25
2.	Unit-2 Madhyamvyayog Act -1(Shloka: 1 to 26) Translations with explanation Reference to theContext, Short Notes and General Questions on Subject Matter	25
3.	Unit-3 Madhyamvyayog Act -1(Shloka: 27 to 52) Translations with explanation Reference to the context, Short Notes and General Questions on Subject Matter	25
4.	Unit-4 Meters: Anupshtup, Upendravajra, Indravajra, Vanshatha, Vasanttilaka. Mandakranata. Prithvi, Shikharini, Shaardulavikridita, Aarya	25

Teaching-Learning Methodology	
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Evaluation Pattern		
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1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Students will be able to learn about history of Sanskrit Drama.
2.	They will be able to know about Theatrical elements of Sanskrit drama through play of Bhasa.
3.	Students will be able to learn about Sanskrit meters.

Suggested References:	
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B.A. Sanskrit -Semester – II

Course Code	UA02SSAN51	3	YOGA - PART - 2
Total Credits of the Course	02	Hours per Week	02

Course Objectives:	To create awareness about Yoga, to cultivate importance of Yoga practices, to improve individual and social health through Yoga.
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Course Content		
Unit	Description	Weightage* (%)
1.	Unit-1 Mudrana Prakar, Mahatv, Upyogita Sharirama aavela Chakro ane Nadiono Parichay Kundlini	25
2.	Unit-2 Mansik Rog utppann thavana kaarano Yoga dwara mansikaRogani Sarvara Yoga ane Ayurveda Surya Namashkar Nu Mahattva, Labh	25

Teaching-Learning Methodology	
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	-
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	-
3.	University Examination	50%



Course Outcomes: Having completed this course, the learner will be able to

1.	Students will be able to know about Indian Philosophy.
2.	Particularly about the Yoga Darshan through the selected topics of Yoga Philosophy based on Patanjala Yogasutra.
3.	These topics will be very useful in daily life in present time.

Suggested References:

Sr. No.	References
1.	ShreePatanjalyogdarshan with Rhashyadipikatia-PujyaamahrajNaththu , (AanandAashramBilkha –Saurashtra) Publisher Shri Hrajivan Shah, 1999.
2.	PranayamRahashya ,SvamiRamdevaji, DivyaPrakashan , DivyaYogMandor, Haridvar (Uttaranchal).
3.	Yog(VedthiVartmanSudhi) , Dr. Puja Kotak, Bharati Print & Publishing House, Ahmedabad, 2014.
4.	Yaugik Bandh AneMudra , Shri Bhandev, GurjarPrakashan , Ahmedabad, 2014.
5.	Sampurna Pranayama, Shree Bhandev, GurjarPrakashan , Ahmedabad, 2014.
6.	PranayamRahashya(VigyanikTathyonkeSath),Svami Ramdev, DivayaPrakashan, Haridvara(Uttarachal), 2008.

On-line resources to be used if available as reference material

On-line Resources

