

Open Elective : (Any one of the following)**1. Course Code and Units****SNE 508 : Samskrithe Swaasthyavrutthah****Course Objective:**

To introduce the students to Health Concept in sanskrit.

Course Outcome:

They can understand the Health Trips Embeded in Sanskrit Literature.

Unit - I	i Concept of Sthitaprajna Lakshana in Bhagavadgeetha	
	ii Ashtangayoga parichayah and Pranayamabhedaah	25
Unit - II	Arogya Subhashithani :	25
	Text : Swasthya Samrakshana Upayah: Ed. by Dr. M. Padmanabha Marathe, Dr. Nagaraja B. and Dr. Niranjana Yellur	
Unit - III	Ayurvedah : i) Introduction & Branches of Ayurveda	20
	ii) Dinacharya of Ashtanga Hrudaya	
		Internal Assessment 30
		Total 100
		Credits : 3

Books for study and Reference :

- 1)Yogadarshana Rd : Adidevananda
- 2) Hathayogapradeepika of Swatma Rama - Ed. Gyan Shankar Sahay
- 3) Astanga Hrudaya of vagbata