

**Curriculum Plan of Dr. Shiv Kumar
(2021 - 2022) Odd Semester**

Department of Sanskrit

Teacher's Name	Paper Name	Paper Code	Work Plan(Monthly)	Text Reading
Dr. Shiv Kumar	Basic Elements of Ayurveda (SEC)	62136 949	1. August- Introduction of Upanishad taittiriyanopanishad Bhriyuvalli Anuvak - 1-3	1. August- Brahmaswaroop, Annamayakosh, Pranmayakosh, Manomayakosh, anandmayakosh & Vigyanmaykosh
			2. September- General introduction of Ashtanghridaya	2. September- ashta elements of ashtanghridaya Chikitsa Paddhati
			3. October- Introduction of Ayurveda and Two Schools	3. October- Dhanvantari and Punarvasu
			4. November- Main Acharya's of Ayurveda and revision	4. November- introduction of Vagbhatta, Carak, Sushrut & revision, test

