

## WHAT'S INSIDE THIS ISSUE?

1. Saṁskṛtam 3Ws and 1H
2. Sanskrit From Home-Courses
3. Recent major sevā events

# Saṁskṛtam 3Ws and 1H

Namaste Ātmasvarūpinaḥ,

By God's grace, we propose to share some interesting insights periodically on 4 important questions we all face as Saṁskṛta-Saṁskṛti-Saṁskāra followers. Viz.

- Why Saṁskṛtam?
- What is Saṁskṛtam?
- How to Study Saṁskṛtam?
- Where to find Saṁskṛtam resources ?

## 1. Why Saṁskṛtam ?

Listening or chanting of Saṁskṛta verses provides immense benefits across all the 5 layers of human existence (also known as Pañca-Kośa).

### (i) Annamaya Kośa (Physical layer) –

Research today is proving that, regulation of hormones and chemicals in the body (GABA, Serotonin, Oxytocin, Dopamine), exercise to all facial muscles, co-ordination of left and right brain are some of the benefits accrued due to listening/ chanting Saṁskṛta ślokas.

### (ii) Prāṇamaya Kośa (Vital Force layer) –

Chanting Saṁskṛta ślokas is the fastest, easiest, and a proven method of doing prāṇāyāma (breathing exercises) that gives immense energy and positivity. We get multiple prāṇāyāma benefits by chanting Saṁskṛta ślokas. [Click here to see how.](#)

### (iii) Manomaya Kośa (Mental Layer) –

Scientists and self-improvement experts have always stressed the importance of positive affirmations in our life. Saṁskṛta verses are filled with blessings and positive affirmations from all around us. Peace of mind, stress-relief, and reduction in diseases is seen by listening/chanting Saṁskṛta ślokas.

### (iv) Vijñānamaya Kośa (Layer of Conscience & Intellect) –

Through increased memory, focus, concentration and also through the great treasure of knowledge hidden in the world of Saṁskṛtam literature, there are tremendous benefits to the intellectual layer. [Click here to see how learning Saṁskṛtam has positive impact on memory, focus and concentration.](#)

### (v) Ānandamaya Kośa (Bliss Layer) –

As we regularly chant, we develop the qualities of humility, detachment, and increase in happiness (as against the worldly theory of 'diminishing marginal utility'). Every act becomes a Karma Yoga, leading to permanent bliss.

## 2. What is Saṁskṛtam?

### संस्कृतवाङ्मयविस्तारः

#### शास्त्रम्

#### काव्यम्

वेदाः	वेदाङ्गानि	दर्शनानि	इतरशास्त्रादीनि	दृश्यकाव्यम्	श्रव्यकाव्यम्
ऋग्वेदः	शिक्षा	साङ्ख्यम्	धर्मशास्त्रम्	रूपकाणि (१०)	गद्यकाव्यम्
यजुर्वेदः	व्याकरणम्	योगः	इतिहासः	उपरूपकाणि (१८)	पद्यकाव्यम्
सामवेदः	छन्दः	न्यायः	पुराणानि		चम्पूकाव्यम्
अथर्वणवेदः	निरुक्तम्	वैशेषिकः	उपपुराणानि	नीतिकाव्यम्	कथासाहित्यम्
उपवेदाः	ज्यौतिषम्	पूर्वमीमांसा	भक्तिशास्त्रम्	स्तोत्रकाव्यम्	ऐतिहासिककाव्यम्
आयुर्वेदः	कल्पः	उत्तरमीमांसा	कामशास्त्रम्	चित्रकाव्यम्	कोषग्रन्थाः
धनुर्वेदः			तन्त्रशास्त्रम्	सामाजिककाव्यम्	शास्त्रकाव्यम्
गान्धर्ववेदः			आगमाः	अनुवादसाहित्यम्	विडम्बनकाव्यम्
अर्थशास्त्रम्			६४ कलाः		

Saṁskṛtam is a knowledge system and not a mere language. The representative table on the left-side shows the unlimited repository of information in the Saṁskṛta-world.

Each area here is an ocean by itself and would take more than a lifetime to understand and enjoy.

The chart depicts a very high level overview and we would try to see a few areas in the upcoming issues. (Zoom the document to see the chart clearly)

### 3. How Saṁskṛtam?

Here we would be sharing a few learning paths and suggestions on how to study Saṁskṛtam for various persona and objectives.

Through blessings of Almighty, Gurus and Elders, Vyoma has developed a unique sevā offering for children (upto 10 years) to enjoy learning Saṁskṛta-Saṁskṛti-Saṁskāra-

**Personal Sanskrit Companion**  
For kids (upto 10 years)

Web Version 18 sections 360 Lessons 27 Modules  
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This product is available in pendrive and web versions.

[Click here to experience this by yourself and enjoy the Saṁskṛta-Ānanda](#)

### 4. Where Saṁskṛtam?

There are millions of selfless volunteers who have sacrificed their everything for the sake of spreading this wonderful language. We salute each of them and take support and inspiration from everyone in this journey.

We would share a few interesting links of courses from where we can enjoy the essence of Saṁskṛta-jñānam.

This month we look at two foundation courses for our youngsters who are looking for answers to their life questions-

**1 . Introduction to Vedanta By Smt. Rama Sivaraman**  
( A successful technology professional and a vedāntic student for last 18 years)

INTRODUCTION TO VEDANTA

Click on the image for the link to the course.

**2. Foundations of Sanatana Dharma by Prof. B Mahadevan**

(Professor at IIMB, who has been teaching management and Indic knowledge for the past 25+ years)

Foundations of  
Sanātana Dharma  
Live Webinar in English  
By Prof Shri B. Mahadevan

Click on the image for the link to the course.

# Sanskrit From Home- Courses

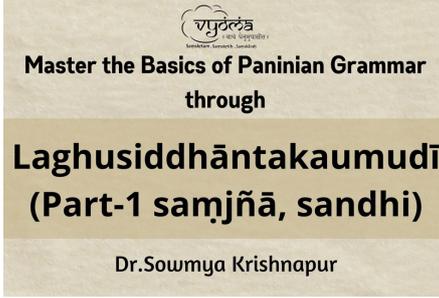
Vyoma Saṁskṛta Pāṭhaśālā - [www.sanskritfromhome.in](http://www.sanskritfromhome.in) is the largest repository of structured Sanskrit E-learning content. There are 38 teachers and over 180 courses available on a wide range of topics. Over 28000 committed learners have registered so far.

(click on the images for the links to the courses)

## 1. On-going Live śāstra/vedānta courses

There are several on-going courses happening on [www.sanskritfromhome.in](http://www.sanskritfromhome.in). These courses have hundreds of live attendees.

1



**Master the Basics of Paninian Grammar through Laghusiddhāntakaumudī (Part-1 samjñā, sandhi)**

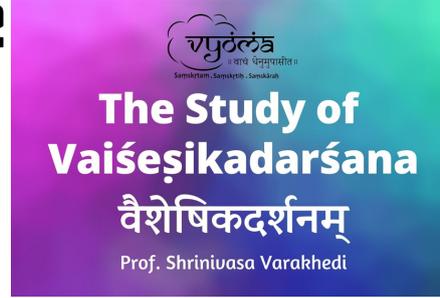
Dr. Sowmya Krishnapur

Course on one of the most popular entry level texts for Paṇinian Grammar.

On-going live Webinar

Registrants  
423

2



**The Study of Vaiśeṣikadarśana वैशेषिकदर्शनम्**

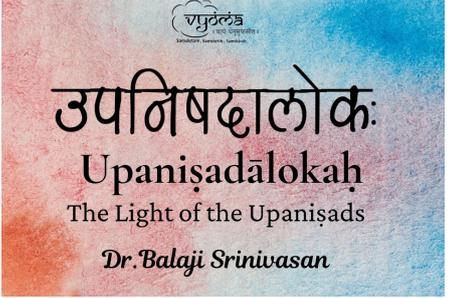
Prof. Shrinivasa Varakhedi

Course that deals with one of the six Darśanas- Vaiśeṣikadarśanam

On-going live Webinar

Registrants  
291

3



**उपनिषदालोकः Upaniṣadālokaḥ**  
The Light of the Upaniṣads

Dr. Balaji Srinivasan

Course dealing with the essence of Upaniṣads. Ideas from popular and important Upaniṣads are explored.

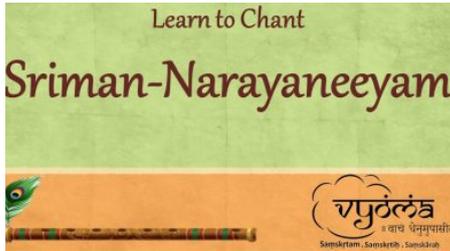
On-going live Webinar

Registrants  
472

## 2. On-going Live Chanting Classes

Chanting is one of the most important activities in the day of a Sanskrit individual. Many chanting courses are conducted on [www.sanskritfromhome.in](http://www.sanskritfromhome.in) by experienced teachers. Let's look at a few-

1



Learn to Chant  
**Srīman-Narayaneeyam**

**Sri. Shankararama Sharma**  
Nārāyaṇīyam- the condensed form of Śrīmadbhāgavatam.

On-going live Webinar

Registrants  
1961

2



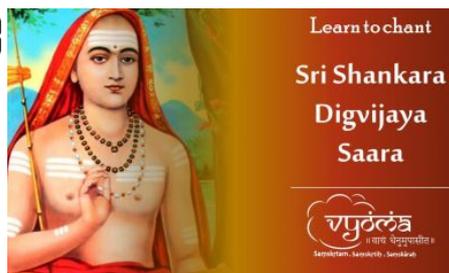
Learn to Chant  
**Vishnu Sahasranama Stotram**

**Sri. Rajesh Anandaramu**  
Course on garland of 1000 names of Lord Vishnu.

On-going live Webinar

Registrants  
1586

3



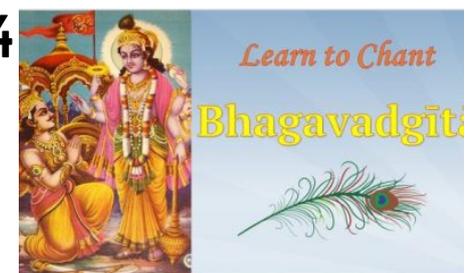
Learn to chant  
**Sri Shankara Digvijaya Saara**

**Sri. Raghunandana R**  
Verses on the life and greatness of Śrī Ādi Śaṅkarācārya.

On-going live Webinar

Registrants  
539

4



Learn to Chant  
**Bhagavadgītā**

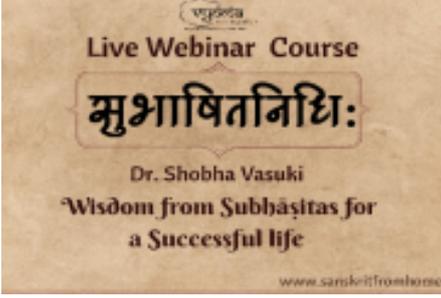
**Smt. Brunda Karanam**  
Chanting of verses with clarity in pronunciation and tune.

On-going live Webinar

Registrants  
2018

### 3. Completed Courses

A number of courses were completed on [www.sanskritfromhome.in](http://www.sanskritfromhome.in) by Sanskrit scholars across the world.

1 

Course dealt with 30 simple Subhāṣitas from various categories.

Completed course

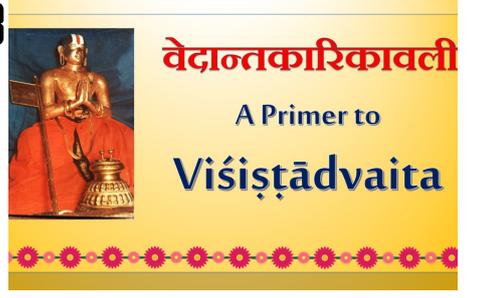
Registrants 1020

2 

Course on learning letters of the Śāradā script that was conducted by the Core Śāradā Team.

Completed course

Registrants 982

3 

Dr. Sreeram Jaganathan Course that lays foundation to Viśiṣṭādvaita Vedānta.

Completed course

Registrants 462

### 4. Pre-recorded Webinar Courses

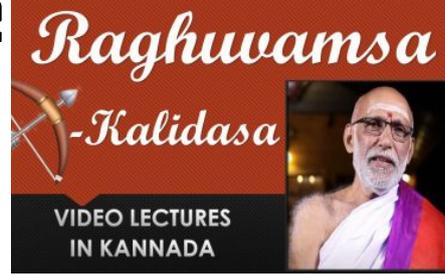
Pre-recorded webinar courses allows for self paced learning. The videos for the courses can be found on [www.sanskritfromhome.in](http://www.sanskritfromhome.in)

1 

The only available course for the verse by verse explanation of the Bhāgavata Purāṇam's māhātmyam

Pre-Recorded course

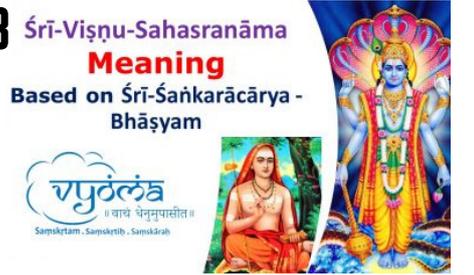
Registrants 66

2 

Mahamahopadhyaya Vid. S. T. Nagaraj. These lectures in Kannada on one among the foremost Pañcamahākāvyas.

Pre-Recorded course

Registrants 45

3 

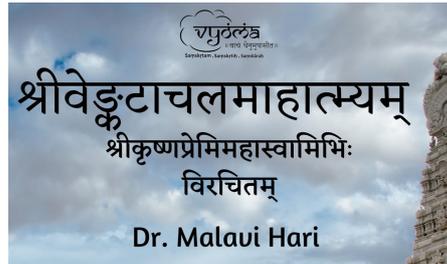
Based on Śrī-Śaṅkarācārya - Bhāṣyam Videos on meaning of each name as explained by Śrī Ādi Śaṅkarācārya in Bhāṣyam

Pre-Recorded course

Registrants 726

### 5. Just launched Courses

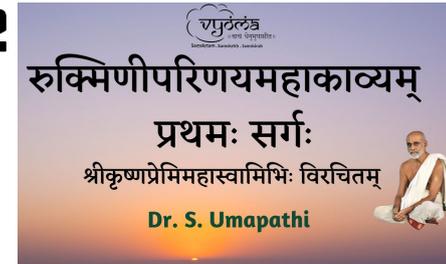
The below are the courses that have just launched on [www.sanskritfromhome.in](http://www.sanskritfromhome.in).

1 

Course on the paurāṇika kāvyā covering the greatness of Veṅkaṭācala kṣetra in simple Tamil

On-going live Webinar

Registrants 179

2 

Course on the first sarga of Rukmiṇīpariṇayamahākāvyam of Sri Krishnapremi Swamigal.

On-going live Webinar

Registrants 228

# Recent Major Sevā Events

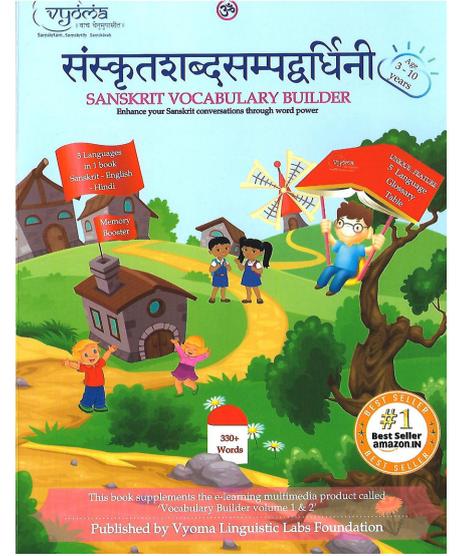
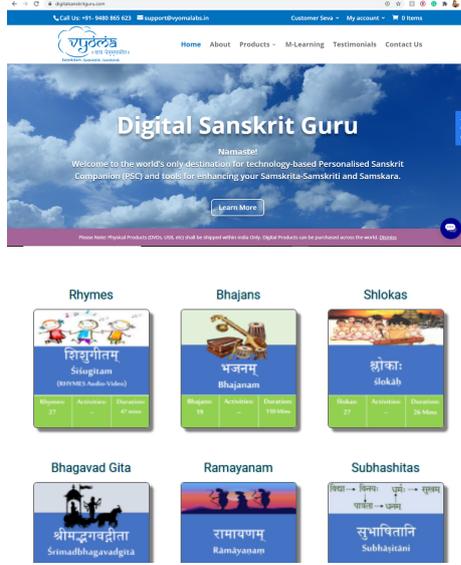
## LAUNCH OF 3 NEW SEVĀS

On 3rd August, 2020- World Sanskrit Day, Vyoma Linguistic Labs Foundation launched three unique Sevās

- Revamped Digital Sanskrit Guru website
- Personal Sanskrit Companion (Kids Version)
- Sanskrit Vocabulary Builder Book- Edition 2

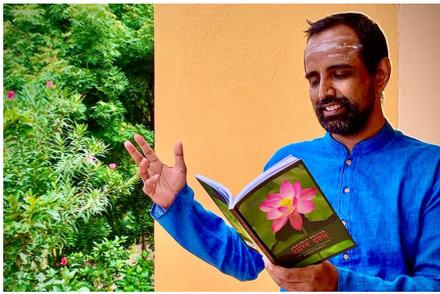
These were launched by Sri Sivan Subramaniam in the presence of Vyoma Team Members and well wishers.

Click on the images for the websites.

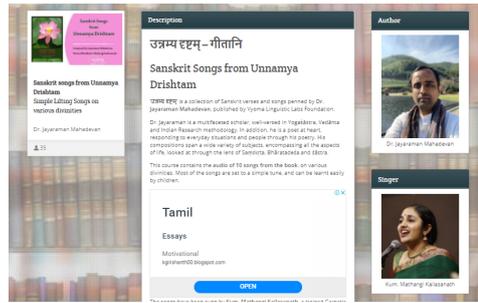


From top left- clockwise

1. Revamped website.
2. Second edition of Sanskrit Vocabulary Builder Book.
3. Snapshot of Personalised Sanskrit Companion - Web Version.



Dr. Jayaraman Mahadevan with his book Unnamya Dr̥ṣṭam



To enjoy the mellifluous audio of a few songs from this book- Click on the above image.



Prof. Ramachandra G Bhat doing lokārpaṇam of the book.



Images from the book launch (From top left -Clockwise)

- Prof. Ramachandra G Bhat  
Shatavadhani Dr. R. Ganesh  
Dr. Sowmya Krishnapur  
Dr. Jayaraman Mahadevan

## LAUNCH OF THE BOOK UNNAMYA DR̥ṢṬAM

Unnamya Dr̥ṣṭam is a collection of Sanskrit poems on contemporary themes. These poems and songs have a universal appeal.

The author of the book, Dr. Jayaraman is a multifaceted scholar, well-versed in Yogaśāstra, Vedānta, and Indian Research methodology. In addition, he is a poet at heart, responding to everyday situations and people through his poetry. His compositions thus span a wide variety of subjects, encompassing all the aspects of life, looked at through the lens of Saṃskṛta, Bhārata deśa, and śāstra.

Buy the Book Here-  
[https://digitalsanskritguru.com/product/unnamya\\_drishitam/](https://digitalsanskritguru.com/product/unnamya_drishitam/)

Looking for a reason to sign up?  
Here are 3!

Vyoma is such an invaluable institution that has happened to India and the world. I am in great awe that it gave us this beautiful course- Sharada Lipi .



*Dr. Varsha Santosh  
Ayurvedic Doctor, Singapore*

Thank you Vyoma Labs for promoting and revitalizing Sanskrit to its original beauty in the right direction. They need the support of everyone in accomplishing this great task that will be beneficial to the human race.



*Dr. Panchanadam Swaminathan  
Senior Research Scientist (Retd.)  
Pennsylvania, USA*

This course on "Foundations of Sanatana Dharma" exceeded all my expectations. It introduced all the major concepts of Sanatana Dharma in very simple language and used modern examples to help everybody understand.

*Arnab Bhattacharya  
Associate Professor,  
Dept. of Computer Science and Engineering,  
IIT Kanpur*



## Vyoma Linguistic Labs Foundation

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Being a non-profit organisation, your contribution is very valuable to sustain these initiatives related to Saṃskṛta-Saṃskṛti-Saṃskāra



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