



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved)
Gurugram, Delhi-NCR
Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

Learn Sanskrit Short Course

Outcomes

1. Enhanced cognitive abilities: Learning Sanskrit requires memorization, concentration, and analytical skills, which can help to enhance cognitive abilities.
2. Improved language skills: Sanskrit is a complex language that can help learners to improve their grammar, vocabulary, and syntax in other languages.
3. Increased cultural awareness: Sanskrit is an ancient language that is deeply intertwined with Indian culture and spirituality. Learning the language can help learners to gain a deeper understanding and appreciation of this rich cultural heritage.
4. Better communication skills: Sanskrit is a language that emphasizes precision and clarity in communication. Learning to speak Sanskrit can help learners to improve their communication skills in general.
5. Mindfulness and stress reduction: Learning Sanskrit pronunciation and chanting can have a calming effect on the mind and body, which can help to reduce stress and increase mindfulness.
6. Improved memory: Learning Sanskrit requires the memorization of complex grammar rules and vocabulary. This can help learners to improve their memory skills.
7. Attention to detail: Sanskrit grammar is very precise, and mastering the language requires attention to detail and a focus on accuracy.


Registrar
SGT University,
Budhera, Gurugram