

**Unit I: Introduction to Sahasranama Stotras**

Definition and significance of Sahasranama Stotras in Hindu devotional literature.

Overview of major Sahasranama texts, including Vishnu Sahasranama, Lalita Sahasranama, and Shiva Sahasranama.

Historical development and cultural context of Sahasranama recitation.

**Unit II: Textual Structure and Symbolism**

Analysis of the textual structure and organization of Sahasranama Stotras.

Examination of symbolic representations and allegorical interpretations within Sahasranama hymns.

Study of common motifs and imagery found in Sahasranama texts.

**Unit III: Philosophical Insights**

Exploration of the philosophical teachings and theological concepts conveyed in Sahasranama Stotras.

Discussion on the nature of divinity, cosmic order, and the individual soul as expounded in Sahasranama hymns.

Analysis of the role of devotion (bhakti) and spiritual practice in Sahasranama recitation.

**Unit IV: Comparative Study**

Comparative analysis of Sahasranama texts from different traditions, such as Vaishnavism, Shaivism, and Shaktism.

Identification of common themes, motifs, and variations among Sahasranama hymns.

Examination of textual differences and regional variations in Sahasranama recitation practices.

**Unit V: Spiritual Significance and Practice**

Exploration of the spiritual significance of Sahasranama recitation in Hindu worship.

Discussion on the transformative power of chanting Sahasranama Stotras for spiritual seekers.

Practical insights into incorporating Sahasranama recitation into personal devotional practices.

**Textbooks/References:**

1. Satyanarayana Dasa. Vishnu Sahasranama: A Comprehensive Study. D.K. Printworld (P) Ltd., 2011.
2. Subramanian, V.K. Lalita Sahasranama with Bhaskararaya's Commentary. Samata Books, 2004.
3. Prasad, Rama. Shiva Sahasranama: The Thousand Names of Lord Shiva. Sterling Publishers Pvt. Ltd., 2007.

**Links:**

1. Vishnu Sahasranama: [<https://www.sacred-texts.com/hin/vishnu.htm>](<https://www.sacred-texts.com/hin/vishnu.htm>)
2. Lalita Sahasranama: [<https://www.scribd.com/doc/113198292/Lalitha-Sahasranama-Stotram>](<https://www.scribd.com/doc/113198292/Lalitha-Sahasranama-Stotram>)

### 3. Shiva Sahasranama:

[[https://www.hindupedia.com/en/Shiva\\_Sahasranama\\_Stotram\\_\(Linga\\_Purana\)](https://www.hindupedia.com/en/Shiva_Sahasranama_Stotram_(Linga_Purana))]([https://www.hindupedia.com/en/Shiva\\_Sahasranama\\_Stotram\\_\(Linga\\_Purana\)](https://www.hindupedia.com/en/Shiva_Sahasranama_Stotram_(Linga_Purana)))