

## Value Addition Course

### Panchakosha: Holistic Development of Personality

Course Title and Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Prerequisite of the Course
		Lecture	Tutorial	Practical/Practice		
Panchakosha: Holistic Development of Personality	02	1	0	1	Pass in Class 12th	NIL

#### Course Objectives

- To introduce Five *Koshas* – five levels of mind-body complex – *Annamaya*, *Pranayama*, *Manomaya*, *Vigyanamaya* and *Anandamaya Kosha*; for a holistic development of personality.
- To generate awareness about physical and mental wellbeing through the Indian concept of *Panchkosha*.
- To develop a positive attitude towards self, family and society amongst students.
- To guide students build personalities based on the understanding of *Panchkosha*.

#### Learning Outcomes

- Enhanced physical and mental health.
- Coping with peer pressures and stress.
- Improved concentration leading to better overall performance.
- Manage life situations through a balanced and mature approach.

#### Syllabus of *Panchkosha: Holistic Development of Personality*

Unit I: Elements of Personality	Lectures
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<ul style="list-style-type: none"> <li>● <i>PanchaKosha</i>: Introduction</li> <li>● Five aspects of Human Personality: <i>Annamaya Kosha</i> (Physical body), <i>Pranamaya Kosha</i> (Vital life force energy), <i>Manomaya Kosha</i> (Psychological wellness), <i>Vijnanamaya Kosha</i> (Intellect), <i>Anandamaya Kosha</i> (Happiness and Blissfulness)</li> <li>● Health: Mental and Physical</li> </ul>	4
Unit II: <i>Annamaya Kosha</i> and <i>Pranamaya Kosha</i>	
<ul style="list-style-type: none"> <li>● Human Body and <i>Pancha Karmendriyas</i></li> <li>● <i>Annamaya Kosha</i>: Balanced diet and exercise for healthy body</li> <li>● <i>Pranamaya Kosha</i>: Development of life force, <i>Pranayam</i></li> <li>● <i>Charucharya</i>: Social Etiquettes</li> </ul>	4
Unit III: <i>Manomaya Kosha</i> and <i>Vijnanamaya Kosha</i>	
<ul style="list-style-type: none"> <li>● <i>Antahkarana</i> and its functions</li> <li>● <i>Pancha Gyanendriyas</i></li> <li>● <i>Manomaya Kosha</i> : Controlling the <i>Mana</i> (mind)</li> <li>● <i>Vijnanamaya Kosha</i>: Ability of discretion and decision making</li> </ul>	4
Unit IV: <i>Anandamaya Kosha</i> and Beyond	
<ul style="list-style-type: none"> <li>● <i>Anandamaya Kosha</i>: Experience of happiness and bliss</li> <li>● Self-realisation, Nature of Consciousness: <i>Sat-Chit-Ananda</i></li> </ul>	3

### Practical/ Practice Component

(15 sessions of 2 hours each= 30 hours)

- Recitation of select verses from *Taitiriyopansid*
- *Asana*
- *Pranayama*
- Meditation
- Visit to a Yog shivir or meditation centres
- Students are required to watch documentaries and films on the subject-related topics.
- If required, students can share their experiences in the form of a Project Report.
- Any other Practical/Practice as decided from time to time

### Essential Readings

- पंचकोश विवेक, स्वामी परमहंस योगानन्द, <https://ndl.iitkgp.ac.in/पर उपलब्ध>

- विवेक चूडामणि, आदि शंकराचार्य द्वारा लिखित, अरविन्द आनंद द्वारा अनुदित, चौखम्भा प्रकाशन, वाराणसी, 2015
- Vivek Chudamani, Adi Shankaracharya, Swami Turiyananda (Sanskrit and English), Sri Ramakrishna Math, Mylapore, 2019
- सभी के लिए योग, बी.के.एस. आयंगर, प्रभात प्रकाशन, 2018
- Yoga The Path to Holistic Health: The Definitive Step-by-step Guide, B.K.S. Iyengar, Dorling Kingsley, London, 2021
- The Sacred Science of Yoga & The Five Koshas, Christopher Sartain, CreateSpace Independent Pub, 2015

### **Suggested Readings**

- PanchaKosha: The five sheaths of the human being, Swami Nishchalanand, Kindle edition.
- Upanisadvakya Mahakosa. (An Upanishadic Concordance, taken from 239 Upanishads, G. S. Sadhale (Compiled by). Chowkhamba Vidyabhawan, Varanasi, 2014
- The Pentagon of Creation: As Expounded in the Upanishads, Ajai Kumar Chhawchharia, CreateSpace Independent Pub, 2015

### **Assessment Methods\***

Internal Assessment: 25%

End Semester Theory Exam: 25%

Practical: 50%

\*Subject to directions from the Examination Branch/University of Delhi from time to time