

## VAC 1: PANCHKOSHA: HOLISTIC DEVELOPMENT OF PERSONALITY

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical/ Practice		
Panchkosha: Holistic Development of Personality	02	1	0	1	Pass in Class 12 <sup>th</sup>	NIL

### Learning Objectives

The Learning Objectives of this course are as follows:

- 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

The Learning Outcomes of this course are as follows:

- 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 HOLISTIC DEVELOPMENT OF PERSONALITY

#### UNIT – I Elements of Personality

(4 Weeks)

- PanchaKosha: Introduction
- Five aspects of Human Personality: Annamaya Kosha (Physical

body), Pranamaya Kosha (Vital life force energy), Manomaya Kosha (Psychological wellness), Vijnanamaya Kosha (Intellect), Anandamaya Kosha (Happiness and Blissfulness)

- Health: Mental and Physical

**UNIT – II *Annamaya Kosha and Pranamaya Kosha***

**(4 Weeks)**

- Human Body and Pancha Karmendriyas
- Annamaya Kosha: Balanced diet and exercise for healthy body
- Pranamaya Kosha: Development of life force, Pranayam
- Charucharya: Social Etiquettes

**UNIT – III *Manomaya Kosha and Vijnanamaya Kosha***

**(4 Weeks)**

- Antahkarana and its functions
- Pancha Gyanendriyas
- Manomaya Kosha : Controlling the Mana (mind)
- Vijnanamaya Kosha: Ability of discretion and decision making

**UNIT – IV *Anandamaya Kosha and Beyond***

**(3 Weeks)**

- Anandamaya Kosha: Experience of happiness and bliss
- Self-realisation, Nature of Consciousness: Sat-Chit-Ananda

**Practical component (if any) –**

**(15 Weeks)**

- 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 वि वेक, स्वामी परमहंस योगनन्द, <https://ndl.iitkgp.ac.in/> पर उपलब्ध
- वि वेक चूड़ामणि , आदि शंकराचार्य द्वारा लिखित, अरवि नन्द 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 Vidyabhanan, Varanasi, 2014
- The Pentagon of Creation: As Expounded in the Upani

**Examination scheme and mode: Subject to directions from the Examination Branch/University of Delhi from time to time**