VAC 1: PANCHKOSHA: HOLISTIC DEVELOPMENT OF PERSONALITY

Credit distribution, Eligibility and Pre-requisites of the Course

Course title	Credits	Credit distribution of the course			Eligibility	Pre-requisite
& Code		Lecture	Tutorial	Practical/ Practice	criteria	of the course
Panchkosha: Holistic Development of Personality	02	1	0	1	Pass in Class 12 th	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 योगनान्द, https://ndl.iitkgp.ac.in/पर उपलब्ध
- वि वेक चूड़ामणि, आदि शंकराचार्य द्वारा लि खित, अरवि न्द आनंद द्वारा अनुदित,



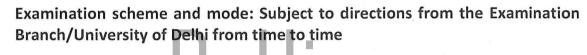
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चौखम्भा प्रकाशन, वाराणसी, 2015

- Vivek Chudamani, Adi Shankaracharya, Swami Turiyananda (Sanskrit and English), Sri Ramakrishna Math, Mylapore, 2019
- सभी के लि ए योग,बी.के.एस. आयंगार, प्रभात प्रकाशन, 2018
- Yoga The Path to Holistic Health: The Definitive Step-by-step Guide, B.K.S. lyengar, 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 Upani



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