

Value Addition Course (VAC) - Sanskrit

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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● <i>PanchaKosha</i>: Introduction ● 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) ● Health: Mental and Physical	4
Unit II: <i>Annamaya Kosha</i> and <i>Pranamaya Kosha</i>	
● Human Body and <i>Pancha Karmendriyas</i> ● <i>Annamaya Kosha</i>: Balanced diet and exercise for healthy body ● <i>Pranamaya Kosha</i>: Development of life force, <i>Pranayam</i> ● <i>Charucharya</i>: Social Etiquettes	4
Unit III: <i>Manomaya Kosha</i> and <i>Vijnanamaya Kosha</i>	
● <i>Antahkarana</i> and its functions ● <i>Pancha Gyanendriyas</i> ● <i>Manomaya Kosha</i> : Controlling the <i>Mana</i> (mind) ● <i>Vijnanamaya Kosha</i>: Ability of discretion and decision making	4
Unit IV: <i>Anandamaya Kosha</i> and Beyond	
● <i>Anandamaya Kosha</i>: Experience of happiness and bliss ● Self-realisation, Nature of Consciousness: <i>Sat-Chit-Ananda</i>	3

Practical/ Practice Component

(15 sessions of 2 hours each= 30 hours)

- Recitation of select verses from *Taittiriyaopansid*
- *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