

# St Xavier's College (Autonomous) Kolkata

## VAC -2

### Panchkosha: Holistic Personality Development

<b>Course name:</b> Panchkosha: Holistic Personality Development		
<b>Course code:</b>		<b>Course Type:</b> VAC 2
<b>Course Credits:</b>		<b>Credit distribution of the course 2 .No. of classes per week -1</b>
<b>Pedagogy:</b> Classrooms lecture, Case studies, Group discussion & Seminar		
<p><b>Course Description:</b> This course has three themes namely personal, inter-personal and social skills which are essential for today's youth to face the demand and challenges of everyday life efficiently and effectively. The aim of the course is to develop ability in students to maintain a state of wellbeing and adapt and demonstrate of positive behaviour while interacting with the others in everyday life situations</p>		
<p><b>Learning Objectives:</b> The course aims to help learners to acquire conceptual knowledge of:  <b>LO1.</b>The ability to maintain a state of wellbeing with a holistic development of personality by introducing five Koshas or the five levels of mind -body complex.  <b>LO2.</b>adaptation and demonstration of positive behaviour while interacting with the others in everyday life situations. To guide students so as to build personalities based on the understanding of Panchkosha.</p>		
<p><b>Course Outcomes:</b> On successful completion of the course, students will be able to:  <b>CO1.</b>Develop personal and inter-personal skills to manage situations through a balanced and mature approach.  <b>CO2.</b>Develop a healthy attitude towards others and coping with stress</p>		
<b>Unit</b>	<b>Details</b>	<b>No. of classes</b>
<b>Unit 1:</b> The significance of human values, Elements of personality development	Introduction to human/personality development and its importance to enhance career success and happiness in life- mental and physical health, social growth, spiritual growth, emotional growth Panchkosha -introduction Annamaya kosha (physical body) Pranamaya kosha (life force energy) Manomaya kosha (Psychological wellness) Vijnanamaya kosha(intellect) Anandamaya kosha (happiness and blissfulness)	<b>3</b>
<b>Unit 2:</b> Shaping personal skills- Annamaya kosha - Pranamaya kosha	Lateral thinking and Problem solving Stress and emotions Time management Social etiquettes Development of life force Balanced diet and exercise	<b>3</b>

<b>Unit 3:</b> Sharpening inter-personal skills - Manomaya kosha- Vijnanamaya kosha	Conflict management and resolution Assertiveness Active listening and empathy Non-verbal communications Controlling the mind Critical thinking and decision making	<b>3</b>
<b>Unit 4:</b> Strengthening social skills- Anandamaya kosha	Integrity in public and personal life Ethical relationships Digital dizziness and social networking Equity, equality and justice Experience of happiness and bliss Self-realization	<b>3</b>
<b>Unit 5:</b> Self Development	Physical Development, Cognitive Development Language Development, Social Development, Moral Development, Gender Development	<b>3</b>
<b>Practical Exercises/Skill Development Activities:</b> group discussions, debates, quiz, asanas, meditation, watching documentaries, project report		
<b>Suggested Readings/References: .</b>		
<ol style="list-style-type: none"> <li>1)How to Win Friends and Influence People by Dale Carnegie, 1936</li> <li>2) The 8th Habit: from Effectiveness to Greatness, by Stephen R. Covey 2007, Simon &amp; Schuster Ltd</li> <li>3) The Magic of Thinking Big by David J. Schwartz, 1959</li> <li>4) Think and Grow Rich by Napoleon Hill, 1937</li> <li>5) Failing Forward: Turning Mistakes into Stepping Stones for Success by John C. Maxwell 2000</li> <li>6) Psycho-Cybernetics by Maxwell Maltz, 1960</li> <li>7) Awaken the Giant Within: How to Take Immediate Control of Your Mental, Emotional, Physical and Financial Destiny! By Tony Robbins, 1991</li> <li>8)The Pentagon of Creation: As Expounded in the Upani</li> <li>9) Panchkosha :The Five Sheaths of the human being , Swami Nishchalanand, Kindle edition.</li> </ol>		