



**Panchkoshha: Holistic Personality Development for BCOM and  
BMS**

Semester	<b>SEMESTER 2 FOR BCOM AND BMS</b>
Course	<b>VALUE ADDED COURSE</b>
Paper Code	<b>V1BC230211T (BCOM) AND V1BMS2327( BMS)</b>
Paper Title	<b>PANCHKOSHA: HOLISTIC PERSONALITY DEVELOPMENT</b>
No. of Credits	<b>2 CREDITS</b>
Theory / Practical / Composite	<b>THEORY</b>
Minimum No. of preparatory hours per week a student has to devote	<b>I CLASS PER WEEK (40 MINUTES)</b>
Number of Modules	<b>5</b>
Syllabus	<p><b>Unit 1: The significance of human values, Elements of personality development:</b> 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)</p> <p><b>Unit 2: Shaping personal skills- Annamaya kosha - Pranamaya kosha:</b> Lateral thinking and Problem solving Stress and emotions Time management Social etiquettes Development of life force Balanced diet and exercise</p> <p><b>Unit 3: Sharpening inter-personal skills - Manomaya kosha- Vijnanamaya kosha:</b> Conflict management and resolution Assertiveness Active listening and empathy Non-verbal communications Controlling the mind Critical thinking and decision making</p> <p><b>Unit 4: Strengthening social skills- Anandamaya kosha</b> integrity in public and personal life Ethical relationships Digital dizziness and social networking Equity, equality and justice Experience of happiness and bliss Self-realization</p> <p><b>Unit 5: Self Development :</b> Physical Development, Cognitive Development ,Language Development, Social Development, Moral Development, Gender Development</p>

Learning Outcomes	<p>The course aims to help learners to acquire conceptual knowledge of:</p> <p>LO1.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.</p> <p>LO2.adaptation and demonstration of positive behaviour while interacting with the others in everyday life situations. To guide students to build personalities based on the understanding of Panchkosha.</p>
Reading/Reference Lists	<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>
Evaluation	<p><b><u>I. MARKS DISTRIBUTION</u></b></p> <p><b><u>CIA</u></b></p> <p>Attendance- 2 Marks</p> <p>Hand written assignment (synopsis/abstract within 500 words)- 13marks</p> <p><b><u>END SEMESTER</u></b></p> <p>Assignment- 35 marks</p> <p><b><u>Total 50 (2marks +13 marks+35 marks)</u></b></p> <p><b>Note:</b> For passing a candidate has to secure a minimum of 20 marks. VAC will be a part of SGPA and CGPA calculations.</p>

## **II. COMPONENTS OF THE END SEMESTER ASSIGNMENT (TYPED)**

### **The Assignment should have the following components:**

**1) Cover Page-**On the cover page the following information should be written by the student:

- Title of the Assignment
- Name of the Candidate
- Room Number
- Roll Number
- Name of the Concerned Professor (Supervisor)
- Month and Year of Submission

**2) Acknowledgement (if required):**

Various organizations and individuals who might have provided assistance during the process of carrying out the study.

**3) Table of Content:** Page-wise listing of the main contents in the Assignment.

**4) Body of the dissertation:  
The body of the dissertation  
should have these three  
logical divisions;**

- Introduction to the topic chosen.
- Conceptual Framework: relating to the topic of the area of work.
- Conclusion: the concluding observations are to be provided.

**5) References:** This section will include the list of books, research papers and articles which have been used in the assignment and in writing the assignment

## **III. RULES FOR END SEMESTER ASSIGNMENT**

- The Assignment should be Spiral Bound.

	<ul style="list-style-type: none"> <li>➤ Students must prepare the assignment in their own words with appropriate references.</li> <li>➤ The assignment to be submitted must be in MS Word and within 2,500 to 3,000 words.</li> <li>➤ 4) The text should be in Times New Roman 12 font size, with headings in 14 font size.</li> </ul> <p>5) Failure to submit the assignment by the due date will be treated as “Absent</p>	
Paper Structure for Theory Semester Exam	<b>NOT APPLICABLE</b>	