

**As per the NEP 2020
(Effective from Academic Year 2024-2025 onwards)**

VALUE ADDED COURSES
Faculty of Arts/Commerce/Science
For Post-Graduate Programmes

Semester - II



Pandit Deendayal Upadhyaya Shekhawati University
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Semester	Course Code	Course Title	Contact Hrs per Week			Credits	Weightage (%)		
			L	T	P		CWS	MTE	ETE
		(Select Any One)							
II	24MVC9201T	Indian Knowledge System and Integral Humanism - I	2	0	0	2	10	20	70
	24MVC9202T	Panchkosha: Holistic Development of Personality	2	0	0	2	10	20	70
	24MVC9203T	Stress Management	2	0	0	2	10	20	70

Semester – II

Course Objective


1. To introduce students to the life, philosophy, and contributions of Pandit Deendayal Upadhyaya.
2. To provide a deep understanding of Integral Humanism (Ekatma Manav Darshan) as a foundational Indian philosophical framework.
3. To compare Integral Humanism with Western ideologies such as Capitalism and Socialism, highlighting the uniqueness of the Indian approach.
4. To explore the relevance of Integral Humanism in shaping modern India, particularly in the context of nation-building and sustainable development.

Course Outcome

1. Students will be able to understand the fundamentals, sources and contemporary relevance of the Indian Knowledge System (IKS).
2. Students will be able to understand the core concepts, philosophy and cultural roots of the Indian knowledge tradition.
3. They will be able to explain the elements of "Integral Humanism" propounded by Pt. Deendayal Upadhyaya and relate it to the current social, political and economic context.
4. Analyse alternative discourses of nation, culture, education, state and economy from an Indian perspective.
5. Evaluate the relevance of ideas like "Antyodaya", "Gram Swaraj", "Democratic Decentralisation" in contemporary policies.
6. They will understand their responsibilities as thoughtful, responsible and culturally minded citizens for building an India-centric, humane and harmonious society.
7. Students will gain a hands-on experience of the practical utility of Indian thought through various activities, group discussions, and case studies.

Course Title:	Indian Knowledge System and Integral Humanism - I	Course Code: 24MVC9201T
Total Lecture hour 30		Hours
Unit I	Introduction to Indian Knowledge System - Objective: To acquaint the students with the concepts of Indian philosophical tradition,	8

	<p>life view and knowledge.</p> <p>Main theme:</p> <ul style="list-style-type: none"> • Vedas, Upanishads, Philosophy (Samkhya, Yoga, Vedanta etc.) • The Four Purusharthas of Life (Dharma, Artha, Kama, Moksha) • Trinitarian tradition (shruti, smriti, practice) • The Purpose of Knowledge – Welfare of the Soul and Society • Indian vs Western knowledge tradition • Totality vs. Fragmented Approach 	
Unit II	<p>Pt. Deendayal Upadhyaya: Background of Life and Thought –</p> <p>Objective: To develop an understanding of the personality, philosophy of life and contribution of Pt. Deendayal Upadhyay.</p> <p>Main theme:</p> <ul style="list-style-type: none"> • Biography • His vision for India's problems • Interpretation of Indianness • The Need for "Philosophy in Politics" • Deendayal Upadhyaya's role in rebuilding India • Originality of Indian Ideology 	8
Unit III	<p>Integral Humanism – Philosophy and Basis –</p> <p>Objective: To understand the concept of Integral Humanism and its philosophical underpinnings.</p> <p>Main theme:</p> <ul style="list-style-type: none"> • The Four Dimensions of the Human Being: Body, Mind, Intelligence, Spirit • Harmony between Individual, Society and Nature • 'Development for whom?' The concept of • Consumerism vs. Service • Growth is incomplete without the soul • Integral Vision vs. Fragmented Vision 	7
Unit IV	<p>Indian Culture and Value Education -</p> <p>Objective: To understand the Indian vision of nation building through culture and education.</p> <p>Main theme:</p> <ul style="list-style-type: none"> • Definition and Characteristics of Culture • Purpose of Education – Knowledge, Wisdom, Behavior • From Gurukul tradition to modern education • Indian Values in Education (Restraint, Service, Tolerance) • Restoration of Indian Elements in Education • The Relationship of Culture and Character Building 	7
<p>Reference and Reading Books:</p> <ol style="list-style-type: none"> 1. The Vision of Integral Humanism, Edited by: Mahesh Chandra Sharma, Publisher: Deendayal Research Institute 2. Rashtrajeevan Darshan ke Nirmata - Pandit Deendayal Upadhyay, 2024, Prachi Digital Publication by Dr. Anil Saini. 3. Political Diary, Author: Pandit Deendayal Upadhyaya, Publisher: Suruchi Prakashan. 4. Pandit Deendayal Upadhyaya: A Profile, Author: Sudhakar Raje, Publisher: Deendayal Research Institute. 5. The Essentials of Indian Philosophy, Author: M. Hiriyanna, Publisher: Motilal Banarsidass 		

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6. Introduction to Indian Knowledge System: Concepts and Applications, Authors: B. Mahadevan, K. Gopinath, Nagendra Pavana R. N., Publisher: PHI Learning.
7. The Beautiful Tree: A Personal Journey Into How the World's Poorest People Are Educating Themselves, Author: James Tooley, Publisher: Penguin Books
8. National Education Policy 2020 (NEP 2020), Publisher: Ministry of Education, Government of India
9. Papers and Publications by Deendayal Research Institute (DRI), Visit: <https://www.dri.org.in>
10. <https://deendayalupadhyaysmriti.org>
11. <https://www.pduss.org>

Course Objectives - The Learning Objectives of this course are as follows:

1. To introduce Five Koshas - five levels of mind-body complex-Annamaya, Pranayama, Manomaya, Vigyanamaya and Anandamaya Kasha; for a holistic development of personality.
2. To generate awareness about physical and mental wellbeing through the Indian concept of Panchkosha.
3. To develop a positive attitude towards self, family and society amongst students.
4. To guide students build personalities based on the understanding of Panchkosha.

Course Outcomes - The Learning Outcomes of this course are as follows:

1. Enhanced physical and mental health.
2. Coping with peer pressures and stress.
3. Improved concentration leading to better overall performance.
4. Manage life situations through a balanced and mature approach.

Course Title:	Panchkosha: Holistic Development of Personality	Course Code: 24MVC9202T
Total Lecture hour: 30		Hours
Unit I	Elements of Personality <ul style="list-style-type: none"> PanchaKosha: Introduction Five aspects of Human Personality: Annamaya Kasha (Physical body), Pranamaya Kosha (Vital life force energy), Manomaya Kosha (Psychological wellness), Vijnanamaya Kosha (Intellect), Anandamaya Kosha (Happiness and Blissfulness) Health: Mental and Physical 	8
Unit II	Annamaya Kosha and Pranamaya Kosha <ul style="list-style-type: none"> Human Body and Pancha Karmendriyas Annamaya Kosha: Balanced diet and exercise for healthy body Pranamaya Kosha: Development of life force, Pranayam Charucharya: Social Etiquettes 	8
Unit III	Manomaya Kosha and Vijnanamaya Kosha <ul style="list-style-type: none"> Antahkarana and its functions Pancha Gyanendriyas Manomaya Kosha : Controlling the Mana (mind) Vijnanamaya Kasha: Ability of discretion and decision making 	7
Unit IV	Anandamaya Kosha and Beyond <ul style="list-style-type: none"> Anandamaya Kosha: Experience of happiness .and bliss Self-realisation, Nature of Consciousness: Sat-Chit-Ananda 	7

	Practical component (if any) - (15 Weeks) <ul style="list-style-type: none"> • 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 	
Reference and Reading Books:		
<ol style="list-style-type: none"> 1. Yoga The Path to Holistic Health: The Definitive Step-by-step Guide, B.K.S. Iyengar, Dorling Kingsley, London, 2021 2. The Sacred Science of Yoga & The Five Kosh as, Christopher Sartain, CreateSpace Independent Pub, 2015 3. edition. 4. Upanisadvakya Mahakosa. (An Upanishadic Concordance, taken from 239 Upanishads, G. S. Sadhale (Compiled by). Chowkhamba Vidyabhawan, Varanasi, 2014 5. The Pentagon of Creation: As Expounded in the Upani 		

Course Objectives:

1. To understand the nature and consequences of stress
2. To understand the impact of stress on work
3. To recognize the stressors, Adaptive and Maladaptive behavior

Learning Outcomes:

1. Understand the cognitive variables of stress
2. Learn Managing Work-Life Balance
3. Preparing for better future by reducing the stress.

Course Title:	Stress Management	Course Code: 24MVC9203T
Total Lecture hour: 30		Hours
Unit I	Meaning and nature of stress: Difference between eustress and distress; Frustration, conflict and pressure; Meaning of stressors; common stressors at work place: Stressors unique to age and gender.	7
Unit II	Cognitive and Behavioral aspects of Stress: General adaptation to stress; Consequences of stress; Physiological and psychological changes associated with the stress response. Stress and Memory; Adaptive and Maladaptive Behaviour. Individual and Cultural Differences: Sources of Stress Across the Lifespan.	8
Unit III	Stress and Work performance: Role of communication in managing stress and work performance: Emotional regulation and coping; Emotional intelligence and conflict management: Emotional Basis and Stress; Stress and Conflict in Relationships.	8
Unit IV	Strategies of Stress Management and Preparing for future: Care of the Self; Nutrition and Other Lifestyle Issues; Stress reduction practices; Time management; Exercise; Relaxation techniques; yoga; meditation.	7

Reference and Reading Books:

1. Baron .L & Feist.J (2000) Health Psychology 4th edition, USA Brooks/Cole
2. Barlow, Rapee, and Perini(2014), 10 Steps to Mastering Stress: A Lifestyle Approach, USA
3. Clayton,M, (2011).Brilliant stress management How to manage stress in any situation's 1st edition, Great Britain Pearson Education
4. Cooper,C,& Palmer,S, (2000)Conquer Your Stress, London: Institute of personal development Universities Press

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