

DSE-2**Art of Balanced Living****(12137902)****[A] Course Objectives:**

The course aims to make students aware of the importance of balance in life and to make them aware of the theoretical and practical aspects of Balanced Living inherent in Sanskrit texts and apply them to live a better life. Graduates who read this course should be able to see that in order to bring balance in life, a proper understanding one's life situation is necessary. For this understanding, shravana manana and nididhyasana are important tools.

Graduates must know the true essence of listening (acquisition of information) manana (reflection) and nididhyasana (unflinching commitment). In this segment students can learn how to improve concentration. They will be able to identify the causes for indecisiveness and confusion and will learn how emotional stability can lead to clearer thinking. This section should help students to understand the importance of Ashtang yoga and Kriyayoga for the purification mind. Team work and social cohesion require inter personal skills. One needs to know that one's behaviour can create conflicts. Learners should know how to improve their behaviour through jnana, dhyana, karma and bhakti yoga. Student should learn how active engagement with action is most conducive to healthy and successful living. By reading this segment, learners should develop a more balanced approach to life.

[B] Course Learning Outcomes:

Graduates who read this course will acquire the necessary tools for a balanced life. They will know the true essence of listening (acquisition of information) manana (reflection) and nididhyasana (unflinching commitment). In this segment students can learn how to improve concentration. They will be able to identify the causes for indecisiveness and confusion and will learn how emotional stability can lead to clearer thinking.

This section will help students to understand the importance of Ashtang yoga and Kriyayoga for the purification of mind.

Team work and social cohesion require inter personal skills. Here students will know how to improve their behaviour through jnana, dhyana, karma and bhakti yoga. Students will also understand how active engagement with action is most conducive to healthy and successful living.

[C] Contents**Unit: I****Credits 10**

Method of Self-presentation : Hearing (śravaṇa), Reflection (manana) & meditation (nididhyāsana) - (Bṛhadāraṇyakopaniṣad, 2.4.5) and Vedantasara

Unit: II

Credits 10

Concentration : Concept of Yoga : (Yogasūtra, 1.2) ; Restriction of fluctuations by practice (abhyāsa) and passionlessness (vairāgya) :(Yogasūtra, 1.12-16)

Unit : III

Credits 10

Eight aids to Yoga (aṣṭāṅgayoga): (Yogasūtra - 2.29, 30,32, 46, 49, 50; 3.1-4).

Unit IV :

Credits 10

Yoga of action (kriyāyoga) : (Yogasūtra, 2.1)

Four distinct means of mental purity (cittaprasādana) leading to oneness : (Yogasūtra - 1.33)

Unit: V

Credit 10

Refinement of Behaviour : Means of improving behaviour :

Jñāna-yoga – Gita Ch. II – 14,15,16,19, Ch XIII- 11,12,14,15,16,19,20,21,23,29,31,32

dhyāna-yoga – VI – 24 to 27, 30, 32,

Unit : VI

Credits 10

bhakti-yoga – Gita Ch. IX – 17,22,23,27,29,34 ; Ch XI – 10,11,12, 13; Ch. - XII – 4, 6 to 12, 20

Karma : A natural impulse, essentials for life journey, harmony with the universe, an ideal duty and a metaphysical dictate - Gītā, Ch. – III 5, 8, 10-16, 20 & 21

[D] Suggested Books/Readings:

1. वेदान्तसार : राममूर्ति शर्मा, नैशनल पब्लिशिंगहाउस, दिल्ली
2. पातञ्जल योग दर्शन : सुरेश चन्द्र श्रीवास्तव, चौखंबा सुरभारती प्रकाशन, वाराणसी २००८
3. भगवद्गीता : गीताप्रेस, गोरखपुर
4. उपनिषद् रहस्य , एकादश उपनिषद्, महात्मा नारायण स्वामी, गोविन्द राम हासानन्द, दिल्ली

[E] Teaching Learning Process:

1. Teachers shall read aloud the relevant Sanskrit lines and help students understand the structure of each word, only then shall they translate words/ phrases and sentences. वाराणसी
2. Teachers shall explain all philosophical concepts and involve students in the discussion on the concepts to help them to develop a clearer understanding.
3. Lectures covering all the aspects of a topic will then be delivered.
4. While reading this course students must be encouraged to connect their study of theory with real life situations. Some contemporary problems (personal or social) could be taken up and solutions attempted.

[F] Weekly Plan

1. Week 1 – Unit 1
2. Week 2 – Unit 1
3. Week 3 – Unit 2
4. Week 4 – Unit 2
5. Week 5 – Unit 3
6. Week 6 – Unit 3
7. Week 7 – Unit 4
8. Week 8 – Unit 4
9. Week 9 – Unit 5
10. Week 10 – Unit 5
11. Week 11 – Unit 6
12. Week 12 – Unit 6

[G] Assessment :

[G] Assessment :					
	II.	Sr. No.	Basic structure of Question Paper	Division of Marks	Marks
		i.	3 long questions	3 x 12 = 36	
		ii.	5 notes on concepts	5 X 5 = 25	
		iii.	3 Lakshanas / definitions from prescribed texts (cite and translate)	3.5 x 2 = 7	
		iv.	1 note/ short question to be answered in Sanskrit	1 x 7 = 7	
			Total Marks =		75
	II.		Internal Assessment – 1.Periodic tests from each unit; should have written and oral component including paper presentation and group discussion 2. End semester test from the whole syllabus.		25
			Total Marks : (I+II)	75+25	100

Under the tutorial component -

1. Periodic tests from each unit; should have written and oral component including paper presentation and group discussion.
2. End semester test from the whole syllabus

[H] Keywords:

Yoga, Behaviour, Living, self presentation, concentration, jnāna, dhyāna, karma.