



**Indraprastha College for Women
University of Delhi**

Work Plan for ODD SEMESTER – 2026

Course Name:	B.A. (Hons./Prog.) Sanskrit
Paper Title:	(VAC) PANCHKOSHA: HOLISTIC DEVELOPMENT OF PERSONALITY
Unique Paper Code:	6967000013
Semester:	I
Faculty:	Dr. Shubham Sharma
Year:	2026

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
I	● 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.	1-7	Elements of Personality: ● PanchaKosha: Introduction ● Five aspects of Human Personality: Annamaya Kosha (Physical body), Pranamaya Kosha (Vital life force energy), Manomaya Kosha (Psychological wellness), Vijnanamaya Kosha (Intellect), Anandamaya Kosha (Happiness and Blissfulness) ● Health: Mental and Physical
II		8-15	Annamaya Kosha and
		16-20	Pranamaya Kosha
III		21-25	Manomaya Kosha and
		26-30	Vijnanamaya Kosha
IV		31-35	Anandamaya Kosha and Beyond

2.	पंचकोश विवेक, स्वामी परमहंस योगनान्द, https://ndl.iitkgp.ac.in/पर उपलब्ध
3.	Vivek Chudamani, Adi Shankaracharya, Swami Turiyananda (Sanskrit and English), Sri Ramakrishna Math, Mylapore, 2019
4.	Upanisadvakya Mahakosa. (An Upanishadic Concordance, taken from 239 Upanishads, G. S. Sadhale (Compiled by). Chowkhamba Vidyabhawan, Varanasi, 2014

	Paper Components		
Credits	Lecture (L)	Tutorial (T)	Practical (P)
2	1		2-
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment · Assignment/Quiz/Project/ Presentation · Class Test · Attendance		10
		4	
		4	
		2	
2.	Continuous Assessment (Tutorial) · Activity 1 · Activity 2 · Attendance		
3.	Practical · Continuous Assessment · End Term Written/Practical Exam	-40	40
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	· Viva	-	
4.	End Semester Examination		30