

PERSONALITY DEVELOPMENT THROUGH APPLIED PHILOSOPHY OF RAMANAYA AND RAMCHARITRA MANAS

Programme: Under Graduation	Year:3	Semester: 5
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Subject: Co-curricular Course

CourseCode: CCS 06	Course Title: Personality Development through Applied Philosophy of Ramcharitra Manas
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Course Outcomes:

1. After the study of this course the student will be able to develop humanitarian perspective and develop the ability of balanced leadership by focusing on various aspects of personality development.
2. They will become acquainted with life values which are required in the society at present.
3. Student will become motivational speaker and good orator in the field of stress management and personality development.

Credits: Nil	Core Compulsory
Max. Marks: 100	Min. Passing Marks: 40

Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0

Unit	Topic	No. of Lectures
Unit I	Background of Indian Culture <ol style="list-style-type: none"> 1. Spirituality and Dharmas as root sources of Indian Culture. 2. Description of Four Ages (Yuga) in Vedas, Upanishads and Puranas - Satyug, Tretayug, Dwaparyug and Kali yug. 3. In perspective of Prakriti Explanation of Trigunas as Sat, Raj and Tama. 4. Difference between Ramayana and Shri Ramcharitmanas Assignment: Read following chapter(s) of Ramcharitra Manas for Group Discussion. Chapter 1: Bal Kand	07
Unit II	Metaphysics of Manas <ol style="list-style-type: none"> 1. Period of Creation of Shri Ramcharitmanas and introduction of Valmiki and Goswami Tulsidas. 2. Description of Brahman and Jiva, Incarnation of Divine existence in Manas. 3. Different Conditions of Prakriti and Human Mind. 4. Capacity to bear the divine qualities and sign of higher personality Assignment: Read following chapter(s) of Ramcharitra Manas for Group Discussion. Chapter 2: Ayodhya Kand Chapter 3: Arannya Kand	08
Unit III	Highest Qualities of Human Personality <ol style="list-style-type: none"> 1. Amenity (Open Mindness), Decency. Patience, Softness. Sanyam- combined practice of Dharna-Dhyan-Samadhi, Discipline. 	07

	<p>2. Fearlessness, Holiness, Bravery. Thoughtfulness. Precious destined insight, Compassion.</p> <p>3. Renunciation, Devotion towards teacher, Duties of Disciple. Importance of Ayodhya and Affection of Raja Dasharatha towards his son.</p> <p>4. Shri Ram's Obedience towards his father and Extreme of Devotion — Mahavir Hanuman</p> <p>Assignment: Read following chapter(s) of Ramchahritra Manas for Group Discussion.</p> <p>Chapter 4: Kishkindha Kand</p> <p>Chapter 5: Sundar Kand</p> <p>Chapter 6: Lanka Kand</p>	
Unit IV	<p>Ideal Expressions of Different Emotions</p> <p>1. Idol of Friendship. Maxims of Socialism, Natural Beauty, and Importance of Environment.</p> <p>2. Battle as the last option in Different Policies. Techniques of Battle's Skill.</p> <p>3. Respect towards existence and presence of different animals and birds.</p> <p>4. Construction of Bridge a Unique example of Engineering and Raja Ram as a Tapaswi</p> <p>Assignment: Read following chapter(s) of Ramchahritra Manas for Group Discussion.</p> <p>Chapter 7: Uttar Kand</p>	08

Suggested Reading:

1. Jiwan ka Satya, Swami Ramsukh Das, Geeta Press, Gorakhpur, 1994
 2. Shri Ram Charitra Manas Code 82, Tikakar Shri Hanuman Prasad Poddar, Geeta Press, Gorakhpur, 1994
 3. Ramayan Parichay, Geeta Press, Gorakhpur
- SUGGESTED READING IN RAMAYAN (रामायण)**
4. संस्कृत वाङ्मय का बृहद् इतिहास— आर्षकाव्य (रामायण तथा महाभारत)— पद्मभूषण आचार्य श्री बलदेव उपाध्याय, उत्तर प्रदेश संस्कृत संस्थान, लखनऊ।
 5. रामायण (तिलक शिरोमणी, भूषण टीका सहित)— महर्षि वाल्मीकि, परिमल पब्लिकेशन्स, दिल्ली 1991 ई०।
 6. रामायण (तिलक शिरोमणी, भूषण टीका सहित)— सम्पादक वासुदेव लक्ष्मण पणशीकर, इण्डोलोजिकल बुक हाउस, दिल्ली 1983 ई०।
 7. संक्षिप्त वाल्मीकि रामायण— डॉ० शान्तिकुमार नानूराम व्यास, ओरिएण्टल बुक डिपो, नई दिल्ली।
 8. आदिकवि वाल्मीकि — डॉ० राधाबल्लभ त्रिपाठी— सस्ता साहित्य प्रकाशन, नई दिल्ली।
 9. रामायण कालीन समाज— डॉ० शान्तिकुमार नानूराम व्यास, ओरिएण्टल बुक डिपो, नई दिल्ली।
 10. रामायण कालीन संस्कृति— डॉ० शान्तिकुमार नानूराम व्यास, ओरिएण्टल बुक डिपो, नई दिल्ली।
 11. रामायण— महर्षि वाल्मीकि, सम्पादक टी०आर० कृष्णाचार्य, निर्णयसागर प्रेस मुम्बई, 1905 ई०।
- SUGGESTED READING IN RAMACHARIT MANAS (रामचरित मानस)**
12. रामचरित मानस— तुलसीदास, गीताप्रेस गोरखपुर।
 13. रामचरित मानस— तुलनात्मक अध्ययन— डॉ० नगेन्द्र, मोती लाल बनारसी दास, दिल्ली।
 14. रामकथा— विविध आयाम— डॉ० भगीरथ मिश्र।
 15. रामचरित्र— अभिन्नद, सम्पादक—के०एस० रामस्वामी।

Suggested Online Link: None

Suggested equivalent online courses:

1. Manas Foundation — Providing innovative mental health solutions & engaging — <https://manas.org.in>
2. Online Appointments —Manas Foundation —<https://manas.org.in>
3. <https://www.shriramcharitmanas.in/p/home-page.html?m=1>

This course can be opted as a co-curricular course by the students of following subjects:

B.A.
B. Com
B.B.A
B.Sc.
B.F.A
B. Lib
B.A.LL.B. (Hons)
B.A.LL. B
B.B.A.LL.B.
B. Pharm

Suggested Continuous Evaluation (25 Marks):

Internal Assessment	Marks	External Assessment	Marks
Midterm Test	10	Written Examination	75
Assignment	5		
Presentation	5		
Attendance & class performance	5		

Course Prerequisites:

No pre-requisite required, open to all.