



Bharati College
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Lesson Plan (CORE, Semester V, JULY to NOVEMBER 2022)

Name of Teacher	DR. ASHA TIWARI Dr. Prem Ballabh Deoli	Department	Sanskrit
Course	B.A(H)	Semester	V
Paper	DSE-2 Art of Balanced Living (12137902)	Academic Year	2022-2023

Learning 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 of one's life situation is necessary. For this understanding, shraavanamanana 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 of mind. Team work and social cohesion require interpersonal 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.

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 interpersonal 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.

LessonPlan

WeekNo.	Theme/Curriculum	AnyAdditionalInformation
1	MethodofSelf-presentation:Hearing(śravaṇa), Reflection(manana)&meditation(nididhyāsana)-(Bṛhadāraṇyakopaniṣad, 2.4.5) and Vedantasara	
2	MethodofSelf-presentation:Hearing(śravaṇa), Reflection(manana)&meditation(nididhyāsana)-(Bṛhadāraṇyakopaniṣad, 2.4.5) and Vedantasara	Allocationofassignmentone
3	Concentration:ConceptofYoga:(Yogasūtra,1.2) ;Restrictionoffluctuationsbypractice(abhyāsa) andpassionlessness(vairāgya):(Yogasūtra,1.12-16)	
4	Concentration:ConceptofYoga:(Yogasūtra, 1.2) ;Restrictionoffluctuationsbypractice(abhyāsa) andpassionlessness(vairāgya):(Yogasūtra,1.12-16)	Test scheduled
5	EightaidstoYoga(aṣṭāṅgayoga):(Yogasūtra- 2.29, 30,32, 46, 49, 50; 3.1-4).	Allocationofassignment2
6	EightaidstoYoga(aṣṭāṅgayoga):(Yogasūtra- 2.29,30,32,46,49,50;3.1-4).	
7	Yogaofaction(kriyāyoga):(Yogasūtra,2.1)Four distinctmeansofmentalpurity (cittaprasādana) leadingtooneness:(Yogasūtra-1.33)	
8	Yogaofaction(kriyāyoga):(Yogasūtra,2.1)Four distinctmeansofmentalpurity (cittaprasādana) leadingtooneness:(Yogasūtra-1.33)	
9	Refinement of Behaviour : Means of improving behaviour:Jñāna-yoga–GitaCh.II–14,15,16,19, Ch XIII- 11,12,14,15,16,19,20,21,23,29,31,32 dhyāna-yoga–VI–24to27,30,32,	
10	Refinement of Behaviour : Means of improving behaviour:Jñāna-yoga–GitaCh.II–14,15,16,19, Ch XIII- 11,12,14,15,16,19,20,21,23,29,31,32 dhyāna-yoga–VI–24to27,30,32,	
11	bhakti-yoga–GitaCh.IX–17,22,23,27,29,34;Ch XI–10,11,12,13;Ch.-XII–4,6to12,20Karma: A natural impulse, essentials for life journey, harmonywiththeuniverse,anidealdutyanda metaphysicaldictate-Gītā,Ch.–III5,8,10-16, 20 & 21	Test scheduled
12	bhakti-yoga–GitaCh.IX–17,22,23,27,29,34;Ch XI–10,11,12,13;Ch.-XII–4,6to12,20Karma: A natural impulse, essentials for life journey, harmonywiththeuniverse,anidealdutyanda metaphysicaldictate-Gītā,Ch.–III5,8,10-16,	

	20&21	
<p>References</p> <p>□□□□□□□□□□</p> <p>□□□□□□□□□□</p> <p>AdditionalResources</p>		
<p>OnlineResources (IfAny)</p>		
<p>Assignment and Class TestSchedule forSemester</p>	<p>LinktheassignmentandTest(optional)</p>	

