**Semester I, 29 Aug. 2024 – 23 Dec. 2024**

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| **Name of Paper & Code** | **Allocation of Lectures** | **Month wise schedule followed** | **Tutorial/Assignment/Presentations etc.** |

**Paper- Panchakosh: Holistic Development of Personality [VAC] - 6967001013**

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| **Theory** |
| 1. Elements of Personality (Panchakosha: Introduction; Five Aspects of Human Personality)
 | 20 Lectures | September-October 2024 | September-October 2024Assignment topic-Maanav Jeevan mein Panchakosh ki BhoomikaTest-Panchakosh ka Varnana  |
| **Practicals** |
| 1. Recitation of Select Verses from Taitariyopanishad
 |  10 Practical Classes | November- 2024 | November-Assignment topic-Recitation of Mantras |
| 1. Aaasan Praanaayaam; Meditation
 | 10 Practical Classes | November - December 2024 | November - December 2024- Assignment topic- Practice of various kinds of Aasanaas |