



(Master of Arts) (Sanskrit)
(M.A.) (Sanskrit) Semester (I)

Course Code	OR PA01ESAN55	Title of the Course	Life Enrichment
Total Credits of the Course	04+01	Hours per Week	04+01

Course Objectives:	<ol style="list-style-type: none">1. To inculcate in the students an Integral perspective of Life, Education and Health, and enable them to apply the same through a process of self-exploration in real life.2. To inculcate in the students a capability to understanding oneself and to provide opportunity for realising one's true potential and one's role in nation building.3. To introduce to the students the concepts of true spirituality as pronounced by Indian heritage and help them to incorporate dynamic spirituality in day to day living.
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Course Content		
Unit	Description	Weightage* (%)
1.	<p>Chapter 1: The Aim of Life 1.1 Science of Living: The Mother 1.2 This Bodily Appearance is Not All...: Sri Aurobindo</p> <p>Chapter 2: Self Development 2.1 Development of Personality: Swami Vivekananda 2.2 Powers of Mind: Swami Vivekananda 2.3 Faith, Devotion and Strength: Swami Vivekananda 2.4 Prayer: I The Core of Man's Life: M.K. Gandhi 2.5 Prayer: II-</p> <ul style="list-style-type: none">• Akhil Brahmandman: Narsinh Mehta• Where the mind is without fear: Rabindranath Tagore• Ek J Ratana Sundaram <p>Chapter 3 : Collective Growth and Development 3.1 A Call to the young India: Sri Aurobindo 3.2 Application of Spirituality in Life:Sri Aurobindo 3.3 Sri Aurobindo's Message: 15th August, 1947 Sri Aurobindo</p>	25%
2.	<p>Unit II: Integral Education Chapter 4: The Framework of Education</p>	25%





	<p>4.1 True and Living Education: Sri Aurobindo Chapter 5: The Basis and Method of Education 5.1 The Human Mind: Sri Aurobindo 5.2 Philosophy of Education: Swami Vivekananda 5.3 The Only Method of Education: Swami Vivekananda Chapter 6: True Education 6.1 Four Austerities and The Four Liberations: The Mother 6.2 Psychic and Spiritual Education: The Mother</p>	
3.	<p>Unit III: Integral Health Chapter 7: Health and Health Care 7.1 Health – A Dynamic Inner Equilibrium: Dr. Vandana Gupta 7.2 Dimensions of Health and Health Care:: Dr. Bhalendu S. Vaishnav 7.3 A Programme for Integral Health: Dr. Soumitra Basu 7.4 Human-Management — The Key to Social Health:Dr. Alok Pandey 7.5 Stress Management — A Different Approach: Dr. Alok Pandey 7.6 The Power of Worrying: Anonymous 7.7 The Silence that Goes Beyond Words: Dr. Elisabeth Kübler-Ross</p>	25%
4.	<p>Unit IV: Self Study Chapter 8: Towards An Enriched Life 8.1 Living Within: The Mother: 1. An Aimless Life is Always a Miserable Life 2. Success and Perfection 3. My Place in The Universe 4. Inner Peace 8.2 Growing Within 1. The Good Teacher and The Good Pupil: Prof. Kireet Joshi 2. Parrot’s Training: Prof. Kireet Joshi 8.3 The Sunlit Path 1. Right Attitude: The Mother 2. Have You Seen God?: Prof. Kireet Joshi 3. Ascent to The Truth: The Mother 8.4: Books for self-reading: • Life Beautiful by M.P.Pandit, Dipti Publications, Pondicherry • <i>Chalo Jivanne Madhur Banaviea (Jyoti Thanki, Sri Aurobindo Memorial Trust, Vadodara)</i></p>	25%

Teaching-Learning Methodology	Direct lectures, quizzes, seminars, workshops, tutorials, home assignments, PPTs, use of library resources, guest lectures, verse recitations, prose-writing.
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Develop an Integral perspective of one's life and education.
2.	Develop such attitudes that would allow them to orient their life towards a higher and nobler aim.
3.	Develop such attitudes and abilities which are beyond the subject-centric competencies that would lead to true enrichment of life.

Suggested References:	
Sr. No.	References
1	Early cultural Writings, Sri Aurobindo, Sri Aurobindo Ashram, Puducherry
2	On Education, The Mother, Sri Aurobindo Ashram, Puducherry
3	Four Austerities and Four Liberations, The Mother, Sri Aurobindo Ashram, Puducherry
4	A New Education for New Consciousness, Sri Aurobindo and The Mother, Sri Aurobindo International Centre of Education, Puducherry
5	Swami Vivekananda: His call to the Nation, Swami Vivekananda, Advaita Ashram, Publication Dept, Kolkata, 1999





5	Life Beautiful, M.P.Pandit, Dipti Publications, Puducherry
6	'Sundar Jivan', M.P.Pandit, Dipti Publications, Puducherry
7	<i>Aim of Life</i> , Kireet Joshi, Auroville Press Publishers
8	'Sarvangi Shikshan', Jyotiben Thanki, Sri Arvind Kendra , Gandhinagar
9	'Chalo Jivanne Madhur Banavia', Jyotiben Thanki, Sri Aurobindo Society, Vadodara

On-line resources to be used if available as reference material

On-line Resources

Life enrichment text books (in English) Volume I,II,III available on the university website,
Life enrichment text books (in Gujarati) Volume I,III available on the university website
http://spuvvn.edu/academics/academic_chairs/aurobindo/life_enrichment_course/index.php

This includes Question bank (Volume III in English and Gujarati)

Video lecture series available with the chairperson, Sri Aurobindo Chair of Integral Studies, Sardar Patel University

