

NATIONAL EDUCATION POLICY-2020

**Common Minimum Syllabus for all
Uttarakhand State Universities and Colleges for
First Three Years of Higher Education**

**PROPOSED CO-CURRICULAR SYLLABUS
PERSONALITY DEVELOPMENT THROUGH APPLIED
PHILOSOPHY OF RAMANAYA AND RAMCHARITRA MANAS**

2021

Curriculum Design Committee, Uttarakhand

Sr.No.	Name & Designation
1.	Prof. N.K. Joshi Vice-Chancellor , Kumaun University Nainital Chairman
2.	Prof. O.P.S. Negi Vice-Chancellor , Uttarakhand Open University Member
3.	Prof. P. P. Dhyani Vice-Chancellor , Sri Dev Suman Uttarakhand University Member
4.	Prof. N.S. Bhandari Vice-Chancellor, Soban Singh Jeena University Almora Member
5.	Prof. Surekha Dangwal Vice-Chancellor, Doon University, Dehradun Member
6.	Prof. M.S.M. Rawat Advisor, Rashtriya Uchchar Shiksha Abhiyan, Uttarakhand Member
7.	Prof. K. D. Purohit Advisor, Rashtriya Uchchar Shiksha Abhiyan, Uttarakhand Member

EXPERT COMMITTEE

S.N.	Name	Designation	Department	Affiliation
1.	Prof. Devi Prasad Tripathi	Vice-Chancellor Uttarakhand Sanskrit University, Haridwar		
2.	Prof. P.C. Kavidayal	Director, Sir J.C Bose Campus, Bhimtal	Management	Kumaun University, Nainital
3.	Prof Rajeev Upadhyay	Director IQAC	Geology	Kumaun University, Nainital
4.	Prof Atul Joshi	Head/ Dean	Commerce	Kumaun University, Nainital
5.	Prof Divya Upadhyay	Director	UGC HRDC	Kumaun University, Nainital
6.	Dr Bhaskar Chaudhary	Assistant Professor	Education	SSJ University, Almora
7.	Dr Ashutosh Bhatt	Assistant Professor	Computer Science	UOU
8.	Dr Jitendra Pandey	Assistant Professor	Computer Science	UOU
9.	Dr. Mahendra Rana	Assistant Professor	Pharmaceutical Sciences	Kumaun University, Nainital
10.	Dr. Nandan Singh Bisht	Assistant Professor	Economics	Kumaun University, Nainital
11.	Dr. Ritesh Sah	Assistant Director	UGC-HRDC	Kumaun University, Nainital
12	Dr. Sparsh Bhatt	Assistant Professor	Statistics	Kumaun University, Nainital

SYLLABUS PREPARATION COMMITTEE

S.N	Name	Designation	Department	Affiliation
1.	Prof. Devi Prasad Tripathi	Vice-Chancellor Uttarakhand Sanskrit University, Haridwar		
2.	Prof Rajeev Upadhyay	Professor	Geology	Kumaun University, Nainital
3.	Prof. Jaya Tewari	Head	Sanskrit	Kumaun University, Nainital
4.	Dr. Lajja Bhatt	Assistant Professor	Sanskrit	Kumaun University, Nainital
5.	Dr. Mahendra Rana	Assistant Professor	Pharmaceutical Sciences	Kumaun University, Nainital
6.	Dr. Nandan Singh Bisht	Assistant Professor	Economics	Kumaun University, Nainital
7.	Dr. Reetesh Sah	Assistant Director	UGC-HRDC	Kumaun University, Nainital
8.	Dr. Sparsh Bhatt	Assistant Professor	Statistics	Kumaun University, Nainital
9.	Dr. Deepakshi Joshi	Assistant Professor	Law	Kumaun University, Nainital
10.	Dr Ashutosh Kumar Bhatt	Assistant Professor	Computer Science	Uttarakhand Open University, Haldwani
11.	Dr Manish Tripathi	Assistant Professor		S.S.J Campus, S.S. J University, Almora
12.	Dr. Jetendra Pnde	Assistant Professor	Computer Science	Uttarakhand Open University, Haldwani
13.	Dr. Bhaskar Chudhary	Assistant Professor	Education	S.S.J Campus, S.S. J University, Almora
14.	Dr. Archana Sah Negi	Assistant Professor	Pharmaceutical Sciences	Kumaun University, Nainital
15.	Dr. Pradeep Kumar	Teaching Personnel	Sanskrit	Kumaun University, Nainital

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

Course Code: 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
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Max. Marks: 100	Min. Passing Marks:40
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Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0

Unit	Topic	No. of Lectures
Unit I	<p>Background of Indian Culture</p> <ol style="list-style-type: none"> 1. Spirituality and Dharmas 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 <p>Assignment: Read following chapter(s) of Ramcharitra Manas for Group Discussion. Chapter 1: Bal Kand</p>	07
Unit II	<p>Metaphysics of Manas</p> <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 <p>Assignment: Read following chapter(s) of Ramcharitra Manas for Group Discussion. Chapter 2: Ayodhya Kand Chapter 3: Arannya Kand</p>	08
Unit III	<p>Highest Qualities of Human Personality</p> <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 Ramcahritra Manas for Group Discussion. Chapter 4: Kishkindha Kand Chapter 5: Sundar Kand 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 Ramcahritra Manas for Group Discussion. Chapter 7: Uttar Kand</p>	08

Suggested Reading:

1. Jivan 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.