



Department of Sanskrit
University of Delhi
Under Graduate Course for Sanskrit
B.A. (Hons.) Under UGCF-22

DSE-6: Art of Balanced Living

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the Course			Eligibility criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/Practice		
Art of Balanced Living	04	3	1	0	Semester II Passed	Working Knowledge of Sanskrit

Learning Objectives

This course aims at getting the students acquainted with the Art of living as found in Sanskrit literature. It also intends to make the students work on human resource management for being more effective and productive in day to day life situations.

Learning outcomes

After the completion of this course, the learners will be well informed about the various concepts, components and issues propounded by the philosophical and religious literature in Sanskrit

Detailed Syllabus

Unit I

12Hrs

Method of Self-presentation: Hearing (śravaṇa), Reflection (manana) & meditation (nididhyāsana) - (Bṛhadāraṇyakopaniṣad, 2.4.5) and Vedantasara

Concentration: Concept of Yoga: (Yogasūtra, 1.2); Restriction of fluctuations by practice (abhyāsa) and passionlessness (vairāgya) :(Yogasūtra, 1.12-16)

Unit II

09Hrs

Eight aids to Yoga (aṣṭāṅgayoga): (Yogasūtra - 2.29, 30, 32, 46, 49, 50; 3.1-4).

Yoga of action (kriyāyoga): (Yogasūtra, 2.1)

Four distinct means of mental purity (cittaprasādana) leading to oneness: (Yogasūtra - 1.33)

Unit III

09Hrs



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Refinement of Behaviour: Means of improving behaviour:

Jñāna-yoga – Gita Ch. II – 14,15,16,19, Ch XIII- 11,12,14,15,16,19,20,21,23,29,31,32

dhyāna-yoga – VI – 24 to 27, 30, 32,

Unit IV	15Hrs
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Bhakti-yoga – Gita Ch. IX – 17,22,23,27,29,34 ; Ch XI – 10,11,12, 13; Ch. - XII – 4, 6 to 12, 20
Karma : A natural impulse, essentials for life journey, harmony with the universe, an ideal duty and a metaphysical dictate - Gītā, Ch. – III 5, 8, 10-16, 20 & 21

Essential/recommended readings

1. वेदान्तसारः राममूर्ति शर्मा नैशनल पब्लिशिंग हाउस दिल्ली ।
2. पातञ्जल योग दर्शनः सुरेश चन्द्र श्रीवास्तव, चौखंबा सुरभारती प्रकाशन, वाराणसी 2008.
3. भगवद्गीता : गीताप्रैस, गोरखपुर
4. उपनिषद रहस्य, एकादश उपनिषद, महात्मा नारायण स्वामी, गोविन्द राम हासानन्द, दिल्ली

**Examination scheme and mode: Subject to directions from the Examination
Branch/University of Delhi from time to time**