

Personality Development through Vedic Wisdom

Instructor: Dr. Aparna Dhir

Office: School of Indic Studies, INADS

Phone: +91-9990433340 (India)

E-mail: adhir@inads.org

Office Hours: As per availability

Course Objective: This is a 3-unit course. The word ‘Veda’ means knowledge; hence primarily they are a chief source of Indian religion and culture along with the roots of various studies such as Medicine, Astronomy, Philosophy, Botany, Social Sciences, Fine Arts, among others, that are easily traceable in the Vedic literature. Vedic seers expressed their divine experiences and vision of truth in Vedas; so, this holds unique significance for the entire mankind. In present times, Art of Living is very popular, and people are rushing towards it to live life according to some pre-defined principles of life but many of us are hardly aware that these principles are well spoken or written by great Vedic sages in our ancient scriptures. We all have forgotten that ‘Personality Development’ is the development process to enhance one’s personality and attitude through organized thought and behavior patterns that make up a person's unique personality emerge over time. All this is systematically inherited by us, as these are deeply rooted in our ancient Indian traditions.

Course Outcome: This is an attempt that after completion of this course, a student is believed to have achieved an enhancement of values that guide him or her towards their character-building along with changes (that may occur) in their respective personalities. Also, learners in this course would become familiar with the ancient-traditional ways to nurture their own personalities.

Course Duration and Structure: This course is planned for 14 weeks, i.e., approx. 3.5 months. This will consist of online classes meeting 3 hours per week.

14 weeks = 42 hours for a course

(Starting* from September 1st, 2025 to December 3rd, 2025)

[* Approx. from 1st week of Sep. till 1st week of Dec.]

1 week = 3 lectures per week* (Monday, Tuesday, and Wednesday)

[* Days may vary if there is some special occasion or urgency]

1 lecture = 1 hour = 60 mins (10 AM to 11 AM Indian Standard Time)

60 mins = 40 mins lecture + 10 mins discussion + 10 mins for quiz or queries

Prerequisite: Graduation in any area of knowledge but either of the subjects - Sanskrit / Vedic Texts / Philosophy / Psychology will be a preferred base to understand the course.



Fee-Structure: 100 \$ for Foreign Nationals and Rs. 8000/- for Indian National.

Medium of Instructions: If the class-strength is of Foreign Nationals, then the course will be taught in English only but if the class-strength is of Indian Nationals then the course will be taught in 50% Hindi and 50% English.

Textbook: Handouts and Presentation slides will be provided prior to the lecture along with some reading materials related to the class. Students can use any textbook for reference and further study. Recommended books for this course are as follows:

- 1) Tiwari, Shashi, *A History of Vedic Literature (Brief Survey and Study)*, New Bharatiya Book Corporation, Delhi, 2021.
- 2) Kaushal, Radhey Shyam, *Psychophysics of Personality Development: A Vedic View*, Vishwa Hindi Sahitya Parishad, Delhi, 2018
- 3) Macdonell, A.A., *Vedic Mythology* (Also Hindi trans. - *Vaidika Devashastra* by Suryakanta), M.L.B.D., Delhi, 1962.
- 4) Winternitz, Mourice, *History of Indian Literature*, Vol. 1, Pt. 1-2 (Translated into English by V. Srinivasa Sharma), M.L.B.D., Delhi, 1988.
- 5) Dandekar, RN, *Vedic Religion & Mythology: A Survey of the Works of Some Western Scholars*, University of Poona, Poona, 1965.
- 6) Mookerjee, RK, *Ancient Indian Education*, MLBD, Delhi.
- 7) Kane, PV, *History of Dharmashastra*, Vol. II, BORI, Poona.
- 8) Tiwari, Shashi, *Patanjala-Yoga-Sutram (Yoga Philosophy of Patanjali)*, New Bharatiya Book Corporation, Delhi, 2021.
- 9) Kaushal, Radhey Shyam, *The Philosophy of the Vedanta: A Modern Scientific Perspective*, Sri Satguru Publications, Indian Book Centre, Delhi, 1994

Course Work: Course work will include lectures, assignments, homework, quizzes, reports, and exams. Students need to come prepared daily for the class. They should review previous day lectures and are highly encouraged to ask questions in the class to clear their doubts. Students need to submit a report on literature search (weblinks, books, journals etc.) that is based on the topics they have selected in consultation with the instructor.

Course Policies:

- 1) Promptness and attentiveness are mandatory.
- 2) Laptops/Tablets are welcome; cellphones off (or put on vibrate mode).
- 3) Attend all class meetings – If unavoidably absent, inform class instructor and follow his/her guidance to fulfil the documentation for missed class.
- 4) All missed classes must be made up. Obtain the study material /Power-Point presentation of the week from the student dashboard of the course. Write a one-page



summary of the content of the class and highlight the key points or ideas. Submit this to your instructor (Email to: adhir@inads.org).

- 5) Also, kindly complete all assignments and quizzes within the specified time-limit. In case time-extension is needed, please contact your instructor (allowed only in exceptional circumstances).

Exams: There will be two exams, including finals. All exams start at their designated time.

Exam-I Mid-course exam (Duration-1 hour)

Final End of the course (Duration-2 hours)

Quizzes: There will be a time schedule for the quiz in every lecture. Students need to submit their quiz within the allotted time. This course will include 10 quizzes, out of which only the top 7 quizzes will be considered for final grading.

Homework: Homework assignments will be provided online through the student's portal.

Presentation: Each student needs to select their topic after consultation with their instructor. Students need to present their topic in front of the instructor and other students.

Grading Policy: Course grade will be assigned based on the cumulative score of homework, quizzes, exams and final.

Assignment	20%
Quizzes	25%
Mid-Exam	20%
Final	20%
Report	10%
Attendance and behavior	5%

Final grading will be as follows (**tentative**):

A+ = > 95%, A = 91 - 95%, B+ = 86 - 90%, B = 81 - 85%, B- = 76 -80%, C+ = 71-75%, C = 66 -70%, C- = 60-65%, D < 60% and Fail < 50%.

Course Detail: Personality Development through Vedic Wisdom

Lectures	Weeks
Introductory Session	Week 1
Sanskrit and Vedas	
Concept of <i>Śruti</i> and <i>Smṛti</i>	
Basic knowledge about Vedas, <i>Upavedas</i> and <i>Vedāṅgas</i>	Week 2
Structural Elaboration of Vedas	
Style of Vedic Interpretations	
Components of Vedic Knowledge	Week 3



Relevance of Studying Vedas	
Applications of Vedas in Day-to-Day Life	
Personality Development and Modern Era	Week 4
Personality Development as part of Psychological Studies and Human Behavior	
Review of Weeks 1-4	
Elements of Personality Development	Week 5
Impediments in Personality Development	
Introduction to Role of Vedas in Personality Development	Week 6
Ways to reach for Spiritual & Philosophical Gains through Vedic Knowledge	Week 7 & Week 8
Discussion and Queries	Week 9
Review of Weeks 5-8	
Mid-Exam	
Ways to reach for Psychological Gains through Vedic Knowledge	Week 10
Role of Mind and Speech in Personality Development	Week 11
Knowing the Advancement of Personality Development as per Vedic Wisdom	Week 12 & Week 13
Discussion and Queries, Review of Weeks 10-13, and Concluding Session	Week 14
Final exam	

Topics Covered in Lectures:

- Sanskrit and Vedas
 - Language of Ancient Literature
 - Classification of Ancient Literature
 - Age of Vedic Texts
- Concept of *Śruti* and *Smṛti*
 - *Śruti* Texts
 - *Smṛti* Literature
- Basic knowledge about Vedas, *Upavedas* and *Vedāṅgas*
 - Vedas - Rigveda, Yajurveda, Samaveda and Atharvaveda
 - *Upavedas* – Dhanurveda, Gandharvaveda, Atharvaveda, Sthāpatya-Kalā, Ayurveda
 - *Vedāṅgas* – Śiksha, Kalpa, Vyākaraṇa, Nirukta, Chandas, and Jyotiṣa
- Structural Elaboration of Vedas
 - Saṁhitā
 - Brāhmaṇa
 - Āraṇyaka
 - Upaniṣad
- Style of Vedic Interpretations
 - Prayers
 - Symbolism
 - Methods of Interpretations
- Components of Vedic Knowledge



- Vedic Seers - *Ṛṣis* and *Ṛṣikās*
- Vedic Deities
- Rituals – *Yajña*
- Relevance of Studying Vedas
 - Expansion of Vedic knowledge into other popular texts such as *Upaniṣads*, *Śrīmad-bhagavad-gītā* etc
- Applications of Vedas in Day-to-Day Life
 - Mythology
 - Cosmology
 - Morals
 - Dharma
 - Ecology
 - Spirituality
 - Culture
 - Science – Medicine, Botany etc.
 - Political
 - Social
- Personality Development and Modern Era
 - Studies on Personality and its Development
 - Understanding Personality Traits
- Personality Development as part of Psychological Studies and Human Behavior
 - Composition of Human Being
 - Working of Body, Mind and Soul
 - Understanding Human Experiences
 - Sense Organs and Interactions of a Human Being
 - *Triguṇas* and Human Personality
 - Influence of Role Models
- Introduction to Role of Vedas in Personality Development
 - Ethical Values in the Vedas
 - Learning Attitude
 - Discipline
 - Truth
 - Oneness
 - *Ahimsā*
 - Renunciation (*Tyāga*)
 - Patience
- Elements of Personality Development
 - Determination
 - Free-Will
 - Responsible-Nature
 - Positive Outlook
 - Forgiveness
 - Gratitude
- Impediments in Personality Development
 - *Avidyā* - Ignorance



- Negative Tendencies
- *Śda Ripū*
- Ego
- Distraction
- Ways to reach for Spiritual and Philosophical Gains through Vedic Knowledge
 - Education
 - *Karma*
 - Thoughts
 - Harmony
 - *Swādhāya*
 - *Swdharma*
- Ways to reach for Psychological Gains through Vedic Knowledge
 - Communication
 - Assimilation
 - Devotion
 - Control of Senses
 - Detachment
- Role of Mind and Speech in Personality Development
 - Mind as Creator
 - *Vāk* as Creator
- Knowing the Advancement of Personality Development as per Vedic Wisdom
 - *Purūṣārtha-Ctuṣṭaya* – Goals of life
 - Intuitive-Power
 - Sharp-Memory
 - Experience (*Anubhava*)
 - Feeling of Satisfaction and Divine-Grace
 - Liberation

Academic Conduct: The Institute of Advanced Sciences (INADS) rules and regulations described in the Academic Conduct Code will be strictly enforced. Students are advised to review the institute’s academic code of conduct, including the definitions of academic misconduct as well as the protocol for handling violations. Academic dishonesty or cheating of any type will not be tolerated. Any student participating in **any form** of dishonesty will receive a zero for the exam in question. If a person is caught a second time, a program grade of "F" will be given for the course. Every instance of academic dishonesty is reported to the Academic Standards Committee, which may impose further penalties. This applies to all forms of academic engagements in the class. While the sharing and discussion of data and its interpretation is encouraged, **all** written material, including graphs, tables, and reports, must be from your own hand and represent your own independent work.

Students are encouraged, unless otherwise noted, to address classroom instructors as “Professor” – it’s a title they have earned. Arrive to class on time and prepare to contribute. Exercise academic honesty **at all times**. Conversations not relevant to the class, as well as the passing of notes, are disrespectful and disruptive to both the professor and fellow classmates. Food and drinks should be left outside the classroom. At all times, students should ensure that they are respectful of their classmates and professor.



Members of the Faculty are encouraged to hold themselves for the following behaviors: Plan to be on time and prepared for class. Keep consistent office hours or establish additional hours when they need to be altered and be sure to make these additional hours known. Return papers and exams expediently; it's the easiest way for a student to assess his or her strengths and weakness and adjust study habits accordingly. Faculty should check the behaviors of the students regarding classroom respect including eating, cellphone use, and irrelevant conversation. Respect the fact that students have varied learning styles and appreciate varied approaches of teaching/learning processes. Attempt to keep to the syllabus so students who have planned ahead will have used their time wisely. Be mindful that personal biases do not affect interactions with students.

Cell phones: Cell phones should be turned off, silenced, or put on vibrate mode when in the classroom. If you are on call for work or have a personal emergency that requires you to have your cell phone on, please lower the volume on your device and sit near an exit.

How to succeed in this class: To succeed it is important to study consistently and effectively. Here are some suggestions for effective studying.

- ▶ Before class, ***read the suggested chapter*** and lecture notes. Focus on general concepts rather than getting lost in the details. This “priming” exercise will make lectures easier to follow.
- ▶ ***Attend class faithfully.*** As soon as possible after a lecture, go over your notes and fill in parts that you do not fully understand using material from the textbook that applies to the topic covered in the lecture. If you do not understand something, also review the lecture video, and study the Clicker questions that are designed to help you learn important concepts.
- ▶ ***Writing is important to learning.*** Highlighting sentences with a marker pen is not an effective way to transfer knowledge to the brain. Rather, putting concepts into your own words and writing them down results in your assimilating the concepts and recognizing relationships among concepts.
- ▶ ***Making flash cards*** is one version of using writing to learn concepts and recognize relationships. Picking out the most important concepts and putting them in your own words and writing them down is a powerful learning tool. Try pulling random cards from the stack and ask yourself “how do these ideas relate to each other?”
- ▶ ***Study groups are recommended.*** Although certain concepts in biochemistry can be memorized, the majority must be learned, and discussing biochemistry with others is a good way to learn. Join a discussion group.
- ▶ ***Complete the problem sets*** provided in the course packet. Research has shown that working through problems is one of the best ways to prepare for a multiple-choice exam.
- ▶ Taking accurate and complete notes and asking questions are part of the learning process. If you do not understand a topic that was presented in class, ***ask questions.***



All students at the Institute are expected to live up to the highest standards of academic honesty.

