



आत्मानं जानीहि

PERSONALITY DEVELOPMENT THROUGH VEDIC WISDOM

Course Details

'Personality Development' is the development process to enhance one's personality & attitude through organized thought & behaviour patterns that make up a person's unique personality & emerge over time. Today, the society around us lacks the values which are used to constitute a base on ethics, spirituality, & morals that affects the behaviour & personality of an individual. With the emergence of negativity & negative thoughts, we have lost our analytical & rational thinking abilities which later starts affecting behaviour. Studying these factors could provide the precise reason behind the deterioration in one's personality. One must understand the Vedic view & its utility in personality-traits & human behaviour. Hence, exploration of the concept of 'Personality Development' through our own Vedic practices may indeed appear to be in resonance & possibly another way of approaching it. With this objective in mind, this course is designed to inculcate such values in individuals & will endow them with positive & confident personality development.

Course Objective and Outline

This course is an inspiring formulation for development of personality & character building. It allows the student to overcome the situation of stress & negativity by understanding our traditional value-system & its applications in day-to-day life. One should always be aware of what should & should not be done. Various principles that are foundations of moral instructions will be taught to students to help in shaping their personalities & make them understand the right approach to build their own character. Relevance of Studying Vedas, Applications of Vedas in Day-to-Day Life, Personality Development as part of Psychological Studies & Human Behaviour, Ways to reach for Spiritual, Psychological & Philosophical Gains through Vedic Knowledge, & much more will be included in the methodology of the course. The course work will include lectures, both in verbal & PPT formats, assignments, homework, quizzes, reports, & are followed by exams

About the Instructor

Dr. Aparna Dhir Khandelwal is an Assistant Professor with research interests in Vedas & Indology. She has published a book & 37 research papers, over 28 published articles / blogs, 3 poems in journals & magazines. She is passionate about organising academic events to invite scholars with the same interest on one platform. For this, she is associated with a few international academic organisations such as WAVES [Wider Association as Vedic Studies (WAVES-India) for more than fifteen years & currently serving as Honorary Secretary (Admin) & serving as Board of Directors in World Association for Vedic Studies, USA from 2022 onwards] & part of many internationally acclaimed programs including its prestigious online blog 'Vedic WAVES'. Fields of Research Vedic Literature majorly focused on Samhitas, Brahmanas, Upanishads. Yajurveda is the prime interest area in whole Vedic literature.



Dr. Bal Ram Singh

COURSE FEE: USD: \$100 | INR: Rs. 4500/-

Course Delivery: Online Platform Course

Duration: Fourteen Weeks/3.5 Month