

**PANJAB UNIVERSITY (CHANDIGARH)**

**OUTLINES OF TESTS, SYLLABI AND COURSES OF READING FOR  
CERTIFICATE COURSE IN VIVEKANANDA STUDIES (CCVS) FOR THE  
EXAMINATIONS OF 2016.**

**Statement of the objectives of the Course**

To inculcate in students eternal values of Indian culture as lived and propagated by exemplary personalities like Swami Vivekananda and some other modern Indian sages such as Sri R. Krishn, M. S. R. D., Shri Aurobindo and Shri R. N. M. h. rishi

M M rks  
Ti e Hours

**Instructions for Paper-setters/Examiners and candidates**

The syll us h e en divided into four units  
There sh ll e questions in ll nd ll questions will c rry equ l rks  
The first question do pulsory will e short nswer type question  
cont ining 4 questions spre d over the whole syll us The c ndid tes  
sh ll e required to tte pt only questions to e nswered in out 4  
words, e ch c rrying rks  
Rest of the p per sh ll cont in units, e ch unit h ving ess y type  
questions The c ndid tes sh ll tte pt t le st one question fro e ch  
unit in ll E ch question will c rry rks

**UNIT – I**

Sri R krishn nd his i p ct on Sw i ivek n nd Historic l

Swami Nikhilananda, *Introduction to English*, Sri R. Krishnamurti, Madras.

Swami Tapasyananda, *Condensed and Retold*, Advaita Ashrama, Calcutta.

T. S. Avinashilingam, *Discourses*, compiled from the speeches and writings of Swami Vivekananda, Sri R. Krishnamurti, Mysore, Madras.

A Compilation, *Practical Exercises*, Advaita Ashrama, Calcutta.

Swami Vivekananda, *Lectures on the Yoga of Sri Aurobindo*, Advaita Ashrama, Calcutta.

Swami Vivekananda, *Practical Yoga*, Advaita Ashrama, Calcutta.

Swami Vivekananda, *Practical Yoga*, Advaita Ashrama, Calcutta.

Dr. R. C. Majumdar, *The Life of Sri Aurobindo*, Advaita Ashrama, Calcutta.

Swami Tapasyananda, *The Life of Sri R. Krishnamurti*, Chennai.

Swami Nrisimhananda, *Practical Yoga*, Advaita Ashrama, Calcutta.

### Further Readings

A. P. Sen, *Practical Yoga*, Oxford University Press, New Delhi.

Swami Girishananda, *Practical Yoga*, Advaita Ashrama, Calcutta.

Swami Buddhanda, *Practical Yoga*, Advaita Ashrama, Calcutta.

Swami Brahmeshananda, *Practical Yoga*, Advaita Ashrama, Calcutta.

M. Hendranath Gupta, *Practical Yoga*, Advaita Ashrama, Calcutta.

Swami Jyotiryananda, *Practical Yoga*, Advaita Ashrama, Calcutta.

Swami Vivekananda, *Practical Yoga*, Advaita Ashrama, Calcutta.

His Eastern Teachers, *Practical Yoga*, Advaita Ashrama, Calcutta.

Rekha Jha, *Practical Yoga*, Arya Books International, New Delhi.

## Paper II : Sages of Modern India (SMI)

Max Marks

### Instructions for Paper-setters/Examiners and candidates

**Paper-II** is divided into two parts

**Part – A** and **Part – B** each carrying 25 marks

**In Part - A** there shall be 10 questions in all. The first question compulsory containing 5 questions spread over the whole syllabus shall be of short answer type. The candidate shall be required to attempt questions to be answered in about 100 words, each question will carry 5 marks

Rest of the paper will be set from the whole syllabus and shall contain units. Each unit will have essay type questions and the candidate shall be given an internal choice of attempting one question from each unit. Each question will carry 10 marks

### Part-A

#### Objective of Paper II Part-A

To inculcate in students the values of Indian culture as they were followed and propagated by modern Indians such as Sri R. Krishn, M. S. R. and Sri Aurobindo

To enable learners to understand the meaning and significance of values in their lives, learn ways to resolve relative value conflicts and awaken their spiritual powers

#### Teaching Pedagogy

The pedagogy of this part of the course is largely based on printed study material developed in self-learning mode. In the month of November-December self-study Person-Contact Programme is organized where students meet and interact with their faculty and peers. Free interaction, critical deliberation and questioning spirit are prudently promoted throughout

**Max Marks: 50**

**Time: 3 Hours**

### Sages of Modern India

#### UNIT – I

Life and works of Sri R. Krishn

#### UNIT – II

Life and works of M. Sri Shirdi

#### UNIT – III

Life and works of Sri Aurobindo

Life and works of Sri Anand Yee M

UNIT – IV

Life and works of Sri Ram Mohan Bhasini

Life and works of Swami Vivekananda

Suggested Readings

Swami Nikhilananda	<i>Life and Works of Sri Ram Mohan Bhasini</i> , 1st Edition, Advaita Ashrama, Mysore.
Robin Ross	<i>Life and Works of Swami Vivekananda</i> , Advaita Ashrama, Mysore.
D. D. Basu	<i>Swami Vivekananda</i> , Penguin Books, Calcutta.
Swami Vivekananda	<i>My Life and Work</i> , Advaita Ashrama, Calcutta.
M. P. Pandey	<i>Swami Vivekananda</i> , Sri Aurobindo Study Circle, Calcutta.
Swami Vivekananda	<i>Practical Mysticism</i> , R. T. Prithvi, Prithvi.
Atanand	<i>Autobiography of Sri Sri Anand Math</i> , Shree Shree Anand Math, Nkhil, Haridwar.

## Teaching Pedagogy

During the Study PCP schedule practical sessions are held under the supervision of Spiritual Masters, Yoga Meditation practitioners where students receive training and instructions for their Practical Module

**Max Marks- 50**

Candidates can select any one out of the following three options available.

- i) **Term Paper**
- or
- ii) **Project Work**

The proposed Co-ordinator of the Centre, Co-ordinator, is requested to  
Coordinate the **Practical or Project** or any other project or  
assignment or any other activity initiated by the students  
of the Centre, Co-ordinator

or

- iii) **Practical Sessions on Positive Self Development**

The student's option of **Practical sessions** in  
**Personality Development** is **mandatory** and  
a component of the syllabus. The student's  
written report on the practical session is to be  
submitted to the Co-ordinator.

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C n ion Sri R rishn , M th,  
Myl pore, Chenn i,

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