

TEACHING-LEARNING PLAN

Course Title: Art of Living for fulfilment of Life

Course Code: SOC 104

Pre-requisites: SOC 103

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Course Description:

The core structure revolves and covers the basis aspect of Art of living which suffice the student to be strong, balanced and successful in life by applying basic practice of Maharishi knowledge which focuses on physical, emotional, mental, aesthetic development. It teaches us to live life in harmony and gain a greater vision of your own Self, confidence to stretch and grow beyond limiting beliefs, and ability to lead the deep profound fulfilling life.

Course Objectives:

The objectives of this course is to establish Art of living in reference to the teaching of Maharishi's knowledge where in student not only inculcate the concept of better living but also they become much more professional and possess leadership quality in much more efficient manner with stress free attitude to reach the peak performance.

Course Outcomes (COs): At the end of this course students will be able to:

- Define various types of ways of art to living to improve the well being
- Identify the various factors to achieve excellence in professional life
- Explain the factors which lead to perfection in the field of leadership
- Recognize the importance of daily practice of meditation which reduces stress at work place and activity becomes as such that student do less and accomplish more in life

Mapping COs with POs:

	PO 1	PO 2	PO 3	PO 4	PO5
CO 1	M	W			
CO 2			S		
CO 3		M			
CO 4				W	S

Course Contents: Semester IV

Unit - I: Art of Living and Enjoying Fulfillment

- Art of Being: Harmony of Material and Spiritual Values
- Art of Being: How to live life in Eternal Freedom while Accomplishing the Maximum in the World
- Art of Thinking: Key to Clear, Powerful and Fruitful Thinking
- Art of Speaking: Key to Speaking with Maximum Effectiveness
- Art of Action: Key to Self-confidence, Increased Efficiency, and Success in undertakings
- Art of Behaviour: Key to Fruitful Relationships

- Life in Fulfillment: Fulfillment of Life, Religion, Psychology and Philosophy

Unit - II: Enrichment of Experiences IV

- Advance Lectures on the Transcendental Meditation Program
- Follow-up Sessions and Group Checkings
- Personal Checkings

Unit - III: Achieving Excellence in Professional Life

- Introduction to Corporate Development Program
- Stress Management at workplace
- Achieving peak performance
- Success belongs to the power of thought

Unit - IV: Perfection in Leadership

- Leading from the Unified Field
- The Role of Consciousness in Creating Successful Leaders
- Structuring the Quality of Supreme Leadership
- Ease in the field of achievement marks the steps of a genius - Do least and accomplish most

Text Book (s):

- Yogi.M. Maharishi. (1963). Science of Being and Art of Living. Plume; Reissue edition.
- Dalio Ray. (2017). Principles: Life and Work. Simon & Schuster

References:

- Tomljenović H, Begić D, Maštrović Z. (2016) "Changes in trait brainwave power and coherence, state and trait anxiety after three-month Transcendental Meditation (TM) practice." *Psychiatria Danubina*. Vol 28(1):63-72.

Assessment Scheme:

Sl. No.	Component	Weightage (%)
1.	Participation in Practice	20
2.	Teachers' Evaluation	20
3.	Outbound Visit & Report	10
4.	Field Based Project	20
5.	End Semester Examination	30

Mapping Assessment Components with COs

	CO1	CO2	CO3	CO4
AC 1	X	X	X	X
AC 2	X	X	X	X
AC 3	X	X	X	X
AC 4			X	X
AC 5	X	X	X	X

Details of Projects/Activities

Effective Leadership by Snake activity:

Instruction of this activity

- A group of 10 students will be in one team. Out of them 9 will be blind folded and one will be the leader
- Participants will stand in one line and the leader will be standing at the back
- Nobody is allowed to speak
- The person in the back of the line will guide the participants around a circle by simply tapping the shoulder of the person in front of them, who will further tap the shoulder of the person in front of them, and then be guided to the desired object and the timer will stop the team who finishes first will win this activity

Learning of this activity

This activity shows the trust among their fellow participants and leader has to show their strength, mental balance and subtle powerful thinking to lead their team all this they can achieve by regular practice of Maharishi transcendental Meditation.

Hula Hoop Activity

Instruction of this activity

- Students will be separated equally in two teams and they have to make a human chain or form a circle, holding hands
- Instructor will put 2 hula hoop at the same time over two student's interlocked hands and they have to pass through it without using the hands
- The team who finishes first win the activity

Learning from this activity

This activity teaches students that you have to wait for your chance/opportunity patiently and when your chance comes to your way then you have to perform your best in limited amount of time so that your team can win. This activity gives the learning of team work and no matter teams win or not you are stress free and not disturbed by the outcome.

Knowledge Tug of War

- There will be two teams divided equally
- The box of goodies will be placed in between the two teams
- A set of questions will be asked by the instructor from both the teams
- To win the game, one team has to give five correct answers consecutively and the other team has to give five wrong answers

Learning from this activity

The learning of this game is not only the knowledge they are going to get from this knowledge tug of war but the real knowledge will come when actually one team claims the prize and celebrate. The

real leadership is that of sharing the resources and prizes with other team.

Video testimonials:

Students have to give video testimonials of their learning and what they like in this subject along with suggestions so that we can inculcate those feasible ideas in our teaching methodology. Video shall be of minimum 2 minutes.

Each student (individually or in groups of 2-3 students) will undertake a project where they will be working in the external environment (like village community, MSMEs, NGOs, civil authorities etc.) on identified issues. They will work under the guidance of an assigned faculty member and will be assessed on the basis of how they are able to effectively understand their relationship with the external environment. Students will have to prepare the schedule of interaction with the identified external contacts and execute the assigned task keeping in mind the intended learning outcomes. They will maintain a project diary/ register as per following format and this will be scrutinized by the faculty guide weekly/ fortnightly as decided.

Sl. No.	Topic Learnt in Class or Practice of TM	How I applied it during project/ field practice/ Outbound visit	My Understanding	Remarks
1.				
2.				

Outbound Visit/ Activity:

One Outbound Activity/Visit every month of Institutional, Corporates, Seminars, Conferences or (Guest Lectures (Inside or outside)) to be organized and conducted by Teacher's.

It is mandatory that all students will have to participate in outbound visit/ activity and attend all the planned activities strictly. With the guidance of faculty members, they will participate with clear cut intended learning outcome and submit a report on completion so that attainment of outcomes can be assessed. This assessment will have weightage as mentioned in the assessment scheme.

Class Participation:

Student's participation in practice Sessions: 10 Marks

S.No	Rubrics for Practice Sessions	Marks
1	Student regularly attends the practice session once a day	2
2	Student regularly attends the practice session twice a day	4
3	Student attends the session regularly but does not initiate contribution & needs instructor to solicit input.	6
4	Student's comments are constructive, with signs of insight and relevant to discussion	8
5	Student listens attentively and hears what others say and contributes to the learning and knowledge.	10

Student's participation in the Theory Classes: 10 Marks

S.No	Rubrics for Theory Sessions	Marks
1	Student regularly attends the class but is quite disruptive	2
2	Student attends the class but does not listen to others, both in groups and in class	4
3	Student attends the class with some participation	6
4	Student attends the class proactively and contributes to the class	8
5	Student attends the class proactively, consistently and add value to the learning	10

Attendance in all the classes and practice sessions is mandatory. Participation will be evaluated based on attendance, active engagement in discussions and interaction and contribution towards overall learning. This component will have 20% weightage as mentioned in the assessment scheme.

Other Details:

While it is expected that students should attend all classes but to cater to emergencies, illness, unavoidable social commitments and family responsibilities, a relaxation of up to 25% may be considered. Under no circumstances, attendance should fall below 75% else they will be debarred from taking examinations and will be declared fail in the course. Students can meet the faculty/ guide for consultations between **3:30 PM to 4:30 PM** or **else with prior appointment**. Students are expected to be regular and punctual in all activities including completion of work, submission schedules, appointments etc. and should be professionally dressed.

Important Note for faculty: Assessment rubrics will have to be written for each Assessment component.