

TEACHING-LEARNING PLAN

Course Title: Coherence-Harmony between. Individual & Society

Course Code: SOC 107`

Pre-requisites: SOC 106

Faculty: Dr. Mudita Agarwal & Mr. Gaurav Thakur

L	T	P	C.U.
2	1	1	0

Course Description:

This course will enlighten the process, application and the significance of an individual in the society to make the nation invincible by doing actions from the level of natural law. In addition this course will also illuminate the student's quality of life in freedom which is free from fear, anxiety, stress, depression and all sort of negativity to increasing positivity by creating peace in life and to culture the awareness of the state of enlightenment. The path to understand that when pure consciousness, the home of all laws of nature, is established in his awareness, the student spontaneously ceases to violate the Laws of Nature which ends all his struggle and suffering. Further, the focus of this course is to help students understand, evaluate, and improve their interactions with others in their personal and professional lives.

Course Objectives:

This course ensures that the students assimilate and integrate what they have learned in their classes at the deepest level of their consciousness and physiology. Through this practice students easily experience the most creative, intelligent, powerful, and blissful field of their own awareness, Transcendental Consciousness. Exploring his own consciousness as a field of all possibilities, students finds he can create anything from that level, any desired result can be achieved. Regular experience of the Unified Field will dissolve deep-seated stress in the individual, bringing marked reductions in hypertension, stroke, heart disease, and other stress-related illness. When practiced collectively in groups, effectively reduce societal stress and tensions, causing associated reductions in crime and social violence, and an upsurge of peace and positivity throughout the population. Students will develop and present original speeches applying these ideas and the principles of organization, clarity, vitality, and ethics. When speaking, students will learn effective ways to use voice and body language to communicate a message.

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

- Identify their personal communication style and communication strengths and weaknesses
- Recognize several techniques for improving their listening, response, and feedback skills
- Analyze an audience and adjust communication style and delivery accordingly
- Value to establish peace, harmony and coherence in the society
- Create a favorable environment and eliminate resistance to take the mankind from darkness to dawn

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 VII

Unit - I: Individual and Society

- Maharishi Speaks on the Role of Students in Making the Nation Invincible
- Individual and Cosmic Life
- Action in accord with Natural Law: Criterion and Discrimination
- Life in Freedom (Peace in Life, elimination of fear, tension and suffering; the Problem of World Peace)

Unit – II: Enrichment of Experiences VII

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

Unit – III: Increasing Positivity & Coherence in the Society II

- How an Individual Can Help the Growth of Peace in the World
- Group Coherence & Invincibility Number; Extended Maharishi Effect
- Defense & World Peace
- Freedom behind bars
- Health Care: Healing the healers
- Changing the life of Veterans
- Empowering victims of Violence/ assault

Unit – IV: Oral Communication Skills

- Oral Presentations for comprehensive and integrative development of students
- Purpose_ Audience Locale
- Research & planning in accordance of Natural Law
- Structure and Style of the epitome of Research
- Delivering a presentation and leading towards highest potential of an individual
- Interview Preparation: fruitful practice for their sprouting, development and finally employment

Text Book (s):

- Yogi Mahesh. (1997). Maharishi Speaks to Students: Mastery over Natural Law. Maharishi Vedic University Press.

- Wallace. K. Robert. (2016). Maharishi Ayurveda and Vedic Technology: Creating Ideal Health for the Individual and World, Adapted and Updated from The Physiology of Consciousness: Part 2. Dharma Publications
- Schwartzman Roy. (2010). Fundamentals of Oral Communication. Kendall Hunt Publishing

References:

- Travis F. Brain functioning as the ground for spiritual experiences and ethical behavior. FBI Law Enforcement Bulletin 2009 78(5):26-32
- Travis FT, Tecce J, Arenander A, Wallace RK. Patterns of EEG coherence, power and contingent negative variation characterize the integration of transcendental and waking states. Biological Psychology 2002 61(3):293-319
- Dannels, D. P. (2001). Time to speak up: A theoretical framework of situated pedagogy and practice for communication across the curriculum. Communication Education.

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	CO5
AC 1	X	X	X	X	X
AC 2	X	X	X	X	X
AC 3	X	X	X	X	X
AC 4				X	
AC 5	X	X	X	X	X

Details of Projects/Activities

Walk and Stop activity

Instructions of this activity

- Tell people they will be following simple commands. The first two: When you say “walk” they will start walking around the space. When you say “stop,” they will stop where they are.
- Call out “Walk.” Then “stop.” And repeat as desired.
- Next, tell everyone you are going to switch those two commands. Now when you say “stop” they should start walking and when you say “walk” they should stop walking.
- Call out “Stop.” Then “Walk.” And repeat as desired.
- Next, let them know you’re adding two more commands. When you say “Name” they say their name out loud, when you say “Clap” they clap once. The other two commands stay the same, so “Walk” means stop, “Stop” means walk, “Name” means say your name, and “Clap” means clap.
- Call out a combination of “Walk,” “Stop,” “Name,” and “Clap.” Repeat as desired.
- Finally, let them know you’re switching the last two commands. So “Walk” means stop, “Stop” means walk, “Name” means clap, and “Clap” means say your name. Repeat as desired.

Learning of the activity

The learning of this activity is that the students need to be focused in life and alert at the same time because life can take any turn at any point of time to combat that situation they need to be on their toes to deal with those sort of crisis and if life hit hard on them time and again they can fall back on real life time tool which this University is providing that is going back to self by practicing Transcendental Meditation and eradicate any problems that arises due to weakness of mind.

Extempore Challenge

- Students will be divided equally into two groups
- All the students in each group will be given a unique number starting from one and so on
- There will be a bowl with lots of topics written on chits with numbers
- Instructor will take out one chit and tell the number and from each team the same guys will come who is having that number
- They will have 30 seconds to speak on that topic
- Those who speak confidently and effortlessly win the point for their team

Learning of this activity

The learning of this activity is that student will become fearless in speaking and he/she will be able to grow in confidence which is need of an hour in the corporate world along with that student will be able to present themselves and put their ideas in front of management effectively and efficiently with vibrancy and confidence. Confidence, conviction, sharp intellect and presence of mind comes from within and they can access that very easily by practicing Transcendental Meditation twice daily by 20 minutes.

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.