

## TEACHING-LEARNING PLAN

**Course Title:** Holistic Development through various Maharishi's Technologies

**Course Code:** SOC 109

**Pre-requisites:** SOC 108

**Faculty:** Dr. Mudita Agarwal & Mr. Gaurav Thakur

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### Course Description:

This course focus on the process of socialization because integrity is the basis of social harmony and action required to meet the demands of an evolving knowledge society. It further discusses about the total approach to natural health care through Maharishi Ayurveda which offers a complete balance and sense of awareness among mind-body-spirit that provides a treatment which is lucrative in reducing everyday weariness and stress. The course moots on special skill sets requisite for maintaining conversations and participating in academic discussions with confidence following cultural norms.

### Course Objectives:

This course will reveal and impart the real supreme knowledge of understanding the realms of distinct culture and integrity of the society and also make the student realize the significance of natural law which is the basis of creation of the whole universe under the conceptual framework of Unified field of Natural Law. Further this course will offer brief insight of other Maharishi Technologies which changed the world by eliminating societal problems from its grass root level. In addition to this students will obtain and gain the key principle of conversational English which is comprised of predominant features which will enable the students to be exponentially influential to provide opportunities to the ability to relate to people across thus ameliorate the quality of life.

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

- Define the five fundamentals of cultural integrity and its basis
- Discuss salient features of Unified field of natural law which is the basis of whole creation
- Explain dominant key attribute of infinite creativity which comes from vacuum state or nothingness
- Evaluate different Maharishi Technologies under the light of consciousness
- Demonstrate innumerable characteristic of conversational English which will make the student more affluent in their overall holistic development of their personality

**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 IX

### Unit - I: Cultural Integrity

- Understanding culture and its basis
- Five fundamentals of Cultural Integrity
- Cultural Integrity, the Unshakeable Foundation for Invincibility

### Unit -II: Unified Field & Natural Law

- Natural law as the basis of creation
- Infinite variety of Creation comes from nothingness
- What is UF, Qualities of Unified Field

### Unit – III: Enrichment of Experiences IX

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

### Unit – IV: Maharishi Technologies for Holistic Development

- Sustainable Architecture
- Holistic Health
- Science of Prediction and Transformation
- Vedic Recitations
- Maharishi Light Technology with Gems
- Maharishi Aromatherapy
- Maharishi Gandharva Veda: eternal music of Nature
- Vedic organic Agriculture
- Maharishi Vedic Vibration Technology

### Unit – V: Conversational English

- Remedial Errors and corrective action
- Errors in Sentences to identify relationship between mindfulness and error monitoring
- Homophones and Homonyms an ambiguous stimuli for the intellectual exercise of the brain
- Adding the attribute of higher state of consciousness: One word Substitution to “Do less, accomplish more “
- Choosing the right word at the right place to make the statement more influencing others by using Prefix and Suffix
- Translation of Ek Vaigyanik Sant

## Text Book (s):

- Yogi M. Mahesh. (1988). Life Supported by Natural Law: Discovery of the Unified Field of All the Laws of Nature and the Maharishi Technology of the Unified Field--Integrati Paperback. Maharishi University of Management Press
- Taylor Grant. (2001). English Conversation Practice Paperback. McGraw Hill Education

### References:

- Orme-Johnson DW, Dillbeck MC, Wallace RK, Landrith III GS. Intersubject EEG coherence: is consciousness a field? International Journal of Neuroscience 1982 16(3/4):203-209
- Dillbeck Levin Susan, Dillbeck C. Michael. (1987).THE MAHARISHI TECHNOLOGY OF THE UNIFIED FIELD IN EDUCATION: PRINCIPLES, PRACTICE, AND RESEARCH. Maharishi University of Management, Fairfield, Iowa, U.S.A. Reprinted from Modern Science and Vedic Science, vol. 1, no. 4, pp. 383-431
- <http://www.meru-vlodrop.nl/wp-content/uploads/2012/10/UF-education-Dillbeck.pdf>

### 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
AC 4					X
AC 5	X	X	X	X	X

### Details of Projects/Activities

#### Catch the Numbers to catch the Culture

#### Instructions of this activity

- List all the states of India at one place along with some specialty of that State for example State of Turbans – Punjab, Land of Bengal tigers – West Bengal
- Students will be divided into groups of 10 each in one Team and we can have multiple teams
- Each student of each team will be handed the printout of 0 to 9 numbers in A4 Sheets
- The instructor will announce a random number like 105,678 and the students carrying the called out digit have to arrange themselves according to that series number. Whichever team arranges the number first in right order will have the chance to win one State of India.
- Winning Team then have to answer a very simple question related to that State which is mentioned above and if any of the team members guessed it correctly they will win the State
- The team which will have maximum numbers of States at the end will be considered winner

### **Learning of the activity**

Arranging themselves in order rapidly will involve their presence of mind and alertness which they can easily access through the regular practice of Maharishi Technology of Transcending which is the basis of creation of natural law and replying correctly to the instructor symbolizes of coming back to actions with full force and endurance which they gain from Unified field.

### **Brick race of knowledge**

#### **Instructions of this activity**

- Divide the students into groups of five each
- Give them 6 normal size of bricks to start the race
- Every team member have to step on the brick and the last person will hand over the brick to the second last person and then it will go on to the first and step by step they have to reach to final destination whichever team crosses the finish line they have to solve a knowledge puzzle and whichever team gives the correct answer they will be called as winners and it will be a time bound challenge
- If they fall from the brick they will be penalized for 5 seconds

### **Learning of the activity**

Learning of this activity is more like higher coherence of team work and balance in your mind which can be easily attained by the regular practice of going inward into self and gain the real knowledge of reality. Passing one brick at a time consider to be physically enduring and challenging at the same time whereas solving the puzzle connotes calmness in mind which everyone needs after going through a lot in life

### **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.