



LEARN LEAD SERVE

CERTIFICATE COURSE IN HUMAN DEVELOPMENT AND COUNSELLING

~ Vedic & Modern Perspectives

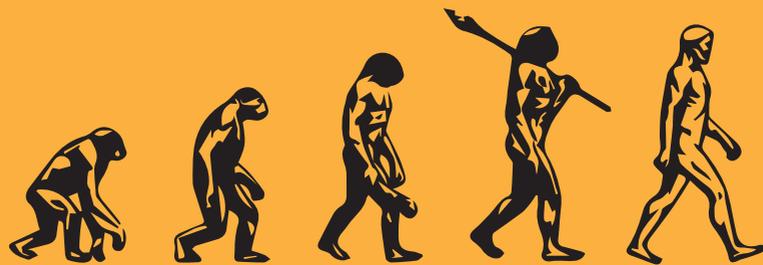
4th January till 17th May, 2020 (Saturdays & Sundays)
(Batch 2.0)

INDIAN PSYCHOLOGY CULTURE
PHYSIOLOGY PATANJALI YOGA SUTRAS
MEDITATION & RELAXATION
PREVENTIVE COUNSELLING CONSCIOUSNESS
CLINICAL PSYCHOLOGY MODERN PATHWAYS
FREUDIAN THEORY COMMUNICATION SKILLS
RELATIONAL META THEORIES
CHILD DEVELOPMENT LISTENING ABILITY
VEDIC



CST
ASTROLOGY
YOGIC DIET
AYURVEDA
SPIRITUALITY

" Just imagine not studying it.
The road-maps to our existence would never be known "
- M. P. Ossa



Time and again scientists from the Orient as well as the Occident have believed that human nature is kaleidoscopic.

The study of

HUMAN DEVELOPMENT

is witnessing an exciting phase of growth; moving beyond the Euro-American theories and thus further exploring culturally rooted perspectives.

Tenets

ठरिंत

(VEDIC)

Sarvasastraprayojanamadmadarshanam

“The end of all the scientific pursuit and endeavour is to know our own Self.”

“The Indian conceptualization of human nature reveals interesting observations about the doctrines of mind, personality and Self.

In Indian scriptures, the roots of human development can be traced back to the vast storehouse of ancient religious and philosophical texts. The analysis of various sources like the Atharvaveda, the Upanishads, the Yoga Sutras, the Mahabharata and others reveal the finer aspects of human nature. Indian tradition has much to offer by way of theoretical models and practical techniques in enhancing human potential and the optimal well-being.

The Vedic tenets lay emphasis on the fulfillment of human development in the Higher States of Consciousness.”

OCCIDENT (MODERN)

“All the world’s a stage.
And all the men and women
merely players. They have
their exits and their entrances,
and one man in his time
plays many parts, His acts
being seven ages.”

-William Shakespeare
English Playwright, 17th Century

Each of us develops partly like all other individuals. Most of the time, our attention is directed to an individual’s uniqueness. But as humans, we have all travelled some common paths. Each of us – Leonardo da Vinci, Joan of Arc, George Washington, Martin Luther King, Jr. and you walked at about one year, engaged in fantasy play as a young child and became more independent as a youth. Each of us, if we live long enough will experience hearing problems and the death of family members and friends. This is the general course of our development.

WHY people turn out the way they DO?

Every life is distinct, a new biography in the world. What leads one individual, so full of promises to commit brutal acts of violence and another to run poverty and trauma into a rich literary harvest?



How does one's heredity and health limit one's intelligence?

Does intelligence and social relationships change with age in the same way around the world?

Is development a co-construction of biological, cultural and individual factors working together? **OR** is it a mere consequence of the impressions carried forward from our past lives?

What are the ways of facilitating personal and interpersonal holistic functioning across the entire life span of a human with attention to one's emotional, social, vocational, educational, health-related, developmental and organizational concerns?

How does the family and school influence one's emotional development? Does food have anything to do with our thoughts and feelings?

The Study

Embryologists, Psychologists, Sociologists, Astrologers, Vedanta philosophers, practitioners of Ayurveda & Yoga, Neuroscientists, Medical researchers -

all share a common interest in **unlocking the mysteries of human development; finding ways of making their personal and inter-personal existence meaningful.**

This study is a familiarization to **Human Development** – its features, individual variations and its nature.

This study is about the **Rhythm and the Meaning of People's Lives**, about turning mystery into understanding and sketching a portrait of who each one of us was, is and will be.

This path-breaking, multi-disciplinary, innovative study is a holistic amalgamation of the Orient (*Vedic*) and Occident (*Modern*) perspectives to studying the 'HUMAN'- in totality integrating basic principles from the fields of **Psychology, Philosophy, Embryology, Vedanta, Yoga, Ayurveda, Political Science, Musicology, Spiritual Economics, Molecular Biochemistry, Naturopathy** etc.

The study will **introduce facets of Counselling**, encompassing a broad range of culturally-sensitive practices that would enable people improve their well-being, alleviate distress and maladjustments, resolve crises, and increase their ability to function better in their lives.

This comprehensive module is a move to go beyond various binary categories in accomplishing descriptions and explanations of developmentally important phenomenon.

This course is a window into the journey of human development – your own and every other member of the human species.

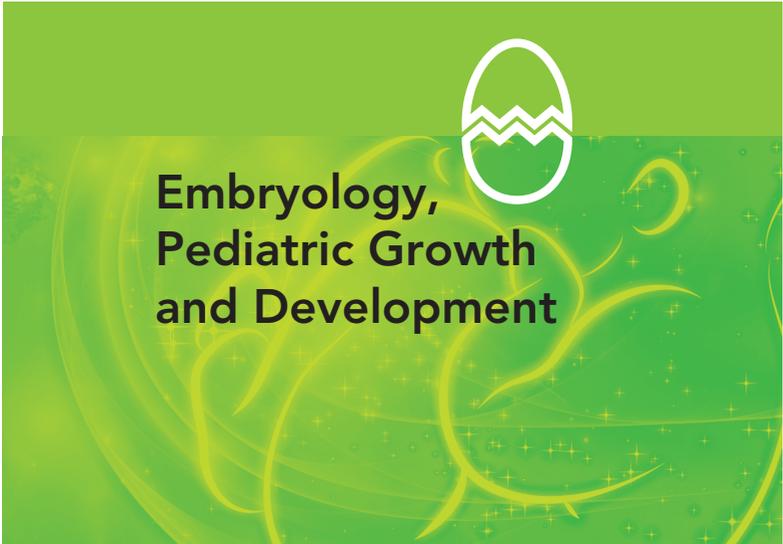
Study Rationale

In today's fast paced life, stress and emotional issues are on the rise and addressing "Mental Health" ranks the least on one's priority list. A Certificate Course in "Human Development and Counselling ~ Vedic & Modern Perspectives" is the need of the hour. Keeping in view Sri Sri University's philosophy of "Holistic & Value-based" education, this study will serve as a stepping stone to our personal grounding and in turn strengthen the fulcrum of the society we live in.

Study Insights & Faculty Members

Witness a unique opportunity to learn from accomplished 'state-of-the-art scholars' and gain insights through a multi-pronged perspective on the study.

The Study



Embryology, Pediatric Growth and Development

The segment on Human Embryology will unravel the fascinating process of cell division and cellular differentiation resulting in a single fertilized egg becoming a whole new individual. Pediatric Growth and Development will cover the quantitative and qualitative ways of assessing a child through infancy and the early childhood years using anthropometric measurements. This learning would enable one to detect delayed or abnormal growth early and implement appropriate interventions to meet a child's functional needs.



Dr. Jaymini Chouhan,
a post graduate from MRCPCH – Royal College of Pediatrics and Child Health, UK is also an Art of Living teacher and has been practicing Yoga and meditation for the past 20 years. Delicately balancing her profession as a pediatrician in London, Jaymini has been instrumental in conducting Yoga and meditation sessions in the House of Lords, UK Parliament, NHS hospitals across UK, for senior management teams in companies like Wipro, Portugal and for university students in Dublin, Ireland, and across several rural communities in developing countries.



This session will deal in examining Life - Span Development across its various stages – enabling us to gain insights about our own history; starting as an infant and growing up to being a child, an adolescent, an adult and gravitating to the older years. The lectures will be filled with information about who we are, how we came to be this way and where our future will take us. The session will also deal with the importance of understanding theories on human development in rendering counselling services through insights from various case studies. The importance of counselling at different stages of life for optimal development of human beings will also be covered.



Prof. Jagjiwan Kaur,
retired from the Dept. of Human Development & Family Relations, Govt. Home Science College, Chandigarh after having served for 27 years. Her fields of specialization include Human Development and Family Relations, Pre-school education, Guidance and Counselling etc. Apart from publishing papers in various international journals and presenting papers at national and international conferences and seminars, Dr. Kaur has authored a book "Activities for 3-4 year olds – A Resource Material for Teachers" published by the Education Department, Chandigarh Administration. She has also conducted several workshops related to parenting, teacher training, stress management, prevention of suicides, adolescent development etc. in various schools, colleges & Indian Air Force stations.

The Study

A Mind Management Manual ~ Philosophy from the Bhagwad Gita & Patanjali's Yoga Sutras

Modern Psychology ~ The Basics



Psychology being a science, the discovery of new knowledge about behaviour is based on experiments and observations. The series of lectures will deal with the basics of psychology, the underlying causes and effect of bio-psychosocial basis of behaviour & mental health, fundamentals of human behaviour (methods, approaches & schools etc.)

Prof. Girishwar Misra,

is the former Head of the Department Psychology, and former Dean, Arts Faculty, at the University of Delhi. During an academic career spanning over three decades, he has taught at Gorakhpur, Allahabad and Bhopal Universities. He was a Fulbright Fellow at Swarthmore College, Philadelphia and at the University of Michigan, Ann Arbor. Professor Misra's teaching and research interests include social psychology, human development, culture, and psychological knowledge. He has been convener and President of the National Academy of Psychology. Apart from numerous publications in national and international journals, he has authored/edited Psychological Consequences of Prolonged Deprivation (with L. B. Tripathi); Deprivation: Its Social Roots and Psychological Consequences (with D. Sinha and R. C. Tripathi); Perspectives on Indigenous Psychology (with A. K. Mohanty); to name a few. Professor Misra is the chief editor of the fifth ICSSR Survey of Psychology and editor of Psychological Studies, a journal of the National Academy of Psychology, India.



asamśayam mahābāho mano durnigraham calam
abhyāsenā tu kaunteya vairāgyena ca gṛhyate

Chapter 6, śloka 35, Bhagwad Gita

“O mighty-armed son of Kunti, it is undoubtedly very difficult to curb the restless mind, but it is possible by constant practice and by detachment”.

Bhagwad Gita is the best guide on human development and Yoga Sutras can be considered as the modern essence of the Gita - touching every dimension of the mind that one has and can experience. And in this very context, it may be seen that the Yoga Sutras are purely psychological - the mind being the central instrument. The Yoga Sutras delineate ways of culturing the mind through well-laid disciplines leading to states of inner stability, equanimity and strength. Both these texts are a complete mind management manual ~ the Vedic perspectives to counselling.

The sessions will provide a hands-on overview as well as practices of some of the specific psychological and spiritual methods on mindfulness, self-awareness and self-discipline as taught in Patañjali's Yogasūtras and the Bhagwad Gita - demonstrating the contemporary relevance of these ancient psychological and spiritual methods by providing concrete examples from our everyday lives.



Girin Govind,

is a senior Art of Living faculty member with B.Tech (Mechanical) and has been with the foundation for more than 18 years. He has served as the personal secretary to Gurudev Sri Sri Ravi Shankar for eight years. Currently, he is a member of the General body of Morarji Desai National Institute of Yoga, Delhi, under Ministry of Ayush, Govt. of India and also the Director of Sri Sri School of Yoga, Bengaluru. Proficient in the Yoga Sutras, Bhagwad Gita and Hatha Yoga, his popularity can be gauged by the stupendous turnout of thousands of people at his Yoga Workshops. He has been instrumental in spreading the knowledge of Yoga across countries such as China, Kuwait, Italy, South Korea, Malaysia, Singapore, Pakistan and Iraq.



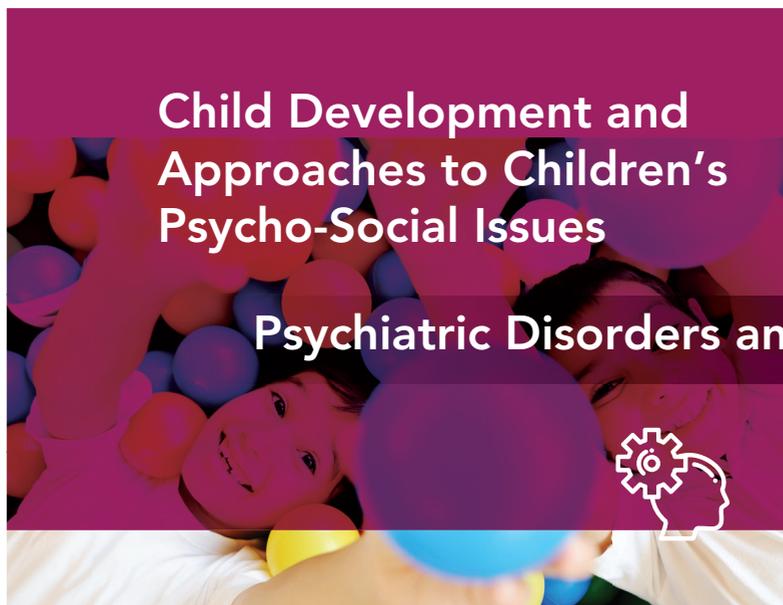
The Study

Child Development and Approaches to Children's Psycho-Social Issues

Psychiatric Disorders and Related Counselling Skills

&

Preventing Addictions through Counselling



Theories on Child Development centre on various aspects of development including social, emotional, and cognitive growth. The study of child development is a rich and varied subject and the sessions will deal with a plethora of insights as to how and why children grow, learn, and act as they do. In addition, understanding problem behaviours, the child's need for independent functioning, mastery over self-identity conflicts with parental attitudes and expectations will be dealt with.

Substance abuse or dependence is a major public health problem with several social and psychological consequences attached to it. It is important to understand this for prevention and treatment which is directly associated with benefits in terms of human development. Familiarity with the basic principles and techniques related to prevention and treatment can help plan effective interventions as well as policies. This is the need of the hour considering that use of substances seems to be on the rise among youth in India.

Perspectives from Clinical Psychology would broadly include major psychiatric illnesses: mood disorders, anxiety disorders, personality disorders, child and developmental disorders, schizophrenia and other psychotic and delusional disorders in children and adults. This section will throw light on the major psychological management and the treatment of these types of illnesses. The sessions will also demonstrate the role and importance of a psychiatrist in developing strategies and treatment plans for psychiatric illnesses. In addition, the foundations of counselling (*types, techniques, skills and approaches*), basic ethics in facilitating psychometric assessments, counselling psychotherapy and other psychological behaviour modification interventions will be taught.



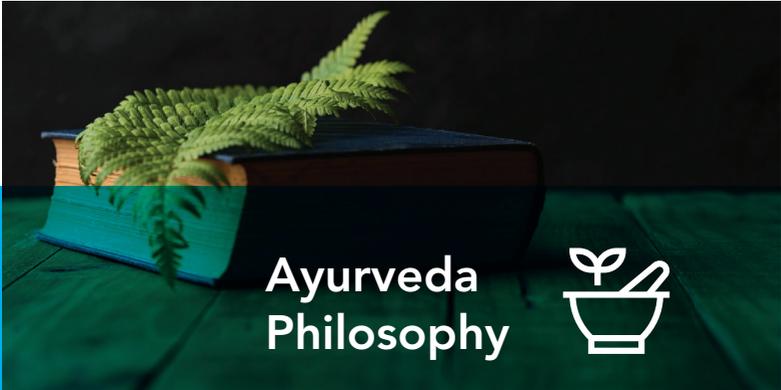
Dr. Shekhar P. Seshadri, is a graduate of Maulana Azad Medical College, Delhi and a post-graduate in Psychiatry from National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru. He is currently a Senior Professor, Department of Child and Adolescent Psychiatry and Associate Dean of Behavioural Sciences (NIMHANS), Bengaluru. Besides working with child and adolescent mental health including developmental disabilities, he is actively involved in the areas of gender and sexualities, violence/trauma and abuse, children in difficult circumstances, juvenile justice, experiential methodologies, school programmes/teacher training in life skills education, community and school mental health programmes, forum theatre and qualitative research.



Prof. Anju Dhawan, is a gold medalist in MD (Psychiatry) from AIIMS. She joined the National Drug Dependence Treatment Centre at AIIMS in 1997 and is currently working in the same. She has more than 20 years of experience in the field of Addiction Psychiatry and numerous publications (more than 100) including research papers, chapters in books, manuals to her credit. She has been involved in more than 20 funded research projects as an investigator including those funded by WHO and UNODC. Her special area of interest is substance use among adolescents - its prevention as well as management.

The Study

Perspectives in this session shall highlight some of the basic understanding of the human mind-body complex based on the elements and constitution of each individual as per the philosophy from the science of Ayurveda. One shall also learn the basis of one's existence as given in our ancient scriptures. In addition, the study will also be derived from experimental learning, wherein the students will unfurl the ability on judging one's physical and mental health status through the tenets of Nadi Pariksha (*pulse diagnosis*) and the approaches to address psychological disorders through the knowledge of Ayurveda.



Ayurveda
Philosophy



Dr. Aswin Kumar Patel, is an Ayurveda Physician (BAMS) with an expertise in pulse diagnosis and Panchkarma. Currently heading Sri Sri Tattva Panchkarma as the Chief Medical Officer, Dr. Patel has been a part of various seminars and CME workshops on Nadi Pariksha organized by the Ministry of AYUSH.



Human Development: Techno-Social Perspectives

Every thought, emotion, dream or action in our lives have a remarkable relation with the chemicals in our body. Molecules called neurotransmitters are in constant flux, manufactured and released by billions of neurons in the brain, and are responsible to orchestrate how we feel, act and react. The permutation and combinations of these chemicals in our brain are responsible for a variety of emotions as love, anger, joy, sadness etc. The perspective on Human Development: Techno-Socio Perspectives will take us to a journey to understand how various chemicals in our body impact our emotions and mood.

"We are what our thoughts have made us;
So take care about what you think. Words
are secondary. Thoughts live; They travel far."

-Swami Vivekananda



Prof. V.N.Rajasekharan Pillai, has been at the helm of affairs in many higher educational and scientific research establishments at the national level for the last 45 years of service as a professor, researcher, and executive head of Education, Science and Technology establishments in the country. An Elected Fellow of the Indian Academy of Sciences, Professor Pillai is one among the top cited Chemistry researchers in the country. Top executive positions which he has occupied include the Vice Chairmanship and Chairmanship of the University Grants Commission, Govt. of India; Executive Director of the National Assessment and Accreditation Council, Govt. of India; Vice Chancellor of the Indira Gandhi National Open University (IGNOU) to name a few.

The Study

Jyotisa and Manusya: Planets and the Human Connect



Jyotisa unlocks the deepest secrets of the human brain, mind and the soul through the variables of the 12 signs, 9 planets and 27 constellations. The human predicament unfolds through the interplay of the pancha tattva (*elements*) and the tri-gunas which manifests itself through these variables of rāśi, graha and nakshatra. Grahas eclipse the mind and compel human beings to act according to its diktat. The jivātmā struggles to escape this through the grace of the Guru and spiritual disciplines. The human condition abounds with suffering and pain, disillusion and hardships – the ocean of māyā or samsāra – which needs to be crossed to find ultimate salvation. Jyotisa aids in the navigation of these troubled waters by unravelling what is shaping the mind from birth to death; by determining the different stages of mental development and by understanding the influencing factors, both negative and positive. The lectures in this session will delve into the mysteries of the mind, the peculiar decisions taken by the human intelligence and the compulsions of the ātmā which determine whether we are on a mental precipice or in the serene surrounds of a calm ocean.

Sarbani Rath,

is a certified Jaimini Scholar and a Jyotisha Pandita of the Devaguru Brhaspati Centre, a teacher of the Parasara Jyotish Course and Jaimini Scholar Programme, president of Sri Jagannath Centre, member of the Council of Vedic Astrologers (CVA), USA and a patron of the British Association of Vedic Astrology (BAVA), UK. She studied at Loreto House School and then completed her graduation in Political Science from Presidency College, Masters in Political Science from University of Calcutta and Diploma in Environmental Law from the Centre of Environmental Law, WWF-India. She has taught as a guest lecturer for the M.Sc. programme in Environmental Biology, University of Delhi and the graduation programme at the National Institute of Design (NID), Ahmedabad. Sarbani was also involved in the curriculum development of Vedanga Jyotish Course of the Kavi Kulaguru Sanskrit University in Nagpur. She has presented papers at various Jyotisha conferences in India, USA, London and Serbia and has publications to her credit in Jyotish magazines.



The Holism of Yoga

‘Human Development’ carries with it, a connotation of Holistic Development – the holism here extending beyond the human personality to mankind at large and to the natural environment. Yoga, per se, caters to this very holism. To the question, “why should one do Yoga or become a Yogi?”, the most appropriate, and probably the simplest answer is, “to become a better human being” or “for creating a better mankind living harmoniously and happily on this beautiful earth”. Counselling, as it is understood and practiced today, is inclined more towards understanding and sorting out the issues of the mind. Mind, no doubt, is the most important tool available to man – it can create magic in life or make a mess of life. But, life is larger and more comprehensive than the mind. Therefore, psychological counselling needs to be supplemented with philosophical counselling. It is here that Indian philosophy in general, and Yoga in particular, have their strengths – the knowledge of which will extensively be dealt-in through a series of exciting lectures.

Prof. Ganesh Rao,

is a highly acclaimed and inspiring name in the field of Yoga having conducted more than 19500 sessions (including specialist workshops, presentation of papers in national and international conferences, counselling sessions, etc.) covering both its theoretical and practical aspects. He has to his credit a Doctorate in Philosophy. Dr. Rao has been associated with multiple universities and institutions (Professor of Yoga Philosophy) including being a PhD Guide and an Advisor to and Member of Board of Studies at Kaivalyadhama and Sri Sri University. He has served as Secretary of Certification Committee and Technical Expert (Yoga) with QCI and as a Member of Selection Panel with ICCR (Indian Council of Cultural Relations).



The Study

The Politics of Human Development ~ Foundations of Indian Thought



Many western schools of thought are based on the assumption that there is an underlying struggle between the individual and the society, leading to a situation of a conflict between the two. The Indian philosophy presupposes the individual as an integral part of the society, and that the development of personal and social well-being is not contradictory but complementary to each other. The researchers from the East and West looking through the spectacles of western political thought have more than often missed the real spirit of Indian political concepts. As it is wrong to compare Machiavelli to Chanakya, it is simply unjustified to apply the current western concepts to understand the social, political, cultural and psychological fabric of India. We see an individual as a sum total of body, mind, intellect, and soul; likewise, the society has similar characteristics that are complex and need comprehensive understanding from a contextual perspective. The lectures in these sessions would be an attempt to understand the dichotomy of 'just' and 'unjust' in a more practical and contemporary context and requirement.

Dr. Neena Bansal,

is an Associate Professor in Kamala Nehru College of Delhi University since 1992, in the Department of Political Science. Her area of specialization is International Relations with a Ph.D. on "Democratic Experience under Zulfikar Ali Bhutto". Apart from this, she also has a keen interest in Ancient and Modern Indian Political Thought and is teaching the same for long. Dr. Bansal has written and presented papers on the subject in different conferences. She is also the convener of the 'Gandhi Study Circle' of the college, where the students are involved in activities related to the Gandhian thought and understanding.



Doctrines from Transpersonal Psychology ~ The Power of Spirituality



Transpersonal or Spiritual psychology examines man in his totality – as a complex system consisting of his soul, mind and body. An integrated approach to the study of man, through science and religion and the sacred doctrines along with the experiences and the discoveries – way beyond the mundane levels of the human mind – of advanced ascetics can also be the way to help identify lesser known factors that determine one's mind and behaviour. Spiritual Psychology from the Vedic standpoint confines itself to the Human Mind "Grounded" in the Spirit. And it may be observed that the physical, emotional, rational and spiritual – i.e. the same psyche functions across all human beings. Therefore it seems that the psychological development, the psychological evolution, the psychic evolution etc. are all universal phenomena cutting across all cultures. Carl Jung was of the view that holding on to something more firm, more steady like a spiritual thought would have enabled him create better avenues to help his patients having no ailments but a lack of direction.

Dr. Richa Chopra,

is a Masters in Child Development, holds a Doctoral Degree from the Faculty of Arts, Department of Psychology (Gauhati University) along with an Advance Diploma in Child Guidance and Counselling. As the founding Head of the Dept. of Contemplative and Behavioural Sciences at Sri Sri University, Dr Chopra has been a pioneer in ideating, establishing and executing a plethora of departments and global initiatives, some of which have witnessed world history. Dr. Chopra attributes her transformation from a fearful non-entity, who had no future whatsoever, to this steely-spine individual who has been a catalyst of change in the lives of thousands of people across the world, through the power of spirituality. Could this be the answer to deteriorating mental health the world over?



Nritya-Bhav : Exploring the Heavenly Garden of Human Emotions



Dance is a form of performing arts which consists of purposefully selected sequences of human body movement in a rhythmic way; usually to music and within a given space; for the purpose of expressing an idea or emotion, releasing energy, or simply taking delight in the movement itself. Besides helping to develop Bodily - Kinesthetic Intelligence, dance is also a form of meditation. Each movement of the body uses crucial parts of your brain and triggers a form of emotion.

Dance helps to relieve stress, improves communication and also helps to increase the decision making capacity of an individual. The session will cover the mental, physical & emotional benefits of dancing.

It will include a practical dance demonstration which will show how the Navrasas deal with different emotions, the dance mudras deal with the different lobes of the human brain and how footwork in Kathak activates organs and energises the blood flow in the human body.



The Study

Prachee Shah Paandya,

with a Masters in Kathak and having set a Guinness World Record for "93 Kathak spins in one minute", a disciple of Guru Ganesh Hiralal is a highly acclaimed Kathak dancer of Jaipur Gharana. Wedded to Kathak at the tender age of three, she has given over 250 performances during various prestigious ceremonies, festivals in India, USA, UK and South Africa. To name a few are Ajanta-Ellora Festival, Elephanta Festival, Sangeet Natak Akademy, Taj Mahotsav-Agra, Raj Bhavan- Mumbai etc. Through ICCR, she has represented India in the South African International Art Festival and given solo Kathak performances in countries like Jordan, Egypt, Palestine & Qatar and received overwhelming response.

She has a bagful of laurels & honours including titles such as 'Sringarmani' & 'Nritya Urvashi' to her credit. Not only a wonderful classical Kathak dancer, she is also a qualified Architect and trained in classical vocal and Sitar. The list doesn't end here. She is a very popular face of Indian Entertainment Industry and acted in numerous famous TV shows such as kyunki saas bhi kabhi bahu thi. After getting over 10 years of rich acting experience and several awards in the T.V. industry, she has acted in a lot of blockbuster Indian movies too like Judwaa 2, ABCD 2, Student of The Year etc. Besides this, she recently acted in the web series "Modi - Journey of a Common Man".

Musicology & Human Development

The Study



Music is one of the most universal ways of expression in human life. It not only allows one to express personal inner states and feelings, but also brings many positive effects to people engaged in them. Research in music sciences has identified several dimensions of human life (*cognitive, psychological, social, and emotional*) which seem to be positively affected by it.

This session is aimed to present experiential insights that would investigate and discuss the cognitive, psychological, behavioral, social and educational benefits of music - highlighting the crucial role of musical activity in the overall human development and well-being.



Gautam Dabir,

a name well known amongst music lovers of the country, has inherited music from his (late) mother and his grand mother Smt. Mangala Joshi, the latter being an accomplished classical singer from the Gwalior gharaana. A very versatile singer, talented music composer and music arranger, Gautam and his group, have performed all over the world and mesmerized audiences with their music. On the academic front, Gautam has a double Masters degree - M.Com and Master of Communication Studies. He specializes in Television Production and has had a stint with Sony Entertainment Television. He is also a visiting faculty at the Faculty of Journalism (MS University) where he teaches Media Management and Radio Production.



Anupama Bhagwat,

a Sitar Musician, nonpareil, has carved a niche in Indian Classical Music with a versatile and electric style. She is one of the leading disciples of Pandit Shri Bimalendu Mukherjee, doyen of the Imdadkhani Gharana. She was conferred the title Surmani by SurSingar Sansad, Mumbai in 1995. Acclaimed world-wide with a repertoire of global performances since 1995, her sensitivity and erudition has taken her to the highest echelons of the modern genre. Anupama has a Masters in Music from Indira Kala Sangeet Vishwavidyalaya, India.

The Vedanta Outlook



The Study

The Vedic approach to human development and counselling is both holistic and spiritual. It is based on the idea that human development and flourishing must be achieved at all levels of being, including the physical, mental, and spiritual. Ancient Indian scriptures and texts, including the Upanisads, the Rāmāyana, Māhābhārata, Buddha's "Vitakka-santhāna-sutta" ("The Removal of Distracting Thoughts") are full of profound psychological insights into the human condition and various methods for achieving peace of mind and fullness of heart. The sessions will deal with achieving greater awareness and control of one's own mind — and ways to channel desires and unconscious impulses and to learn to control and discipline the mind in order to achieve the four ends of human life: Dharma (ethical practice), Artha (material prosperity), Kāma (fulfillment of desires), and Moksa (spiritual liberation).



Ayon Maharaj,

is an Assistant Professor and Head of the Department of Philosophy at Ramakrishna Mission Vivekananda Educational and Research Institute in Belur Math. He is also a Brahmacharin, with the name of Buddhachaitanya, in training to be a Sannyasin monk of the Ramakrishna Order. He received his BA (2002) and PhD (2009) from the University of California at Berkeley (USA). He was a visiting student at the University of Oxford (2000-1) and also a Fulbright Fellow at Humboldt-Universität zu Berlin (2006-7). His current research focuses on Vedāntic philosophical traditions, cross-cultural philosophy of religion, and Indian scriptural hermeneutics. He is the author of two books, *Infinite Paths to Infinite Reality: Sri Ramakrishna and Cross-Cultural Philosophy of Religion* (Oxford University Press, 2018) and *The Dialectics of Aesthetic Agency: Revaluating German Aesthetics from Kant to Adorno* (Bloomsbury, 2013). His articles have appeared in international peer-reviewed journals such as *Philosophy East and West*, *Journal of Indian Philosophy*, *Journal of Religion*, *International Journal of Hindu Studies*, *Journal of World Philosophies*, *History of European Ideas* and *Journal of the History of Ideas*.



Dinesh Kashikar,

did his schooling from St. Xavier's, Ahmedabad and moved on to joining IIT Bombay to pursue a Masters in Chemical Engineering. He then went on to become a teacher of the Art of Living's stress-elimination programmes through which he has been able to reach out and benefit more than half a million people around the world. He is currently the Trustee of the Vaidic Dharma Samsthana, Bengaluru, which aims to promote and propagate the lofty ideals of the ancient Vaidic culture to people from all over the world. Of how he came into this path, he says "After meditation, all aspects of life - interpersonal, social and internal started improving which really made me sit up and take notice. I realised that my purpose was not just to eat sleep and make money. Coming to Gurudev Sri Sri Ravi Shankar gave me a higher purpose".

Consumer Psychology with Needonomics for Human Development

To live in society, one needs to learn 'Spiritual Economics' which is nonviolent in nature confining to needs (*needonomics*) and not to greed (*economics of greed is called greedonomics*). The time has come to adopt spiritually guided materialism flowing from sloka no. 22 of chapter 9 of Bhagwad Gita. It needs to be understood that God has promised to satisfy needs and not greed which should be kept in mind by every individual in the present times of consumerism. The author calls it spiritual economics. For human development as human capital, one needs to become street smart (*simple, moral, action oriented, responsive and transparent*) keeping spiritual economics in the present economic scenario.



Prof. M. M. Goel, possesses 40 years of teaching experience with a specialization in Economics of Human Resource Development and an administrative experience of over 15 years in various capacities including Director, Rajiv Gandhi National Institute of Youth Development. Govt. of India, Pro Vice-Chancellor, Veer Kunwar Singh University (State University of Bihar) , Dean of Colleges, Chairman, Dept. of Economics & also Dept. of Journalism, KUK. As a student, teacher and researcher in economics with a spiritual bent of mind, Prof. Goel has always observed the relationship between economics and the philosophy of Bhagwad Gita for each one of us as a consumer, producer, distributor and trader. He believes that human behaviour across all actors in economics can learn values from Gita which is a neutral, religion free treatise on management and welfare economics.

The Study



Our brain is working all the time as it takes care of our thoughts, movements, breathing and even our sleep. This means that our brain requires a constant supply of fuel. That fuel comes from the food we eat, which affects the structure and function of our brain and ultimately our mood. The quality of the food we eat determines our health and quality of life. It is estimated that in the last 30 years, unhealthy food habits have double obesity rates in adults, tripled in children and quadrupled in adolescents. With this rate, the majority of the society is at a risk of leading an unhealthy lifestyle. Therefore, this session will expand our understanding of the relationship between our body and food by converting different topics such as:

1. Disease and how it affects the individual.
2. Multiple dimensions of nature care.
3. Balancing energies by bringing the optimum nourishment solutions.



Dr. Surya Ramesh, a post graduate in Naturopathy, is the former Head at the Department of Naturopathy at Sri Sri Ayurveda Hospital, Bengaluru. She is passionate in her role on bringing about an awareness in the society with regards to the overall dimension of healthy living. Embedding her practices on the teachings from the ancient Indian traditions, she has been able to successfully enable people overcome chronic lifestyle disorders through customized diet regimens. Dr. Ramesh also stands tall in her healing skills being a practitioner of alternative, non-intrusive techniques such as Meru Chikitsa, Varmalogy, Marma, besides a few others.

Study Objectives



- ▶ Gain deep insight into factors that play a vital role in shaping the mental make-up of individuals
- ▶ Gain a holistic perspective on factors that affect our personality
- ▶ Empower with nuggets on living and leading effective lives across every dimension
- ▶ Cultivate and enhance soft skills
- ▶ Deepen professional insights on how to live life effectively and deal with diverse individuals, families and groups in order to accomplish mental health, wellness, education, and career goals
- ▶ Add value to one's own employability
- ▶ Connect dots between body, mind, spirit and beyond
- ▶ Deepen cultural roots and widen the horizon through familiarization across a range of inter-disciplinary perspectives
- ▶ *Will serve the purpose of a "Bridge Course" for aspirants of the Master's Programme in "Psychology and Contemplative Studies" at Sri Sri University

*(clauses apply)

Selection Criteria



A. Written Entrance Examination:

- 28th December' 19 (Saturday); 09:30 hours to 11:00 hours; Sri Sri University.
- Multiple Choice Questions (MCQ format) with
 - 50% weightage on areas related to English Comprehension, Aptitude, Logical Reasoning & General Knowledge**AND**
 - 50 % weightage on basic knowledge of the core perspectives to be dealt in this certificate course (refer preceding sections)

B. Psychometric Assessment cum Interview:

- (only for candidates shortlisted in the written entrance examination)
- 29th December' 19 (Sunday); between 08:00 hours to 15:00 hours; Sri Sri University.

Study Dates, Schedule, Timings

- 4th January till 17th May' 20
- 140 + hours
- *Saturdays and Sundays
 - ~Saturdays: 16:00 hours to 21:00 hours (includes 2 breaks; 15 minutes each)
 - ~Sundays: 13:45 hours to 18:45 hours (includes 2 breaks; 15 minutes each)
- 6 lectures every weekend (1 lecture = 1.5 hours each)

*(conditions apply)

*Total Seats

30

*(subject to change)

Eligibility

A. By Qualification:

- Graduation or equivalent in any stream from a recognized university with a minimum of 50%
- OR**
- Students in their third semester (i.e. 2nd year) of graduation (or onward) Or equivalent in any stream from a recognized university with an aggregate of minimum 50% from their previous semesters of graduation.

B. *By Age:

- 20 years to 70 years

*(subject to change)

*Declaration of Results / Cut Off Lists & Fee Payment Schedule

• **First Cut off List for Shortlisted Students:

- 30th December' 19 (Monday) by 12:00 noon
- full fee payment between 12:00 noon on 30th December' 19 till 16:00 hours on 31st December' 19 (Tuesday)

• **Second Cut off List for Shortlisted Students:

- 1st January' 20 (Wednesday) by 12:00 noon
- full fee payment between 12:00 noon on 1st January' 20 till 16:00 hours on 2nd January' 20 (Thursday)

• **Third Cut off List for Shortlisted Students:

- 3rd January' 20 (Friday) by 12:00 noon
- full fee payment between 12:00 noon on 3rd January' 20 till 17:00 hours on 3rd January' 20

(*on www.srisriuniversity.edu.in | notice board of Admission Office & DCBS | via mail intimation)
(**subject to vacancy)

Note: 1. The course is open to both national and *international candidates 2. Classes will be held in the University campus. 3. Application fee is non-refundable. 4. All duly filled - in application forms to be submitted on/before the 21st of December' 19 (Saturday), 17:30 hours, in hard or soft copy.

*(clauses apply)



Study Methodology

- Lectures
- Case studies
- Study tour
(Central Institute of Psychiatry, Ranchi/
NIMHANS, Bengaluru/NDDTC, AIIMS, Delhi etc)
- *Student Exchange

**(clauses apply)*

*Certificate Awarded by

Sri Sri University, Cuttack.

**(clauses apply with a minimum of
75% classroom attendance)*



Course *Fee (Non-Residential; For Indian Citizens)

- ₹ 67,500
₹ 62,500 (Tuition Fee; Non – Refundable)
₹ 5,000 (Caution Money; Refundable)
- Study tours will be charged additionally
as per actuals
(travel/accommodation/food etc.)

**(for Internationals, contact : dcbs@srisriuniversity.edu.in)*

How to prepare? What to expect?

Basic concepts pertaining to Yoga, Ayurveda, Counselling, Astrology, Psychology, Political Science, Vedanta, Embryology etc. (refer to the preceding sections of the brochure on the core perspectives of the course). In addition, practice attempting a few sample MCQs based on Logical Reasoning, Aptitude, English Comprehension, General Knowledge - available online/offline (e.g. you may refer to model MCQs based on Bank PO/UPSC/CAT/MAT examinations).

Important Dates at a Glance

Application Submissions Close:

21st December' 19 (Saturday); 17:30 hours

Written Entrance Examination:

28th December' 19 (Saturday);
9:30 hours to 11:00 hours; Sri Sri University

Psychometric Assessment & Interview:

29th December' 19 (Sunday);
between 08:00 hours to 15:00 hours;
Sri Sri University



Cut Off Lists & *Fee Payment Schedule

• First Cut off List:
30th December' 19 (Monday) by 12:00 noon

• Second Cut off List:
1st January ' 20 (Wednesday) by 12:00 noon

• Third Cut off List:
3rd January' 20 (Friday) by 12:00 noon

(*refer page 14 for details)



Study Commencement Date:

4th January' 20 (Saturday);
16:00 hours to 21:00 hours

Study Completion Date:

17th May' 20 (Sunday); 17:00 hours



Human Development and Counselling Vedic & Modern Perspectives

4th January till 17th May, 2020

Faculty List, Session Outline & Study Schedule

January 2020

- **Dr. Jaymini Chouhan**, MD; "Embryology, Pediatric Growth and Development": 4th (Saturday) & 5th (Sunday)
- **Prof. Jagjiwan Kaur**, PhD, M.Ed; "Life Span Development & Counselling ~ Modern Fundamentals": 11th (Saturday) & 12th (Sunday)
- **Prof. Girishwar Misra**, PhD; "Modern Psychology ~ The Basics": 18th (Saturday) & 19th (Sunday)
- **Girin Govind**, B.Tech; "A Mind Management Manual ~ Philosophy from the Bhagwad Gita & Patanjali's Yoga Sutras": 25th (Saturday)

February 2020

- **Prof. Shekhar Seshadri**, MD; "Child Development and Approaches to Children's Psycho-Social issues": 1st (Saturday) & 2nd (Sunday)
- **Dr. Ashwin Kumar Patel**, BAMS; "Ayurveda Philosophy": 8th (Saturday) & 9th (Sunday)
- **Prof. V N Rajasekharan Pillai**, PhD; "Human Development: Techno-Social Perspectives": 16th (Sunday)
- **Sarbani Rath**, M.A; "Jyotisha & Manuśya: Planets & The Human Connect": 22nd (Saturday) & 23rd (Sunday)
- **Prof. Ganesh Rao**, PhD; "The Holism of Yoga": 29th (Saturday)

March 2020

- **Prof. Ganesh Rao**, PhD; "The Holism of Yoga": 1st (Sunday)
- **Dr. Neena Bansal**, PhD; "The Politics of Human Development": 7th (Saturday) & 8th (Sunday)
- **Girin Govind**, B.Tech; "A Mind Management Manual ~ Philosophy from the Bhagwad Gita & Patanjali's Yoga Sutras": 14th (Saturday) & 15th (Sunday)
- **Mid - Course Exam**: 22nd (Sunday)
- **Prof. Anju Dhawan**, MD; "Preventing Addictions through Counselling": 28th (Saturday) & 29th (Sunday)

April 2020

- **Prachee Shah Paandya**, M.A; "Nriya-Bhav : Exploring the Heavenly Garden of Human Emotions": 4th (Saturday)
- **Dr. Richa Chopra**, PhD; "Doctrines from Transpersonal Psychology ~ The Power of Spirituality": 5th (Sunday)
- **Anupama Bhagwat**, M.A & **Gautam Dabir**, M.Com; "Musicology & Human Development": 11th (Saturday) & 12th (Sunday)
- **Prof. M M Goel**, PhD; "Consumer Psychology with Needonomics for Human Development": 19th (Sunday)
- **Prof. Shekhar Seshadri**, MD & **Prof. Anju Dhawan**, MD; "Psychiatric Disorders and related Counselling Skills": 25th (Saturday) & 26th (Sunday)

May 2020

- **Ayon Maharaj**, PhD; "The Vedanta Outlook": 2nd (Saturday)
- **Sh. Dinesh Kashikar**, M.Tech; "The Vedanta Outlook": 3rd (Sunday)
- **Dr. Surya Ramesh**, NMD, M.Sc; "Food & Life Style ~ The Nature's Way": 9th (Saturday)
- **Final Certification Exam**: 10th (Sunday)
- **Study Tour**: 11th (Monday) to 17th (Sunday)

Admission related further details

+ 91 9916120851 | + 91 6717132663 | + 91 6717132653
dcbs@srisriuniversity.edu.in | www.srisriuniversity.edu.in

Application Submissions Close

21st December' 19 (Saturday); 17:30 hours

An Initiative of

Department of Contemplative and Behavioural Sciences (DCBS)

(under the Faculty of Contemplative and Behavioural Sciences)

Shruti, First Floor, Sri Sri University, Ward Number # 3, Bidyadharpur – Arilo, Cuttack- 754006, Odisha, India

DEPARTMENT OF CONTEMPLATIVE AND BEHAVIOURAL SCIENCES

(under the Faculty of Contemplative and Behavioural Sciences)

Mindfulness and contemplative practices are experiential modes of learning and self-inquiry. Contemplative inquiry asks not just what we think, but what thinking itself is: how we come to think, as biological, aesthetic and social beings. It is concerned with conditions and strategies for thinking differently - combining rigorous introspection with rigorous critical investigation. Contemplative Studies integrates perspectives from a variety of disciplines including Psychology, Spirituality, Neuroscience, Religion, Music, Theater, Philosophy.

Founded on an "Inter-Disciplinary" approach, amalgamating the Orient - Occident Perspectives, the Department of Contemplative & Behavioural Sciences (DCBS) will offer Undergraduate, Postgraduate, Doctoral and Integrated Programs in "**Psychology and Contemplative Studies**" starting Academic Year 2020.

To build a critical mass of self-reflective practitioners and researchers through scholarship, rigorous training and field practice in the spirit of interdisciplinarity and global consciousness.

VISION

MISSION

To develop knowledge and competencies in

- Core psychological processes, mental health and well being
- Contemplative studies and spirituality
- Understanding the contexts of engagement (adversity, positive health)
- Research methodology, intervention techniques and interdisciplinary orientation
- Self awareness, personal growth and social contribution

Admission related further details

Application form* fee:

- ₹ 1050/- (softcopy)

**includes University Prospectus & Programmatic Brochure*

Apply Online

(copy-paste the following URL on your browser)

Online Application - <https://srisriuniversity.edu.in/registration/>

Fee Payment - https://srisriuniversity.edu.in/registration/pay_fees.php

Contacts

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Disclaimer : Contents of this programmatic brochure subject to last minute changes