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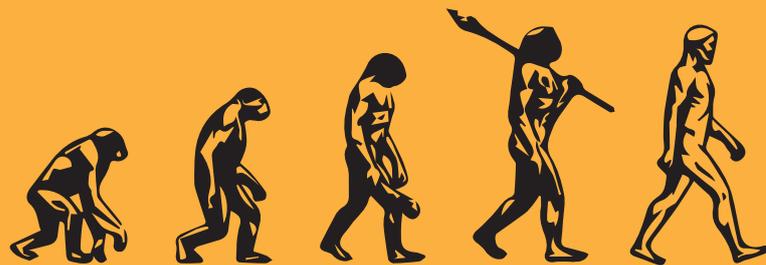
# CERTIFICATE COURSE IN HUMAN DEVELOPMENT AND COUNSELLING

~ Vedic and Modern Perspectives

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



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



Time and again scientists from orient as well as occidental 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

## ठरंरत (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.

## OCIDENT (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.”

-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 1 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 the 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, Sociology, Physiotherapy, Political Science, Musicology, Spiritual Economics** 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 on "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.

### 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.



### Life-Span Development & Counselling ~ Modern Fundamentals

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.

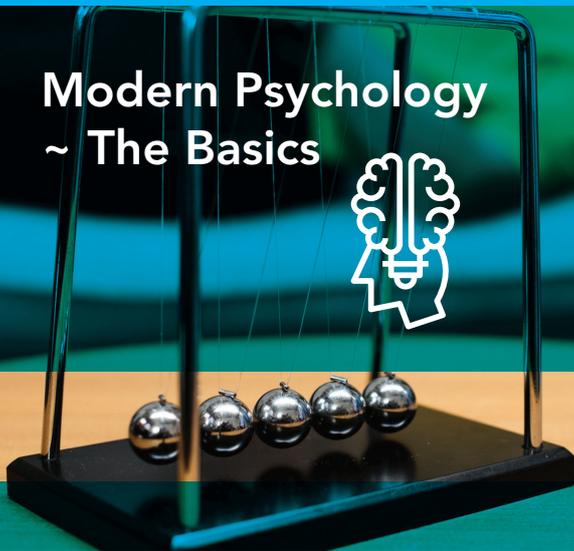
#### **Prof. Jagjiwan Kaur**

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 also has 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

### Modern Psychology ~ The Basics



Psychology being a science, the discovery of new knowledge about behaviour is based on experiments and observations. The series of sessions will deal with the basics of psychology, the underlying causes and effect of bio-psychosocial basis of behaviour & mental health, fundamentals of human behaviours (*methods, approaches & schools*) etc. In addition, the foundations of counselling (*types, techniques, skills & approaches*), basic ethics in facilitating psychometric assessments, counselling, psychotherapy and other psychological behaviour modification interventions will be taught.

**Vikas K. Chaudhary,**  
M.Phil (Clinical Psychology) is a RCI licensed practitioner at Vivechana ~ The Counselling Space, Sri Sri University, Cuttack. His expertise lies in clinical psychology, mental health, psychological assessments, research methodology, counselling and psychotherapy.



## Jyotisha & Manushya: Planets & The Human Connect



Various human philosophies state that desire and karma cause rebirth. These desires (*called icchā śaktī*) can be classified into the four groups of dharma, artha, kāma, and moksa, while karma-impulse components (*called kriyā śaktī*) are grouped into nine variables, called graha from the word "grahana" meaning eclipse. Right from conception, the human mind is eclipsed by karma that leads to the development of bias. Another factor, called daśā, (*planetary periods*) also have their influence on one's varying physical and mental states as well as time. Scientific study of Jyotisha (*astrological*) tools, drawn from Vedic philosophy can unfold mysteries of the human dimension. These series of exciting lectures will unfold the unknown - that govern our existence.

### **Pandit Sanjay Rath,**

B.E (Mechanical) belongs to a traditional family of astrologers from Bira Balabhadrapur Sasan village of Puri, Orissa. Sanjay studied under his grandfather, the late Pandit Jagannath Rath, who was the Jyotish Ratna of Orissa and authored many books on Jyotisha. He began his studies at a tender age and received an in-depth knowledge of Jyotisha, found only among those who have been trained in the ancient traditional way of the parampara. Pt. Rath uses Brihat Parasara Hora Shastra, Jaimini Upadesa Sutras, Brihat Jataka and Saravali as the foundations of Jyotisha.



## The Study

Perspectives in this session shall highlight some of the basic understandings 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 disorder through the knowledge of Ayurveda.



**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.



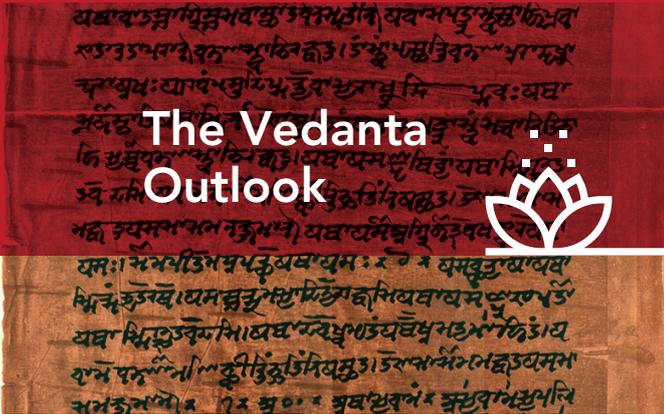
## The Holism of Yoga

'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 18000 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 including being an Advisor to and Member of Board of Studies at Kaivalyadhama. 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 Vedanta Outlook

# The Study

The Vedic approach to human development and counseling 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 “Vittakasanhānasutta” (“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 on achieving greater awareness and control of one’s own mind — and ways to channel the arising desires, 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 Ph.D. (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, Indian scriptural hermeneutics to name a few. He is also the editor of the forthcoming Bloomsbury Research Handbook of Vedānta, a collection of seventeen articles by leading international scholars. 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. By the fourth year, he was the GSec of the hostel, had played football for the hostel, organised and participated in mood Indigo and PAF. Yet there seemed to be something missing. He then went on to become a teacher of the Art of Living’s stress -elimination programme through which he has been able to reach out and benefit more than half a million people. His responsibilities in the Art of Living have been diverse. He headed the publication division of the Art of Living, editing and publishing many of its books and has even co-ordinated the working of the Sri Veda Agama Samskrutha Mahapatahasala, a heritage school started by the Art of Living, with the aim of preserving the rich traditions and rituals of India. Brought up in a traditional Brahmin family, he naturally took to puja and chanting and is currently the trustee of the Vaidic Dharma Samsthana 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. He is technology savvy and loves new gadgets. He has contributed to open source projects and codes in php mysql as a hobby.

# The Study

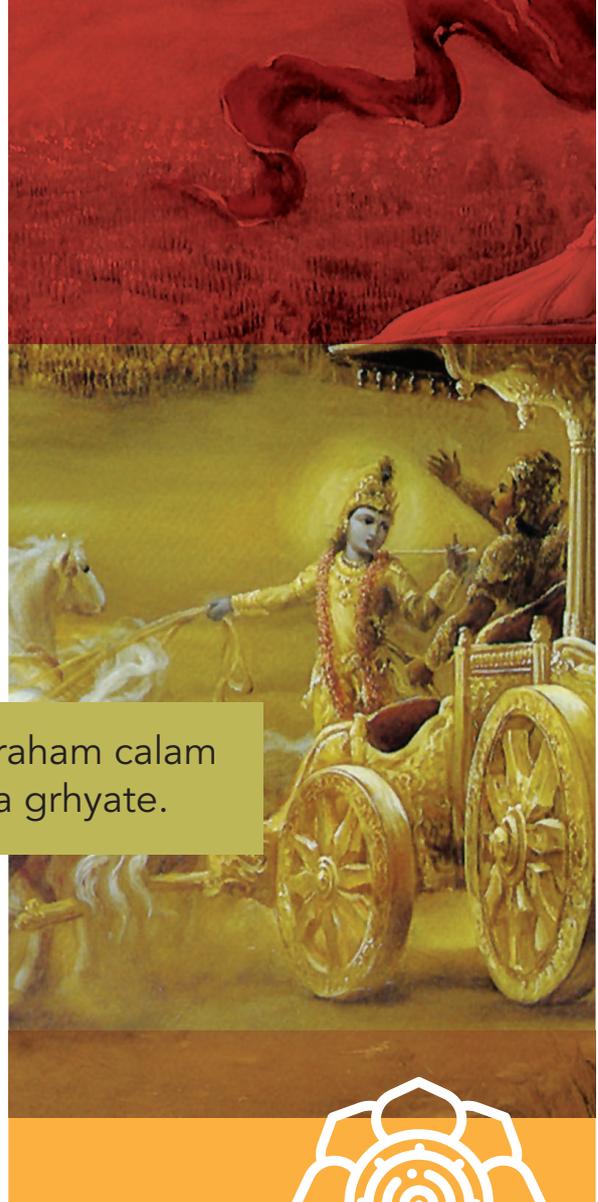
## A Mind Management Manual ~ Philosophy from the Bhagavad Gita & Patanjali's Yoga Sutras

Asamsayam mahabaho mano durnigraham calam  
Abhyasena to kaunteya vairagyena ca grhyate.

Chapter 6, sloka 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”.

Bhagavad 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 taught in Patañjali's Yogasūtras and the Bhagavad Gītā, demonstrating the contemporary relevance of these ancient psychological and spiritual methods by providing concrete examples from everyday life.



### 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 Sri Sri Ravi Shankarji 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 a Member of the QCI technical committee for Yoga certification. Proficient in the Yoga Sutras, Bhagavad 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.



## Politics of Human Development ~ Foundations of Indian Thought



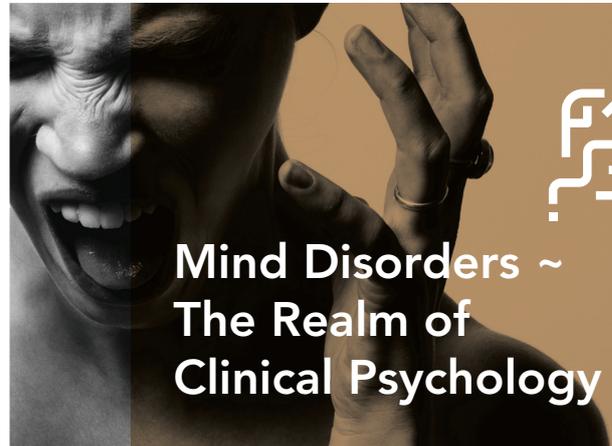
Many western schools of thought are based on the assumption that there is an underlying struggle between the individual and the society, leading to a situation of a conflict between the two. The Indian philosophy presupposes the individual as an integral part of the society, and that the development 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 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 1995, 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.



## The Study



## Mind Disorders ~ The Realm of Clinical Psychology

Perspective 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. It will also throw light on the major psychological managements and treatments of these types of illnesses. The sessions will also demonstrate the role and importance of a clinical psychologist in developing strategies and treatment plans for the psychiatric illness.

### Gargi Dasgupta

is a M. Phil in Clinical Psychology, pursuing her Ph.D and is currently working as the Consultant Clinical Psychologist, Department of Psychiatry, Kolkata Medical College and Hospital, Kolkata, West-Bengal (India). Her expertise is in clinical psychology, mental health, research methodology, counselling and various types of psychotherapies. Her current research focuses on clinical psychology, mental illnesses - its treatments & psychological managements, religion and mental health etc. She has presented papers in national and international level seminars and also has received many awards - achievements in her field.



## The Study

### Preventing Addictions through Counselling



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.

#### **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.*



## 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. She 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?*



## Being a Human - The Penultimate Journey



Man is a bridge, says Osho, between the animal and the divine – and our awareness of this dual aspect of our nature is what makes us human. It also makes us full of contradiction and surprises like success or failure, love and hate, selfishness and generosity etc. at one hand and our unfolded divine potentialities on the other. A question arises, being a human, how can we balance our life journey in such situations and can unfold our divine potentialities. To do so, one must know, identify, acquire, possess, and enhance his resources in the form of sound body, mind and enlightened soul. The ancient tradition of India has time tested ways of life that provide simple techniques, by the practice of which, human resources are refined and enhanced, enabling one to employ and apply these resources not only for individual pursuits but also for social wellbeing in one's chosen area. This theme will be dealt in details in the series of lectures

### Prof. B R Sharma

*Dean, Faculty of Health and Wellness, Head – Department of Yogic Science received his Doctorate (1984) in Bhakti under Dharmashastra. He was associated with Kaivalyadhama for more than three decades of experience as Research Officer, Assistant Director of Research and Head, Philosophico-Literary Research in Yoga. He has also worked as a Member of the Advisory Board of the TKDL Project, Department of AYUSH, Govt. of India, New Delhi. To his credit, he has more than 45 research papers published in proceedings, souvenirs & Yoga journals and 12 books. He has worked as Managing Editor and Executive Editor for Yoga Mimamsa Journal. Nominated as one of the members of the Scientific Advisory Committee (SAC) of Central Council for Research in Yoga & Naturopathy by the Hon'ble Minister of AYUSH, Govt of India for three Yrs.w.e.f. from 17- 03- 2015. Organized Yoga Workshops and delivered Lectures on invitation from different Yoga Associations – Spain & Italy (Oct. 28 to Dec.3, 2001) Korea & Japan (April 4-24, 2002), Geneva, Switzerland (Jan.19 to April 4, 2007), Portugal ( June 22-28,2012), Ethiopia (2016) etc.*



## The Study



## The Psychology of Health

Health Psychology broadly deals with the mind-body relationship, the bio-psychosocial model to health, systems of the body, different models of health behavior, specific health-related behaviors, stress and coping, patient-provider relationship, management of pain, management of chronic and terminal illness etc. In addition, this interesting subject also highlights on the vital role played by a health psychologist in developing strategies and treatment plans for chronic illnesses. Across a series of interesting teaching methodologies, this study on Health Psychology will empower the students with newer dimensions of knowledge in both understanding as well as addressing health care interventions for themselves and others.

### Samiksha Das

*is a M. Phil in Health Psychology, currently working as the Executive Assistant, Vivechana~ The Counselling Space, Sri Sri University, Cuttack. Her expertise is in health psychology, mental health, research methodology, counselling and SPSS. Her current research focuses on health psychology, positive psychology, educational and school psychology.*



## The Study

### Musicology & Human Development



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 all over, with their music. Lighter forms of music (ghazals, bhajans, sufi, regional folk) being their main forte, Gautam's background of Classical Music is clearly reflected in his singing. On the academic front, Gautam has a Double Masters with M.Com and Master of Communication Studies Degrees. He specializes in Television Production and has had a stint with Sony Entertainment Television as an on-air promo producer for various serials like Movers and Shakers, CATS, Tujhpe Dil Kurbaan, Heena etc. He is also a visiting faculty at the Faculty of Journalism (MS University) where he teaches Media Management and Radio Production. Gautam has quite a few music albums to his credit.*

### Spiritual Economics 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 Bhagvad 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.

#### Professor (Dr.) M. M. Goel



*Vice-Chancellor, Jagan Nath University, Jaipur possesses 39 years of teaching experience with specialization in Economics of Human Resource Development and administrative experience of 15 years in various capacities including Director, Rajiv Gandhi National Institute of Youth Development( Government of India) , Pro Vice-Chancellor, Veer Kunwar Singh University ( State University of Bihar) , Dean of Colleges , Dean, Social Sciences, Chairman, Dept. of Economics & also Dept. of Journalism, KUK. As a student, teacher and researcher in economics with spiritual bent of mind, Prof. Goel has always observed the relationship between economics and the philosophy of Bhagvad Gita for each one of us as consumer, producer, distributor and trader. The human behavior of all the actors in economics can learn the values from Gita which is a neutral, religion free treatise on management and welfare economics.*

# 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

# Selection Criteria

## A. Entrance Examination:

- 29th December, 2018 (*Saturday*); 9:30 am to 11:00 am; Sri Sri University.
- Multiple Choice Questions (*MCQ format*) with
  - 50% weightage on areas related to English Comprehension, Logical Reasoning, Aptitude & 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 entrance examination)*
- 29th December, 2018 (*Saturday*); between 2:00 pm to 5:00 pm; Sri Sri University.

# Study Dates, Schedule, Timings

- 5th January till 12th May, 2019
- 80+ hours
- Saturdays and Sundays (*barring university holidays*);
- 4 pm to 8.50 pm (*includes 2 breaks; 10 minutes each*)
- 6 lectures every weekend (*1 lecture = 1.5 hours each*)

# Total \*Seats

10

*\*(subject to change)*

# \*\*Study Eligibility

## Qualification:

Graduation or equivalent in any stream from a recognized university with a minimum of 50%

## OR

those in their last semester of graduation or equivalent in any stream from a recognized university with an aggregate of minimum 50% from their previous years of graduation

**Age Limit :** 20 years to 65 years

## Duly Filled Application Submissions:

22nd December, 2018 (*Saturday*), 17.30 Hours

## Written Entrance Examination followed by Interview & Psychometric Assessment at SSU Campus:

29th December, 2018 (*Saturday*); 9:30 am to 5:00 pm

## Final List of Shortlisted Students:

31st December 2018 (*Monday*),  
on [www.srisriuniversity.edu.in](http://www.srisriuniversity.edu.in);  
SSU-Admissions office Notice Board; Intimation via mail

\*\* There is a relaxation on the above eligibility with regards to the qualification and age for a few specified categories. In addition, candidates sponsored by the Government will directly be admitted into the course (*exempted from the entrance examination; subject to meeting the eligibility*). Further, such candidates will be awarded a 'Certificate of Participation' after the completion of the course (*subject to not appearing in the Final Certificate Examination*).

**Notes:** 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 22nd of December 2018, 17.30 hours. 5. Sponsorship on course fee is available for applicants from Sri Sri University.

\*\*\* Clauses apply.



## Study Methodology

- Lectures
- Case studies
- Field trips  
(Central Institute of Psychiatry, Ranchi/NIMHANS, Bengaluru etc).
- \*Student Exchange

*\*Clauses apply*



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

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

*\*For Internationals, contact: vivechana@srisriuniversity.edu.in*

## Certificate Awarded by



Sri Sri University, Cuttack.

## 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, English Comprehension, Aptitude, 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:

22<sup>nd</sup> December, 2018 (*Saturday*);  
17.30 hours



### Written Entrance Examination:

29<sup>th</sup> December, 2018 (*Saturday*);  
9:30 am to 11:00 am

### Psychometric Assessment & Interview:

29<sup>th</sup> December, 2018 (*Saturday*);  
between 2:00 pm to 5:00 pm



### Selected Candidates List:

31<sup>st</sup> December 2018 (*Monday*),  
on [www.srisriuniversity.edu.in](http://www.srisriuniversity.edu.in)

### Study Commencement Date:

5<sup>th</sup> January 2019 (*Saturday*)

### Study Completion Date:

12<sup>th</sup> May 2019 (*Sunday*)

### Admission related further details

Application form\* fee:

- ₹ 1200/- (hardcopy)
- ₹ 1050/- (softcopy)

*\*includes University Prospectus & Programmatic Brochure*

### Apply Online

*(copy-paste the following URL on your browser)*

Online Application - <https://bit.ly/2EUkwzj>

Fee Payment - <https://bit.ly/2KIBkcj>

### Contacts

 + 91 9916120851

 [vivechana@srisriuniversity.edu.in](mailto:vivechana@srisriuniversity.edu.in)

 [www.srisriuniversity.edu.in](http://www.srisriuniversity.edu.in)

An Initiative of

#### **Vivechana ~ The Counselling Space:**

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

*Enriching Consciousness through Vedic & Modern Psychology*  
**VIVECHANA** The  
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**Disclaimer : Contents of this programmatic brochure subject to last minute changes**



Learn Lead Serve

SRI SRI UNIVERSITY

## \*HUMAN DEVELOPMENT And COUNSELLING ~ Vedic & Modern Perspectives

5<sup>th</sup> January to 12<sup>th</sup> May 2019

(80+ Hours, Saturdays and Sundays\*\*, 4.00 pm to 8.50 pm)

### FACULTY LIST, SESSION PERSPECTIVE & STUDY SCHEDULE

#### January 2019

- **Dr. Jaymini Chouhan**, MD; Embryology, Pediatric Growth and Development: 5<sup>th</sup> (Saturday) & 6<sup>th</sup> (Sunday)
- **Dr. Ashwin Kumar Patel**, BAMS; Ayurveda Philosophy: 12<sup>th</sup> (Saturday) & 13<sup>th</sup> (Sunday)
- **Girin Govind**, B.Tech; A Mind Management Manual ~ Philosophy from the Bhagavad Gita & Patanjali's Yoga Sutras: 20<sup>th</sup> (Sunday)
- **Vikas Chaudhary**, M.Phil; Modern Psychology ~ The Basics: 27<sup>th</sup> (Sunday)

#### February 2019

- **Dr. Neena Bansal**, PhD; Politics of Human Development: 2<sup>nd</sup> (Saturday) & 3<sup>rd</sup> (Sunday)
- **Pt. Sanjay Rath**, B.E (Mechanical); Jyotisha & Manushya: Planets & The Human Connect: 9<sup>th</sup> (Saturday) & 10<sup>th</sup> (Sunday)
- **Vikas Chaudhary**; Modern Psychology ~ The Basics: 17<sup>th</sup> (Sunday)
- **Girin Govind**; A Mind Management Manual ~ Philosophy from the Bhagavad Gita & Patanjali's Yoga Sutras: 23<sup>rd</sup> (Saturday) & 24<sup>th</sup> (Sunday)

#### March 2019

- **Prof. Jagjiwan Kaur**, PhD, MEd; Life Span Development & Counselling ~ Modern Fundamentals: 2<sup>nd</sup> (Saturday) & 3<sup>rd</sup> (Sunday)
- **Prof. Ganesh Rao**, PhD; The Holism of Yoga: 9<sup>th</sup> (Saturday) & 10<sup>th</sup> (Sunday)
- **Gargi Dasgupta**, M.Phil; Mind Disorders ~ The Realm of Clinical Psychology: 17<sup>th</sup> (Sunday)
- **Prof. Anju Dhawan**, MD; Preventing Addictions through Counselling: 23<sup>rd</sup> (Saturday) & 24<sup>th</sup> (Sunday)
- **Samiksha Das**, M.Phil; The Psychology of Health: 30<sup>th</sup> (Saturday) & 31<sup>st</sup> (Sunday)

#### April 2019

- **Dr. Buddhachaitanya**, PhD; The Vedanta Outlook: 6<sup>th</sup> (Saturday)
- **Sh. Dinesh Kashikar**, M.Tech; The Vedanta Outlook: 7<sup>th</sup> (Sunday)
- **Dr. Richa Chopra**, PhD; Doctrines from Transpersonal Psychology ~ The Power of Spirituality: 13<sup>th</sup> (Saturday)
- **Gargi Dasgupta**, M.Phil; Mind Disorders ~ The Realm of Clinical Psychology: 14<sup>th</sup> (Sunday)
- Field Visit to Central Institute of Psychiatry, Ranchi OR NIMHANS, Bengaluru; 15<sup>th</sup> (Monday) to 20<sup>th</sup> (Saturday)
- **Gargi Dasgupta**; Mind Disorders ~ The Realm of Clinical Psychology: 27<sup>th</sup> (Saturday)
- **Prof. M M Goel**, PhD; Spiritual Economics for Human Development: 28<sup>th</sup> (Sunday)

#### May 2019

- **Sh Gautam Dabir**; Musicology & Human Development: 4<sup>th</sup> (Saturday)
- **Prof. B R Sharma**, PhD; Being a Human ~ The Penultimate Journey; 5<sup>th</sup> (Sunday)

**FINAL CERTIFICATION EXAMINATION: 12<sup>th</sup> MAY 2019 (SUNDAY)**

**For the Programmatic Brochure & All Other Details:**

[vivechana@srisriuniversity.edu.in](mailto:vivechana@srisriuniversity.edu.in) + 91 9916120851

\*On Campus Course \*\*Barring University Holidays

**Application Submissions Close:**

22<sup>nd</sup> December 2018

In Association With



ସାମାଜିକ ସୁରକ୍ଷା ଓ ଭିନ୍ନତା ସମ୍ବଳିକରଣ ବିଭାଗ, ଓଡ଼ିଶା ସରକାର  
Social Security & Empowerment of Persons With Disabilities Department,  
Government of Odisha

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Psychometric Assessment | Therapy | Career Guidance | Research | Certificate Course | Collaboration