

Inner Peace and Outer Dynamism through Sudarshan Kriya

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Course Objectives:

- To develop mental clarity and emotional strength in the students to handle the challenges faced by them.
- To enhance communication skills and develop leadership and team building skills.
- To improve academic performance by increasing concentration and time management.

Syllabus

Module – I

Introduction: Importance of Commitment and participation; Listening and communication; Layers of existence, Importance of breath, Breathing exercises, Pranayama and guided relaxation. Appreciating the opposite values, how to give 100%, vacillation of mind and importance of present moment, impact of sound on mind.

Module – II

Concentration: Taking responsibilities, Handling situations when mistakes happen, Interactive processes, Getting rid of mental blocks. Accepting people and situation, Managing inter-personal relations at home and at work, How to enhance Concentration – special pranayama techniques along with Sudarshan kriya.

Module – III

Self Esteem and Mind Management: Handling peer pressure, Secret of Relationships and making a positive difference, taking a stand against negative influences, Meditation and breathing exercises. Scientifically designed Yoga asanas, Sudarshan Kriya (powerful and rhythmic breathing meditation technique).

Module – IV

Relationships / Career : Law of attraction, Enthusiasm and ways to develop it, Dealing with Parents, Understanding career opportunities, Making intelligent career choices, Career Counselling and Setting goals.

Module – V

Time Management and Leadership: Making best use of our time, Time management matrix, Karma Yoga, Pranayama and Meditation.

Course Outcomes

Student will be able to

- Realize one's own potential and build self-confidence.
- Improve concentration power and thereby improving academic performance.
- Use meditation and Yoga to build healthy mind and body.
- Release stress and achieve calmness of mind with the techniques taught.

Text Books:

1. Celebrating Silence, H H Sri Sri Ravi Shankar, Sri Sri Publication Trust
2. The Art of Stress Free Living, H H Sri Sri Ravi Shankar, Sri Sri Publication Trust