

Inner Clarity and Meaningful Action for Personal and Social Well-Being

Young people, especially students, are very keen to contribute to society. While there is a lot of enthusiasm, a roadmap is needed for effective contribution. Such a roadmap, when it includes aspects of inner clarity, leadership qualities and deeper understanding of the needs of the society, can lead to meaningful action and a sense of fulfillment. The course will take the learner through the following concepts:

- Frameworks to develop an inclusive worldview
- Understanding human aspirations and meaningfully directing them through the framework of Purushartha
- Understanding the ethics and appropriate use of modern day technology
- Developing inner clarity by understanding one's body, emotions and cognition
- Effective action through the framework of Karma Yoga in Bhagavad Gita
- Handling diversity and a roadmap of justice and inclusion through the neeti shastras

Sl.No	Topic	Hrs
1	Integrated wellness of mind, body and emotions based on Yoga: Weekly 2 Sessions 1.5 hrs each in the morning	18
2	Introduction to Ethics and Responsibility	1
3	Ethics in the Era of Emerging Technologies	2
4	Purpose of Life: Purushartha	3
5	Obstacles to Decision Making: Cognitive Biases	2
6	Handling Obstacles to Decision Making: Yogic Psychology	4
7	Effective Action in the Society: Karma Yoga	2

8	Handling Social Action: Neeti Shastra	2
9	Responsibility to the Environment: Sustainability, Circular Economy and Indigenous Solutions	4
10	Case Studies	2
	Total	22+18=40

Evaluation Components:

Attendance

Term Paper