

VEV 731 Special Module on Inner Development 1

Mindfulness – the key to inner development

Lectures : 7 hours

Practicals : 14 hours

Objective: To introduce students to the art of Mindfulness and bring out how its practice helps one to live mindfully and peacefully, making the best use of one's abilities amidst all the vicissitudes of life. At the end of the course the students would be able to meditate and live more mindfully.

Contents:

Lectures

1	Analysis of modern predicament: Energy – ecology-ethical crisis. The root cause. Need for Inner development – its essence.
2	Mindfulness- the key to inner development + UCTV Video
3-4	Cultivating Mindfulness. The role of concentration. Mindfulness of body, breathing, somatic sensations and feelings. Mindfulness of the state of mind and mental contents, emotions.
5	Learning from the practice : The three characteristics of Experience – impermanent, un-satisfactory and impersonal
6	The 'Four pillars of Education' and Mindfulness + video: Emotional Intelligence and Mindfulness
7	Concluding Remarks - Mindful living, its benefits

Practical Sessions: 2 hours each

1	Mindfulness of posture, body + Walking meditation
2	Video : Attitudes of Mindfulness practice + Mindfulness of breathing
3	Body scan meditation + Mindfulness of mental states and contents
4	Formulating a suitable methodology + Mindful hearing; Mindful eating [+ video]
5	Default meditation method + Mindful seeing
6	Insights from Meditation
7	Meditation

Maximum no. of students in the course: 40

Expectation from students:

1. Interest in learning about Mindfulness meditation
2. 100% attendance in lectures and practicals
3. Doing the assigned homework

Basis of assessment : 2,3 above plus participation in discussions, personal interviews

The course is an AUDIT only course. So, the grade awarded will be only NP or NF.