

COURSE TITLE	SPIRITUALITY AND MINDFULNESS
COURSE CODE	04MB0233
COURSE CREDITS	1

Course Outcomes: After completion of this course, student will be able to:

- 1 Apply concepts of spirituality and mindfulness to enhance personal and professional self-efficacy.
- 2 Analyze the role of spiritual principles in improving decision-making and emotional regulation.
- 3 Develop higher levels of self-awareness and inner clarity through reflective and mindfulness-based practices.

Pre-requisite of course:NA

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
1	0	0	0	0	50	50	0

Contents : Unit	Topics	Contact Hours
1	Foundations of Spirituality and Inner Energy Meaning and Scope of Spirituality, Key Concepts: (Energy Plexus (7 Chakras), Meridians (3 Nadis), Aura and Energy Fields), Spirituality in Indian Context: Ashtang Yog (8 Limbs of Yoga) Practical (2 Hours): Guided Meditation for Chakra Awareness, Breathing Techniques (Introductory Pranayama)	5
2	Mindfulness and Self-Awareness: Meaning of Mindfulness, Concepts of Self-Awareness and Self-Reflection, Workplace Spirituality and Ethical Decision-Making, Reflective Journaling Practice Practical (2 Hours): Mindfulness Exercises (Body Scan, Breath Focus)	5
3	Applied Spirituality and Nature-Based Practices Science and Spirituality (Dr. Emoto's Water Experiment, Brain Waves and Mental States), Five Elements (Pancha Mahabhutas) in Yogic Practices Practical (3 Hours): Aura Cleansing and Five Elements Experiment (Earth, Water, Fire, Air, Sky), Visit to Spiritual Exhibition/Yogic Center OR Nature-Based Mindfulness Walk	5
Total Hours		15

Textbook :

- 1 The Work Place and Spirituality, Dr. Joan Marques, Dr. Satinder Dhiman & Richard King, Sky Light Paths Publishing., 2009
- 2 Spirituality in the work place, Kumar, C. V., & K. S. , ICFAI University Press, 2005

References:

- 1 The Way of Discernment, Spiritual Practices for Decision Making, The Way of Discernment, Spiritual Practices for Decision Making, Liebert Elizabeth , Westminster John Knox Press, 2008
- 2 Spiritual Truth BMPL, Spiritual Truth BMPL, 2 H.H Shivkrupanand Swamiji , Babaswami Printing & Multimedia Pvt Ltd. , 2007

Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery and evaluation

Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
0.00	0.00	30.00	25.00	25.00	20.00

Instructional Method:

- 1 Demonstration Audio Visual Story telling Cas3tudies Experiential Learning Self Reflection and Reflective Journaling Field study Expert talk