

<b>COURSE TITLE</b>	<b>LITERATURE AND EMOTIONAL RESILIENCE</b>
<b>COURSE CODE</b>	<b>07BA0320</b>
<b>COURSE CREDITS</b>	<b>3</b>

**Objective:**

- 1 To explore how literature reflects, expresses, and inspires human resilience in the face of adversity.
- 2 To introduce students to literary works that offer insights into personal strength, emotional healing, and psychological endurance.
- 3 To develop emotional intelligence and empathy through critical reading and discussion of literature.
- 4 To encourage self-reflection and growth by examining characters and narratives that exemplify resilience.
- 5 To equip students with interpretive tools to connect literary content with real-life challenges and strategies for overcoming them.

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

- 1 Analyse and interpret literary texts that portray resilience, struggle, and recovery from a critical perspective.
- 2 Identify and articulate the emotional and psychological dimensions of characters and situations in literature.
- 3 Demonstrate an understanding of how literature can serve as a tool for emotional regulation and mental well-being.
- 4 Apply literary insights to develop personal coping strategies and cultivate resilience in everyday life.
- 5 Communicate reflections on personal and social challenges using literary references and frameworks.

**Pre-requisite of course:**NA

**Teaching and Examination Scheme**

<b>Theory Hours</b>	<b>Tutorial Hours</b>	<b>Practical Hours</b>	<b>ESE</b>	<b>IA</b>	<b>CSE</b>	<b>Viva</b>	<b>Term Work</b>
3	0	0	50	30	20	0	0

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
1	<b>Understanding Resilience through Literature</b> 1.1 Existential concerns, Emotional Wellbeing, Personality, Stimulation, Prescribed Texts: Victor Frankl: Man’s Search for Meaning (Selected Excerpts), Prescribed Texts: Maya Angelou : Still I Rise (Poem), Prescribed Texts: Rick Hanson : The Power of Resilience (Excerpts from Essay), 1.2 Narratives of Trauma and Triumph., Empathy and emotional intelligence, Negotiating Trauma: Unclaimed Experiences, Prescribed Texts: Jeanette Winterson : Why Be Happy When You Could Be Normal? (excerpts), Prescribed Texts: Chimamanda Ngozi Adichie: The Thing Around Your Neck (short story)	20
2	<b>Poetry of Resistance and Recovery:</b> Poetry: A medium of emotional and cultural resilience. Poetry therapy, Verbal imagery and healing, Rhetoric and prosody, Prescribed Texts: Langston Hughes: Mother to Son, Prescribed Texts: Kamala Das : My Grandmother’s House, Prescribed Texts: Warsan Shire : Home	13
3	<b>Cultural and Collective Resilience &amp; Writing Resilience:</b> Communal recovery and strength, Developing Resilience through expressive writing, Brief reflective Writing Guides, Students selected Readings, Prescribed Texts: Leslie Marmon Silko: Ceremony (excerpt), Prescribed Texts: Toni Morrison: Beloved (passages on memory and healing), Prescribed Texts: Saadat Hasan Manto : Toba Tek Singh, Prescribed Texts: Anne Lamott: Bird by Bird (Selected Passages)	12
<b>Total Hours</b>		<b>45</b>

**Textbook :**

- 1 Max Ehrmann, Desiderata, Amazon Kindle, 2008

**References:**

- 1 The Literary Experience, The Literary Experience, Beiderwell, B and J. M. Wheeler,, Cengage, 2016
- 2 Reading and writing as transactional processes. Unpublished doctoral dissertation, Reading and writing as transactional processes. Unpublished doctoral dissertation, Crafton, L.,, Indiana University, 1981
- 3 Poetry, Therapy and Emotional Life, Poetry, Therapy and Emotional Life, Hedges, D., Radcliffe Publishing, 2013
- 4 Metaphors We Live By, Metaphors We Live By, Lakoff, G. and M. Johnson, University of Chicago Press, 1980
- 5 Poetry Therapy: Theory and Practice, Poetry Therapy: Theory and Practice, Mazza, N., Routledge, 2017
- 6 Being True to Life: Poetic Paths to Personal Growth, Being True to Life: Poetic Paths to Personal Growth, Richo, D, Shambhala, 2009

### References:

- 7 The Reader, the Text, the Poem: A Transactional Theory of the Literary Work, The Reader, the Text, the Poem: A Transactional Theory of the Literary Work, Rosenblatt, L., Carbondale: Southern Illinois University Press, 1978
- 8 Healing Through Books: The Evolution and Diversification of Bibliotherapy, Healing Through Books: The Evolution and Diversification of Bibliotherapy, Tukhareli, N., Edwin Mellen Press Ltd, 2014
- 9 The Prosody Handbook: A Guide to Poetic Form, The Prosody Handbook: A Guide to Poetic Form, Beum, R. L. and K. Shapiro, Dover Publications, INC., 2006

### 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					
Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
20.00	20.00	30.00	15.00	10.00	5.00

### Instructional Method:

- 1 Lecture method combined with discussion
- 2 Use of ICT tools
- 3 Assignments
- 4 Presentations
- 5 Workshops
- 6 Expert lectures
- 7 Self-study

### Supplementary Resources:

- 1 Give Me Strength by Rabindranath Tagore - Famous poems, famous poets. - All Poetry
- 2 Ode on Melancholy by John Keats | Poetry Foundation
- 3 <https://www.poetryfoundation.org/poems/46446/still-i-rise>
- 4 <https://poets.org/poem/suicide-kid>
- 5 [https://www.ramakrishnavivekananda.info/vivekananda/volume\\_9/writings\\_prose\\_and\\_poems/bhartriharis\\_ver](https://www.ramakrishnavivekananda.info/vivekananda/volume_9/writings_prose_and_poems/bhartriharis_ver)
- 6 <https://lyrics.lol/artist/48770-carol-ann-duffy/lyrics/3570516-the-diet>
- 7 <https://www.mindfulnessassociation.net/words-of-wonder/allow-danna-faulds/>