



# Indic Knowledge Systems: Self Unfoldment

Program in which it is offered: All UG

Course Category: Skill Enhancement	Schedule of Offering: Even
Course Credit Structure: 4	Course Code: IKS2251
Total Number of Hours: 60	Contact hours per week: 4
Lecture: 2 credits, 30 hours	Tutorial: 2 credits, 30 hours
Practical: 0	Medium of Instruction: English
Date of Revision: 13/01/2022	Skill Focus: Soft skills and Life skills

## Course Description

**Self Unfoldment** is a **skill enhancement course** offered to students pursuing undergraduate programmes at Chinmaya Vishwavidyapeeth. The topics covered will give the students an opportunity to develop themselves into better individuals, develop focus, and clarity of thinking, by clear understanding of various aspects of Body, Mind and Intellect and incorporating an understanding of the fundamentals of yoga and Vedanta, discovering the inherent peace and happiness, which lies within each and everyone of us.

## Course Introduction

**"You are destined to be great. So is everyone else on this planet. Success should be your habit says Swami Chinmayananda.** The course will help students to build confidence, awareness of who they are. CVV aims at making students taking pride in themselves, recognizing their unique abilities. Through clear understanding of their own strengths, students will become better leaders, appreciate each other and will know how to bring a sense of balance, purpose and face the challenges of the ever-changing situations in life.

## Course Objective

The objectives of the course is to introduce:

- The current nature of the ever-changing world which gives us stress and anxiety.
- Concept of Body, Mind, Intellect - compare and contrast them to modern psychology -develop fundamental understanding, along with exercises, discussions, case studies.
- Karma theory, Five layers, Three states, Maya concept
- Sadhanas at level of Body(yoga, pranayama), Mind(Meditation) and

Intellect(Contemplative) from our Literature.

## Course Outcome

At the end of this course the student will have a clear understanding of:

- What causes stress, anxiety in the ever changing world.
- Concept of Body, Mind, Intellect. -Relation to modern psychology.
- Application of Karma theory.
- Five layers and three states.
- Principles of Yoga, pranayama, Meditation and sadhana.
- Detailed understanding of Vedas and Upanishads.

## Prerequisites

- No pre-requisites necessary

## Teaching Pedagogy

Various pedagogical methods, involving interactive classroom audio-visual lectures as well as modern methods like collaborative learning, project-based self-learning, and based on the module and topic. It includes hands-on activities, interactive sessions, discussion forums, learner presentations, quizzing, case studies, assignments and projects.

## Module-wise Sessions

### Module-1: Materialism and Spirituality

10 hours

What does Freedom mean to me? Are we really free? How do we deal with the world? The Art of right contact. What is the art of Innate perfection? How does knowledge help us to become perfect? How do we achieve balance in the world? What are the two paths?

### Module-2: Body, Mind & Intellect

10 hours

What are the components of experience and the equipment of experience, Who is the person interacting in the world? Who am I really? Sessions will introduce and explore basic components of the individual and their relation to the outer world.

### Module-3: Action, Energy, Values

10 hours

Sessions will explore the definition of action, three kinds of action, secret of success, what is efficiency, the art of conserving and channeling energy. Sessions will explore the three cornerstones of Truthfulness (Satyam), Self-control (Brahmacarya) and Non-violence (Ahimsā) .

**Module-4: Karma, Vāsanas and Guṇa****10 hours**

Sessions will law of karma, role of Self-effort, cause and effect and creating the future. Sessions will explore the tconcept of Vasanas and gunas which defines why we do what we do.

**Module-5: The Five sheaths and the three worlds****10 hours**

Sessions will map the five sheaths and the three worlds

**Module-6: Vedanta****10 hours**

What is Vedanta. Detailed understanding of Vedas and Upanishads Sessions will explore the literature of Vedanta. Principles of Yoga, pranayama, Meditation and sadhana.

**Reading Materials:**

- Swami Chinmayananda (1993): Self-Unfoldment (The Self-Discovery Series), Chinmaya Publications, West.

**Essential Readings:**

- Selected readings from “Mind: Our greatest gifts”, Mananam series, Chinmaya Mission West Publications

**Evaluation Pattern**

- Continues Internal Assessment - 30%
- End Term Examination - 70%