Version No:
2

IKS: Self-Unfoldment

Programme(s) in which it is offered: All UG

Course Category: Skill Enhancement	**Schedule of Offering**: ODD Semester
Course Credit Structure: 3	**Course Code:**
Total Number of Hours: 45	**Contact Hours Per Week:** 3 hours
Lecture: 2 Credits, 30 Hours	**Tutorial:** 1 Credit, 15 Hours
Practical: 0 Credits	**Medium of Instruction:** English
Date of Revision: December 22, 2023	**Skill Focus:** Life Skills and Others
Short Name of the Course: IKS 3	**Course Stream** ***(Only for Minor Courses)*****:**
Grading Method: Pass/Fail, Regular	**Repeatable:** Credit/Audit/Non-Repeatable
Course Level: Beginner	

Course Description

'IKS: Self-Unfoldment' is a skill enhancement course offered to students pursuing undergraduate programmes at Chinmaya Vishwa Vidyapeeth. The topics covered will give learners 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 take pride in themselves, recognize 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

To introduce the learners to:

- The nature of the ever-changing world, which gives us stress and anxiety
- The conceptual framework of BMI – Body, Mind, Intellect; compare and contrast them to modern psychology; develop fundamental understanding, along with exercises, discussions, and case studies
- Karma Niyama (The Law of Karma) and Vedānta darśana
- Sādhana-s at the level of Body (āsana, prāṇāyāma), Mind (dhyāna/meditation), and Intellect (vicāra/ contemplation) from the traditions of Yōga and Vedānta

Course Outcome

At the completion of the course, the learners will be able to:

1. Identify the causes of stress and anxiety in the ever changing world
2. Explain the Vendāntic framework of BMI (Body Mind and Intellect) vis-à-vis modern

psychology

3. Examine the law of Karma (Karma Niyama) and apply its foundational principles to

everyday life

4. Summarise the framework and categorization of the Vedic literature

PO-CO Mapping Matrix

GRADUATE ATTRIBUTES & LEARNING OUTCOMES (PLOs)		COURSE OUTCOMES (COs)				
		CO1	CO2	CO3	CO4	CO5
PLO1	Complex problem-solving					
PLO2	Critical thinking					
PLO3	Creativity					
PLO4	Communication Skills					
PLO5	Analytical reasoning/ thinking					
PLO6	Research-related skills					
PLO7	Coordinating/collaborating with others					
PLO8	Leadership readiness/qualities					
PLO9	Learning how to learn skills					
PLO10	Digital and technological skills					
PLO11	Multicultural competence and inclusive spirit					
PLO12	Value inculcation					
PLO13	Autonomy, responsibility, and accountability					
PLO14	Environmental awareness and action					
PLO15	Community engagement and service					
PLO16	Empathy					

Prerequisites and other constraints

No prerequisites necessary

Pedagogy

Learner centred pedagogy based on the principle of interactive classroom which includes audio-visual lectures, hands-on activities, discussion forums, learner presentations, case studies, quizzing and short assignments. Experiential learning through a weekend workshop is also a major component of the course.

Suggested Reading:

1. Chinmayananda, S. (1992). Self-Unfoldment. Chinmaya Publications West.
2. Chinmayananada, S. (2018). KINDLE LIFE. Central Chinmaya Mission Trust.

Evaluation Pattern

<Explain the evaluation pattern and its components specific to the course. Explain each component in detail with the tentative time frame. Ensure that one-third of the internal assessment components are finished before the Mid-Term Examination (if applicable).>

Evaluation Matrix

	Component Type	Weightage Percentage	Total Marks	Tentative Dates	Course Outcome Mapping
Continuous Internal Assessment (CIA) Components*	Quiz	10%	10		
	Assignment 1	10%	10		
	Assignment 2	10%	10		
	CIA Marks	30%	30		
ESE		70%	70		
Total		100%	100		

* The assignments involved in the CIA will be subject to plagiarism checks. A submission with unexplained similarities exceeding 30% for Undergraduate courses, 20% for Postgraduate courses and 10% for PhD courses will be reverted for resubmission. The final submission is subject to score penalization as defined by the course instructor at the start of the course, with a clear communication of the same to all the registered candidates.

Note:

1. Course Outcome mapping of this matrix should match with the PO-CO Matrix.
2. The component type is based on the course and the instructor.
3. The Weightage Percentage for the internal components should be calculated based on the total CIA marks.

Module Sessions

Module 1: The Outer and Inner Worlds (10 Hours)

The module will explore the ideas of freedom, happiness, spirituality, and balance – themes of the Self-Unfoldment textbook. The discussions will be from the learner's point of view, and systematically built to comprehend the Vedānta perspective.

Reading:

Chinmayananda, S. (1992). Self-Unfoldment. Chinmaya Publications West. (pages 1 - 29)

Activities:

Course instructor to facilitate the activities mentioned in the text.

Module 2: Body, Mind, Intellect (5 Hours)

The module will explore the concepts of the equipment of experience, the supreme reality, vāsana, and beyond BMI. The discussions will be from the learner's point of view, and systematically built to comprehend the Vedānta perspective.

Reading:
Chinmayananda, S. (1992). Self-Unfoldment. Chinmaya Publications West. (pages 30 - 40)

Activities:
Course instructor to facilitate the activities mentioned in the text.

Module 3: Action, Values, Energy (5 Hours)
The module will explore the concepts of the three kinds of actions, the secret of success, the triple values of Satyam (Truthfulness), Ahimsā (Non-injury) and Brahmacarya (Self-control), efficiency and dexterity in action, conserving and channelising energy. The discussions will be from the learner's point of view, and systematically built to comprehend the Vedānta perspective.

Reading:
Chinmayananda, S. (1992). Self-Unfoldment. Chinmaya Publications West. (pages 41 - 77)

Activities:
Course instructor to facilitate the activities mentioned in the text.

Module 4: Karma, Vāsana, Guṇa (5 Hours)
The module will explore the concepts of the law of Karma, self-effort, cause and effect relationship, ego-centred actions, Karma-yoga, three thought textures, Varṇa system. The discussions will be from the learner's point of view, and systematically built to comprehend the Vedānta perspective.

Reading:
Chinmayananda, S. (1992). Self-Unfoldment. Chinmaya Publications West.

Activities:
Course instructor to facilitate the activities mentioned in the text.

Module 5: Vedānta (5 Hours)

The module will explore the concepts of the five sheaths (Panca Kośa – veils of the Self), three bodies and states of consciousness, the Veda-s and the Mahāvākya-s, Māyā. The discussions will be from the learner's point of view, and systematically built to comprehend the Vedānta perspective.

Reading:
Chinmayananda, S. (1992). Self-Unfoldment. Chinmaya Publications West.

Activities:
Course instructor to facilitate the activities mentioned in the text.

Self-Unfoldment Workshop (15 Hours)

Learners will have a residential workshop based on the themes of Self-Unfoldment with a

focus on hands-on activities. The purpose of the workshop is to help the learners connect their academic learning with personal practice.

Annexure A

Glossary

1. **Course Name:** Title of the course.
2. **Course Category:** Mention the various categories applicable to the course. It could have different categories for different programmes.
3. **Lecture:** A formal discussion by a lecturer with the students on a certain topic, during a particular time slot, with a clear purpose behind the discussion.
4. **Practical:** A lesson in which theories and procedures learned are applied to the actual making or doing of something.
5. **Tutorial:** A session focused on individual/small group interaction with the students, helping them to improve their understanding of a particular topic or concept.
6. **Short Name of the Course:** This will be the name used in the transcript. It can contain a maximum of 40 characters including spaces.
7. **Core Course:** A course that comes under the category of courses which enable students to specialise in the core area of their degree and develop expertise for gainful living. It is a series or selection of courses that all students registered in a programme are required to complete before they earn a degree.
8. **Minor Course:** A course that is not related to the core areas under a Bachelor's degree or Integrated Masters programme but which is meant for enriching and broadening the students' knowledge base and to give them an interdisciplinary education. Students can opt for any Minor courses of their own interest. To be eligible for the award of a degree, students must successfully complete a fixed number of Minor courses, as determined by the University.
9. **Elective Course:** A course that is related to the core areas under a programme but where students can choose whether to opt for it or not. To be eligible for the award of a degree, students must successfully complete a fixed number of Core Elective courses, as determined by the University.
10. **Foundation Course:** A course that has been identified by the University as being central to the philosophy of enabling students to expand their thinking and discover their specific interests and passions other than "job oriented" learning. These are compulsory courses for all Programmes under which they are offered, and are common across similar degree programme types.
11. **Proficiency Course:** A course which provides useful skills and proficiency in certain areas, thereby equipping the students to face the competitive world as they step out of the portals of the University. A Proficiency course for any Programme is compulsory for all students undergoing that Programme.
12. **Self-Immersion Course:** A course, under any programme, that is determined by the University to be crucial for the overall development and growth of the student. Such a course may not necessarily lead to the award of credits; but it is mandatory for students to attend it and successfully complete it in order to be considered eligible for the award of their degree.
13. **Value Added Course:** A course offered beyond academics across the University/Department/School for improving the life skills of the students.

14. Readings: Different types of readings can be listed in the following formats:

a. <Reading 1: Second name, First name. Year. *Title of the book.* Place: Publisher. Page numbers>

b. <Reading 2: Second name, First name. Year. “Article name.” *Journal name.* Volume/Issue. Page numbers. >
c. <Reading 3: (If the item is listed in the textbook/reading material/reference material section): Second name, First name. Year. Page numbers. >