

## Life Empowerment and Enrichment Programme 1

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

Course Category: Multidisciplinary	Schedule of Offering: EVEN Semester
Course Credit Structure: 3	Course Code: <b>INDK5104</b>
Total Number of Hours: 45 Hours	Contact Hours Per Week: 2 Hours
Lecture: 2 Credits, 30 Hours	Tutorial: 1 Credit, 15 Hours
Practical: 0 Credits, 0 Hours	Medium of Instruction: English
Date of Revision: Dec 25, 2023	Skill Focus: Life Skills (Life-essential study course)
Short Name of the Course: LEEP 1	Course Stream ( <i>Only for Minor Courses</i> ):
Grading Method: Pass/Fail, Regular	Repeatable: Credit/Audit/Non-Repeatable
Course Level: Beginner	

### Course Description

'Life Empowerment and Enrichment Programme (LEEP) 1' is a multidisciplinary course offered to students pursuing undergraduate programmes at Chinmaya Vishwa Vidyapeeth. It is the first of the three parts of the 2 years certificate course with the same title 'Life Empowerment and Enrichment Programme (LEEP)', developed by the Central Chinmaya Mission Trust - Education Cell (CCMT - EC) for undergraduate and postgraduate programmes, especially in Chinmaya institutions.

### Course Introduction

LEEP recognizes the dynamic and inherent capacity of young minds to question, think, and reflect amid the challenges of today's fast-paced, success-driven, fashion-conscious, and technologically advanced life. Comprising 56 modules seamlessly derived from the universal wisdom found in the 18 chapters of the Bhagavad Gita, LEEP does not endorse any specific religion or dogma. It encourages group or classroom discussions and activity-based learning in a friendly and relaxed setting. The program aims to enhance participants' Intelligence Quotient (IQ), Emotional Quotient (EQ), Creativity Quotient (CQ), Adversity Quotient (AQ), and Spiritual Quotient (SQ). Positioned as a significant stride in realising the Chinmaya Vision on Education for the youth, LEEP serves as a comprehensive initiative tailored to foster holistic development in the participants.

### Course Objective

Life mastery, self empowerment, and enriched living are the central themes of the course based on which the following objectives are articulated.

To help the learners:

- Understand the complexity and simplicity of life, examining personal choices and actions.
- Recognize the unique qualities that distinguish human beings from other creatures, particularly the ability to make choices.
- Implement strategies for personal empowerment, setting and achieving goals with a sense of responsibility.

## Course Outcome

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

1. Critically evaluate their own lives, identifying areas of complexity and simplicity.
2. Analyse the impact of their choices on personal well-being and interpersonal relationships.
3. Demonstrate an understanding of the unique qualities that set humans apart from other beings, particularly the power of choice.
4. Assess the consequences of their choices on personal development and societal progress
5. Develop a personalised enrichment plan, incorporating self-reflection and goal-setting for sustained happiness and fulfilment.

## 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 field visits is also a major component of the course.

## Suggested Reading:

1. Soham. (2017). *LEEP*. Central Chinmaya Mission Trust.
2. Chinmayananda, S. (1996). *The Holy Geeta*. Central Chinmaya Mission Trust.

## Evaluation Pattern

Evaluation Matrix

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

## Module Sessions

### Module 1: The Dilemma – Fight or Flight

(9 Hours)

The module will set the context and need for the study of Bhagavad Gita, introduce the first chapter and examine Arjuna's state of mind at the beginning of the Mahabharata war drawing parallels to that of the learners (people of this day and age in general).

#### Reading:

Soham. (2017). *LEEP*. Central Chinmaya Mission Trust. (pages 1 - 12)

#### Activities:

Course instructor to facilitate activities mentioned in the text. He/she may curate additional activities for the better comprehension and appreciation of the learners.

### Module 2: The Epic Solution

(8 Hours)

The module will explore themes including universal problems of identity confusion, the actor and character, pain and grief management, the right action, the win-win attitude of Karma Yoga, the goal of human life, characteristics of a spiritual master, the ladder of fall, preventing the fall, and being peaceful.

**Reading:**

Soham. (2017). *LEEP*. Central Chinmaya Mission Trust. (pages 13 - 24)

**Activities:**

Course instructor to facilitate activities mentioned in the text. He/she may curate additional activities for the better comprehension and appreciation of the learners.

**Module 3: Attitude in Action**

**(7 Hours)**

The module will explore themes including the importance of questioning, knowledge or action, action and inaction, the right action, duties, attitudes in duties, characteristic of a spiritual master (continued.), models and role models, secrets of success, and one's own nature.

**Reading:**

Soham. (2017). *LEEP*. Central Chinmaya Mission Trust. (pages 25 - 38)

**Activities:**

Course instructor to facilitate activities mentioned in the text. He/she may curate additional activities for the better comprehension and appreciation of the learners.

**Module 4: The Bridge of Action**

**(7 Hours)**

The module will explore themes including speciality of spiritual knowledge, incarnation and reincarnation, the Varna vyavasthā, characteristic of a spiritual master (continued.), empowerment, Knowledge protocol, and the roadblocks of knowledge.

**Reading:**

Soham. (2017). *LEEP*. Central Chinmaya Mission Trust. (pages 39 - 50)

**Activities:**

Course instructor to facilitate activities mentioned in the text. He/she may curate additional activities for the better comprehension and appreciation of the learners.

**Module 5: Beyond Action**

**(5 Hours)**

The module will explore themes including growing and outgrowing, crossing the deep chasm, characteristic of a spiritual master (continued.), happiness vs pleasure, and desire and anger management.

**Reading:**

Soham. (2017). *LEEP*. Central Chinmaya Mission Trust. (pages 51 - 54)

**Activities:**

Course instructor to facilitate activities mentioned in the text. He/she may curate additional

activities for the better comprehension and appreciation of the learners.

## **Module 6: Meditation – Style or Lifestyle**

**(9 Hours)**

The module will explore themes including meditation – what, when, why, where, how, and who, Karma yoga revisited, an important message of Gita on self management, characteristic of a spiritual master (continued.), the tips for happy living.

### **Reading:**

Soham. (2017). *LEEP*. Central Chinmaya Mission Trust. (pages 54 - 68)

### **Activities:**

Course instructor to facilitate activities mentioned in the text. He/she may curate additional activities for the better comprehension and appreciation of the learners.