

<b>Course Title:</b> Personality Development for Success				
<b>Course code:</b> VAC 104	<b>No. of credits:</b> 2	<b>L-T-P:</b> 20-10-0	<b>Learning hours:</b> 30	
<b>L:</b> Lectures; <b>T:</b> Tutorials; <b>P:</b> Practical				
<b>Pre-requisite course code and title (if any):</b> None				
<b>Department:</b> Natural and Applied Sciences				
<b>Course coordinator:</b>		<b>Course instructor:</b>		
<b>Contact details:</b>				
<b>Course type:</b> Value Added Course		<b>Course offered in:</b> Semester 2		
<b>Course description</b>				
<p>In our dynamic world, filled with constant changes and diverse lifestyles, students often encounter intricate challenges that impact their overall well-being and future achievements. This course is designed to empower undergraduate students with valuable insights and practical tools for navigating life's complexities. Drawing inspiration from timeless wisdom, this course explores the intersection of ancient teachings and modern challenges, providing students with the skills to approach life with resilience, confidence, and lasting inner peace.</p>				
<b>Course Objectives:</b>				
<ul style="list-style-type: none"> <li>• <b>Exploring happiness perspectives:</b> <ul style="list-style-type: none"> <li>○ Delve into the multifaceted concept of happiness, considering both material and spiritual dimensions.</li> <li>○ Analyse the factors shaping individual happiness in today's context.</li> </ul> </li> <li>• <b>Redefining success:</b> <ul style="list-style-type: none"> <li>○ Examine success beyond conventional measures, exploring diverse dimensions.</li> <li>○ Integrate spiritual principles to redefine and pursue authentic success.</li> </ul> </li> <li>• <b>Understanding conditioning and unveiling the real self:</b> <ul style="list-style-type: none"> <li>○ Analyse societal and personal conditioning that shapes beliefs and behaviours.</li> <li>○ Learn techniques to decondition the mind, fostering independent thinking.</li> </ul> </li> <li>• <b>Attaining sustainable happiness and success:</b> <ul style="list-style-type: none"> <li>○ Integrate practices promoting long-term well-being and success.</li> <li>○ Develop resilience through spiritual insights when facing life's challenges.</li> </ul> </li> </ul>				
<b>Course Content</b>				
<b>Module</b>	<b>Topic</b>	<b>L</b>	<b>T</b>	<b>P</b>
1	<b>Discovering Your Authentic Self</b>			
	i. Embracing body changes <ul style="list-style-type: none"> <li>• Exploring the noticeable changes our bodies go through at different life stages.</li> <li>• Introducing the idea of identity and how it differs from our ever-evolving physical form.</li> </ul> ii. Building blocks of the body and the illusion of identity <ul style="list-style-type: none"> <li>• Taking a closer look at the various elements that make up our physical bodies.</li> <li>• Unveiling the misconception of tying our identity to the constantly changing body.</li> </ul> iii. Finding the "real you" within <ul style="list-style-type: none"> <li>• Delving into the philosophical concept of the "Self" or the authentic self.</li> <li>• Understanding where the essence of who we are resides within our physical selves.</li> </ul> iv. The inner exploration: connecting with your true self	2	2	

	<ul style="list-style-type: none"> <li>Guiding students through introspective activities to help them connect with their genuine selves.</li> </ul>			
	Discussing how understanding one's real self can lead to personal transformation.			
2	<b>Navigating the Landscape of Happiness</b>			
	<ul style="list-style-type: none"> <li>i. Diving into happiness realms <ul style="list-style-type: none"> <li>Introducing the diverse facets of happiness: physical, mental, and intellectual dimensions.</li> <li>Exploring everyday sources of joy in our modern lives.</li> </ul> </li> <li>ii. The Journey of happiness in adulthood <ul style="list-style-type: none"> <li>Reflecting on the understanding that sources of happiness evolve over time.</li> <li>Exploring the concept of lasting joy during the mature stages of life.</li> </ul> </li> <li>iii. Cultivating inner and lasting happiness <ul style="list-style-type: none"> <li>Guiding towards the exploration and cultivation of enduring happiness.</li> <li>Emphasising the idea that true happiness exists independently of external circumstances.</li> </ul> </li> </ul>	4	2	
3	<b>Navigating Paths to Success</b>			
	<ul style="list-style-type: none"> <li>i. What success means <ul style="list-style-type: none"> <li>Unpacking the meaning of success</li> <li>Exploring various definitions of success</li> <li>Understanding how society and personal beliefs shape our view of success</li> </ul> </li> <li>ii. Personalized success and the journey to lasting fulfilment <ul style="list-style-type: none"> <li>Recognizing the significance of personalized paths to success</li> <li>Discovering individual routes to sustainable success</li> <li>Emphasising lasting fulfilment over temporary achievements</li> </ul> </li> </ul>	4	2	
4	<b>Understanding Human Responses</b>			
	<ul style="list-style-type: none"> <li>i. Diverse responses to life's challenges <ul style="list-style-type: none"> <li>Exploring reasons behind varied responses</li> <li>Discussing the impact of upbringing, family, society, and education on perspectives</li> </ul> </li> <li>ii. Reading without filters <ul style="list-style-type: none"> <li>Examining how conditioning shapes reading approaches</li> <li>Discussing the role of cultural and educational conditioning in text interpretation</li> </ul> </li> <li>iii. Shaping our view of the world <ul style="list-style-type: none"> <li>Investigating conditioning's role in perception</li> <li>Discussing individual and cultural conditioning's impact on event interpretation</li> </ul> </li> <li>iv. How we listen, focus, and process <ul style="list-style-type: none"> <li>Exploring conditioning's influence on listening, focus, and information processing</li> <li>Discussing cultural and societal influences on communication styles</li> </ul> </li> </ul>	4	2	
5	<b>Cultivating Positive Thinking: Lessons from Indian Scriptures</b>			
	i. Introduction to positive mindset	6	2	

	<ul style="list-style-type: none"> <li>• Understanding the relevance of positive thinking in our daily lives, as highlighted in the Bhagavad Gita.</li> <li>• Discussing fundamental concepts that encourage a positive mindset for personal growth.</li> </ul> <p>ii. Harnessing the power of positive affirmations</p> <ul style="list-style-type: none"> <li>• Exploring the practical use of positive affirmations for personal development, drawing inspiration from the Bhagavad Gita.</li> <li>• Discussing verses from the Bhagavad Gita that promote self-empowering affirmations.</li> </ul> <p>iii. Nurturing gratitude and positivity</p> <ul style="list-style-type: none"> <li>• Emphasizing the importance of gratitude in fostering a positive mindset.</li> <li>• Exploring verses from the Bhagavad Gita that underscore the value of gratitude in daily life.</li> </ul> <p>iv. Overcoming challenges through positive thinking</p> <ul style="list-style-type: none"> <li>• Discussing how positive thinking serves as a tool for overcoming life's challenges.</li> <li>• Exploring verses from the Bhagavad Gita that offer guidance during tough times.</li> </ul>			
	<b>Total</b>	20	10	
<b>Evaluation criteria</b>				
<ul style="list-style-type: none"> <li>• Minor Test 1: Written test [at the end of teaching of modules 1 and 2] -- 25%</li> <li>• Minor Test 2: Written test [at the end of teaching of module 3] -- 25%</li> <li>• Major Test: Written test [at the end of the semester, full syllabus] -- 50%</li> </ul>				
<b>Learning outcomes</b>				
After completing this course, the students will be able to:				
<ul style="list-style-type: none"> <li>• <b>Explore and understand the real self:</b> <ul style="list-style-type: none"> <li>▪ Investigate the nature of the self through self-reflection and exploration.</li> <li>▪ Develop a deeper understanding of one's authentic self beyond societal expectations.</li> </ul> </li> <li>• <b>Learn the art of positive thinking:</b> <ul style="list-style-type: none"> <li>▪ Understand the power of positive thinking in personal development.</li> <li>▪ Incorporate positive affirmations and gratitude into daily life.</li> </ul> </li> <li>• <b>Effectively manage stress and time:</b> <ul style="list-style-type: none"> <li>▪ Recognize stressors and apply stress management techniques.</li> <li>▪ Manage time effectively by integrating Bhagavad Gita's wisdom on time and actions.</li> </ul> </li> <li>• <b>Foster a holistic perspective on life:</b> <ul style="list-style-type: none"> <li>▪ Develop a comprehensive and holistic perspective on life.</li> <li>▪ Embrace interconnectedness and balance in personal and professional spheres.</li> </ul> </li> </ul>				
<b>Pedagogical approach</b>				
<ul style="list-style-type: none"> <li>• The course critically evaluates the concepts of holistic living with the focus on achieving happiness and success, and develops discussion in classroom through lectures, case studies and tutorials.</li> </ul>				
<b>Reading resources:</b>				
The following textbooks independently cover all the five modules:				
<ul style="list-style-type: none"> <li>• Narayan Goswami B.V. (2015). <i>Śrīmad Bhagavad-gītā, 4th Edition</i>. Gaudiya Vedanta Publications.</li> <li>• Chopra, D. (2010). <i>The Seven Spiritual Laws of Success-One Hour of Wisdom: A Pocketbook Guide to Fulfilling Your Dreams</i>. Amber-Allen Publishing.</li> <li>• Yogananda, P. (2005). <i>Autobiography of a Yogi: The Original 1946 Edition plus Bonus Material</i>. Crystal Clarity Publishers.</li> <li>• Singer, M. (2007). <i>The untethered soul: The journey beyond yourself</i>. New Harbinger Publications.</li> <li>• Covey, S. R. (1991). <i>The seven habits of highly effective people</i>. Provo, UT: Covey Leadership Center.</li> <li>• Lama, D. (2009). <i>The art of happiness: A handbook for living</i>. Penguin.</li> </ul>				

**Student Responsibilities**

The students are required to come prepared with readings that would be given in the class. The students are required to participate in the class discussions.

**Course Designed by:**

- Dr. Neeraj Sharma, Professor of Practice, Department of Policy and Management Studies, TERI School of Advanced Studies, New Delhi

**Course Reviewers:**

The course is reviewed by the following reviewers:

- Dr. Sushil, Professor Emeritus, Department of Management Studies, Indian Institute of Technology, Delhi,
- Dr. Sanjay Verma, Professor, Department of Information Science, Indian Institute of Management, Ahmedabad
- Dr. Priyanka A Arora: Asst. Professor, Adhia College of Law, JVPD-Juhu, Mumbai