

DEPARTMENT OF HUMANITIES AND SOCIAL SCIENCES

Course Code	HSNC 111
Course Title	Thought Lab and Practices
Number of Credits	2 (2L + 0T)
Prerequisites (Course Code)	----
Course Category	Non Conventional Institute Core Courses (NCIC)

Semester: Odd/Even

Internal: 50 Marks

Total: 50 Marks

Course Objectives: This introductory course input is intended

- To introduce importance of mind power, meditation, positive thoughts etc.
- To have insights and experience of mind power, meditation, positive thoughts etc.
- To preserve and disseminate mind power, meditation, positive thoughts etc for further research and societal applications.

Unit I Thoughts

What are thoughts, Source of thoughts, Types of thoughts, Effect of thoughts on emotional and physical health, Understanding interrelationship between thoughts and actions, Tree of consciousness, Exercises

Unit II Meditation

Introduction to Meditation, Knowing the self, Understanding and connecting to the supreme, Benefits of meditation, achieving The Eight Powers using meditation, Exercises.

Unit III Mind and Body management

Stress Management, Sleep management, nourishing various body organs using innate qualities of the self, exploring 7 energy centers of the body, Body Mind Detoxification, Exercises.

Unit IV The Law of Attraction

Positive affirmations, the art of Visualization, Karma Philosophy. Happiness. Exercises.

Unit V Applications

Exploring various instruments to identify the mind and body health status using Karada Scan, Muse, VR headset etc., Case Study on power of thoughts – Water experiment by Masaru Emoto, SWOC analysis of the self, Exercises.

Course Outcomes: By successfully completing this course, the learner will be able to:

- Will be able to learn the importance of mind power, meditation, positive thoughts etc.
- Gain proficiency in interdisciplinary aspects of mind power, meditation, positive thoughts etc.
- Will be able to learn mind power, meditation, positive thoughts etc for further research and societal applications.

Reference Books

- BK Shivani, "Happiness Unlimited".
- Jagdish Chandra Hasija, "Yogkividhiaursidhi".
- Dr Girish Patel, "Positive Health".

Note: It is further proposed to do away with the attendance component of the awards in the internal assessment. A note may be appended with each course on the following instructions:

- The faculty member is expected to explore and be acquainted with the existing Indian Knowledge in the domain of the course and share with the students.
- The students are expected to do the necessary study of the existing Indian Knowledge in the domain of the course, prepare the report, and submit the same to the concerned faculty member at the end of the semester.
- The faculty member will evaluate the reports and award marks to the students with maximum cap being the equivalent of attendance component marks