



**AMRITA**  
**VISHWA VIDYAPEETHAM**

DEEMED TO BE UNIVERSITY UNDER SECTION 3 OF UGC ACT, 1956

**(AMARAVATI, AMRITAPURI, BENGALURU, COIMBATORE, CHENNAI,  
FARIDABAD, KOCHI, MYSURU, NAGERCOIL)**

## PG SYLLABUS

### SEMESTER-1

25AVP501

MASTERY OVER MIND

L-T-P-C-1-0-2-2

### COURSE OBJECTIVES

Mastery Over the Mind (MAOM) is an Amrita initiative to implement schemes and organize university-wide programs to enhance health and wellbeing of all faculty, staff, and students (UN SDG -3). This program as part of our efforts for sustainable stress reduction introduces immediate and long-term benefits and equips every attendee to manage stressful emotions and anxiety facilitating inner peace and harmony. With a meditation technique offered by Amrita Chancellor and world-renowned humanitarian and spiritual leader, Sri Mata Amritanandamayi Devi (Amma), this course has been planned to be offered to all students of all campuses of AMRITA, starting off with all first years, wherein one hour per week is completely dedicated for guided practical meditation session and one hour on the theory aspects of MAOM. The theory section comprises lecture hours within a structured syllabus and will include invited guest lecture series from eminent personalities from diverse fields of excellence. This course will enhance the understanding of experiential learning based on university's mission: "Education for Life along with Education for Living" and is aimed to allow learners to realize and rediscover the infinite potential of one's true Being and the fulfilment of life's goals.

### COURSE OUTCOME

After successful completion of the course, students will be able to:		
Sl.No.	Course Outcomes	Knowledge level [Bloom's Taxonomy]
1.	Understand the scientific benefits of meditation. (CO1)	L1
2.	Explain the science behind meditation and its effects on physical and mental well-being (CO2).	L2
3.	Understand the meditation techniques to cultivate emotional intelligence and improve relationships (CO3).	L2
4.	Learn and practice MAOM meditation in daily life (CO4).	L3
5.	To apply the power of meditation to compassion-driven action (CO5)	L3

### CO-PO affinity matrix

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PSO1	PSO2
CO1	-	-	-	-	-	2	2	-	-	-	-	3	-	-
CO2	-	-	-	-	-	2	-	-	-	2	-	2	-	-
CO3	-	-	-	-	-	-	-	-	2	2		2	-	-
CO4	-	-	-	-	-	3	1	-	3	-	-	3	-	-
CO5	-	-	-	-	-	1	-	2	3	2	-	3	-	-

### Syllabus:

#### Unit 1-Scientific benefits of Meditation (CO1)

- Scientific benefits of meditation, exploring its effects on physical and mental wellbeing.

Learn about the different types of meditation practices, the essential elements of meditation, and the empirical evidence supporting its benefits.

Video resource-Swami Atmanandamrita Puri

- Stress Management
- Reading material: 'Stillness of Mind' Chapter 17 in Amritam Gamaya (2022). Mata Amritanandamayi Mission Trust.

#### Unit 2-Science Behind Meditation (CO2)

- A preliminary understanding of the Science of meditation. What can modern science tell us about this

tradition-based method?

- How meditation helps humanity according to what we know from scientific research

Reading 1: Does Meditation Aid Brain and Mental Health (Dr Shyam Diwakar)

Reading 2: 'Science and Spirituality.' Chapter 85 in Amritam Gamaya (2022). Mata Amritanandamayi Mission Trust.

Video Resource: Pre-recorded Video with Dr. Shyam Diwakar

### **Unit 3-Role of Meditation in Emotional intelligence (CO3)**

- Learn how meditation practices can enhance self-awareness, self-regulation, motivation, empathy, and social skills, leading to improved relationships and decision-making. Logical and analytical reasoning.

Content Resource: Dr. U. Krishnakumar

Reading Material: 'Attitude.' Chapter 53 in Amritam Gamaya (2022). Mata Amritanandamayi Mission Trust.

### **Unit 4:- Practicing MA OM Meditation in Daily Life (CO4)**

- Guided Meditation Sessions following scripts provided (Level One to Level Five)

Reading 1: MA OM and White Flower Meditation: A Brief Note (Swami Atmananda Puri)

Reading 2: 'Live in the Present Moment.' Chapter 71 in Amritam Gamaya (2022). Mata Amritanandamayi Mission Trust.

### **Unit-5-Meditation and Compassion-driven Action (CO5)**

- Understand how meditation can help to motivate compassion-driven action.

Video Resource: Dr. Shobhana Madhavan

Reading material: 'Sympathy and Compassion.' Chapter 100 in Amritam Gamaya (2022). Mata Amritanandamayi Mission Trust.

### **Course Assessment Specification Table:**

Sl No		CO1	CO2	CO3	CO4	CO5	Total
1	Reflective Journal	10		10			20
2	Continuous Evaluation				40		40
3	Compassion Action Project					20	20
4	End-Semester Exam	5	5	5		5	20
	Total	5	15	15	40	25	100

**Internal-60 marks**

**Reflective Essay/Journaling (20 marks): (Individual student exercise)**

Reflective Essay on Learning and Practicing Mindfulness and Meditation

**Class Participation during Meditation session (40 marks):**

- Attendance during meditation
- Quality of Class Participation (Level of engagement during the class)

**External-40 marks**

Compassion in Action Group Project (20 marks):

Compassion-in-Action Live Project. Student Groups can do any act of compassion within or outside campus. The project will comprise three parts:

- Idea: 2.5 marks
- Implementation and Presentation 12.5 marks
- Report: 5 marks (includes photos) Faculty can have flexibility in type of project and type of presentation. Students can present as a role play

End-Term Exam (20 marks) The aim of the exam is to test concepts covered in class.