



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

22AVP103		Mastery Over Mind										1-0-2-2					
A. Prerequisite: NIL																	
B. Nature of Course: Theory																	
C. Course Objectives:																	
<ul style="list-style-type: none">Mastery Over 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)It gives an introduction to immediate and long-term benefits of MA OM meditation and equips every attendee to manage stressful emotions and anxiety, in turn facilitating inner peace and harmony.This course will enhance the understanding of experiential learning based on the 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.																	
D. Course Outcomes:																	
After successful completion of the course, students will be able to:																	
S.No.		Course Outcomes											Knowledge level [Bloom’s Taxonomy]				
CO01		To be able to describe what meditation is and to understand its health benefits											L2 Understand				
CO02		To understand the science of meditation.											L2 Understand				
CO03		To understand the causes of stress and how meditation improves well-being.											L2 Understand				
CO04		To learn and practice MAOM meditation in daily life											L3 Apply				
CO05		To analyze how meditation improves communication and relationships											L4 Analyze				
CO06		To apply the power of meditation to compassion-driven action											L3 Apply				
E. CO-PO Mapping: [affinity#: 3 – high; 2- moderate; 1- slightly]																	
COs		Program Outcomes [POs]											Program Specific Outcomes [PSOs]*				
		P O1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO10	PO11	PO12	PS O 1	PS O 2	PSO 3	
CO01								2		2							
CO02												1					
CO03							2	2		2			2				
CO04							3	1		3			3				
CO05							1		2	3	2		3				
CO06							3	3	2	3	3		3				

F. Syllabus		
22AVP103	Mastery Over Mind	1-0-2-2
<p>Unit 1: Describe Meditation and Understand its Benefits (CO1)</p> <p>A: Importance of meditation. How does meditation help to overcome obstacles in life <i>Reading 1:</i> Why Meditate? (Swami Shubamritananda ji) <i>Video Resource:</i> Pre-recorded Video with Swami Shubhamritananda Puri</p> <p>Unit 2: The Science of Meditation (CO2)</p> <p>A: A preliminary understanding of the Science of meditation. What can modern science tell us about this tradition-based method? B: How meditation helps humanity according to what we know from scientific research <i>Reading 1:</i> Does Meditation Aid Brain and Mental Health (Dr Shyam Diwakar) <i>Reading 2:</i> ‘Science and Spirituality.’ Chapter 85 in <i>Amritam Gamaya</i> (2022). Mata Amritanandamayi Mission Trust. <i>Video Resource:</i> Pre-recorded Video with Dr. Shyam Diwakar</p> <p>Unit 3: Causes of Stress and How Meditation Improves Well-being (CO2,CO3)</p> <p>A: Learn how to prepare for meditation. Understand the aids that can help in effectively practicing meditation. Understand the role of sleep, physical activity, and a balanced diet in supporting meditation. B: Causes of Stress. The problem of not being relaxed. Effects of stress on health. How meditation helps to relieve stress. Basics of stress management at home and the workplace. <i>Reading 1:</i> Mayo Clinic Staff (2022, April 29). <i>Meditation: A Simple, Fast Way to Reduce Stress</i>. Mayo Clinic. https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858 (PDF provided) <i>Reading 2:</i> ‘Efficient Action.’ Chapter 28 in <i>Amritam Gamaya</i> (2022). Mata Amritanandamayi Mission Trust. <i>Video Resource:</i> Pre-recorded Video with Dr. Ram Manohar <i>Video Resource:</i> Pre-recorded Video with Prof. Udhayakumar</p> <p>Unit 4: Practicing MA OM Meditation in Daily Life (CO4)</p> <p>Guided Meditation Sessions following scripts provided (Level One to Level Five) <i>Reading 1:</i> MA OM and White Flower Meditation: A Brief Note (Swami Atmananda Puri) <i>Reading 2:</i> ‘Live in the Present Moment.’ Chapter 71 in <i>Amritam Gamaya</i> (2022). Mata Amritanandamayi Mission Trust. <i>Video Resource:</i> Pre-recorded Video with Swami Atmananda Puri</p> <p>Unit 5: Improving Communication and Relationships (CO5)</p> <p>How meditation and mindfulness influence interpersonal communication. The role of meditation in improving relationship quality in the family, at the university and in the workplace. <i>Reading 1:</i> Seppala E (2022, June 30th) <i>5 Unexpected Ways Meditation Improves Relationships a Lot</i>. Psychology Today. https://www.psychologytoday.com/intl/blog/feeling-it/202206/5-unexpected-ways-meditation-improves-relationships-lot <i>Reading 2:</i> ‘Attitude.’ Chapter 53 in <i>Amritam Gamaya</i> (2022). Mata Amritanandamayi Mission Trust. <i>Video Resource:</i> Pre-recorded Video with Dr. Shobhana Madhavan</p>		

Unit 6 Meditation and Compassion-driven Action (CO6)

Understand how meditation can help to motivate compassion-driven action. (*Pre-recorded video with Dr Shobhana Madhavan*)

Reading 1: Schindler, S., & Friese, M. (2022). The relation of mindfulness and prosocial behavior: What do we (not) know? *Current Opinion in Psychology*, 44, 151-156.

Reading 2: 'Sympathy and Compassion.' Chapter 100 in *Amritam Gamaya* (2022). Mata Amritanandamayi Mission Trust.

Video Resource: Pre-recorded Video with Dr. Shobhana Madhavan

Course Assessment Specification Table:

		CO1	CO2	CO3	CO4	CO5	CO6	Total
1	Individual Reflective Exercise/Journal			10		10		20
2	Class Participation during meditation				40			40
3	Compassion in Action Project						20	20
5	End-Term	2	3	5		5	5	20
	Total	2	3	15	40	15	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 (Negative marks for disruptive behavior and using cell phones during guided meditation).

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.

