



**SUBJECT: MINDFULNESS**

Semester: 2	Subject Code: MBC-LWEP/SK/	Lectures: 45
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**Learning Outcomes:**

At the end of the course, the student will be equipped to:

- Carry out experiential learning of mindfulness through formal and informal practices.
- Understand the philosophical underpinnings of mindfulness.
- Apply mindfulness in counseling.
- Generate research findings on mindfulness.

**Unit 1: Anchors for Mindfulness Practices**

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- Mindfulness of Breath, Body (Soma) & Body in Movement
- Mindfulness of Sound, Thoughts, Presence

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	Jaya
Faculty	Ms. Sharmin Palsetia	Sharmin
Faculty	Ms. Hasina Shaikh	Hasina
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	Sairaj
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	Vivek
VC Nominee	Dr. Amruta Oke	Amruta
Industry Expert	Ms. Sandy Dias Andrade	Andrade
Alumni	Ms. Trupti Poduval	Trupti
Industry Expert	Shilpa Salve	Shilpa
Industry Expert	Benaifer Jesia	Benaifer

Course Coordinator



**Unit 2: Relational Mindfulness**

- Applications of Mindfulness in Everyday Life
- Relational Mindfulness
- Self-Compassion and its role in empathy
- The holding environment

**Unit 3: Research Findings**

- Research findings from studies on Mindfulness
- Contraindications in using Mindfulness

**Unit 4: Mindfulness and Listening**

- Mindfulness in the listening Process
- Similarities and differences in Mindfulness Mediations and the Listening Process

**Unit 5: Philosophical Underpinnings of Mindfulness**

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Faculty	Ms. Hasina Shaikh	<i>Hasina</i>
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Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	<i>Amruta</i>
Industry Expert	Ms. Sandy Dias Andrade	<i>Andrade S</i>
Alumni	Ms. Trupti Poduval	<i>Trupti</i>
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Industry Expert	Benaifer Jesia	<i>Benaifer</i>

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- The three marks of existence
- Attachment and Aversion
- Key concepts from Buddhist Psychology, philosophy of Krishnamurthy and Advaita Philosophy as it applies to Presence, Mindfulness and Listening

# Practice sessions (30 hours)

# Mindfulness practice (80 hours)

# Assignments (22.5 hours)

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