

Understanding the Connections between Self and Social Wellbeing

Subject Code:	Lectures: 30	Credits:2
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Objectives and Learning outcomes

Objectives

- To equip students to understand the connections of interpersonal relationship in their day-to-day life.
- To enable students to identify conflict areas.
- To provide the social-economical-cultural understandings of their everyday reality in order to make and be part of a better society by becoming an influential individual.
- To provide the platform and safety net strategies for the students dealing with love life.

Learning Outcomes

- Students will able to cop up with conflicts in an effective manner.
- Students will able to lead their life in a way to escape the distractions in emotional as well physical level.

1: Introduction	03
<ul style="list-style-type: none">• Conceptualizing self within society.• Integrating the sense of interconnections-sociological imagination.	

2: Me, You and Us Dynamics	10
<ul style="list-style-type: none">• Role of Social Institutions in developing the 'self-Identity'.• Focusing on 'Me' to become part of 'Us' as anurturing society.• Tools of wellbeing.	

J.P. Jaganmouli
Course

3: Exclusively on Falling inLove...	10
<ul style="list-style-type: none"> • Buddhist concept of unconditional love. • Practicalities of Love, marriage and emerging concept of Live-in-Relationships. • Balancing the conceptual love and overall wellbeing. 	
4: Mirror The Images	07
<ul style="list-style-type: none"> • Self-reflection-Practical sessions. • Insights from personal experiences and connections to the concept of 'Oneness'. 	

Other Details -

- A. The course will be conducted Twice a week in the Sanctuary
- B. Course Co-ordinator – Dr. Vaishali Joshi (Department of Sociology)
- C. Course Instructor – Dr. Vaishali Vilas Sonavane.
- D. Remuneration to the Instructor – Rs. 100/- per student per session
- E. Fees of the course – Rs. 3000/-

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J.S. Jafarabale
Course Coordinator

What we aim to deliver from this course-

This is an effort to enable students to understand the concept of 'self' as emerging connection in development of individual self within social environment. Further providing them platform to share life experiences in order to accumulate strength at the same time peel of the troubled emotions in a secured space. Understanding the connections of Love-Unconditional, Love-Oneness of the Buddhist philosophy to equip them to grow as an independent capable person to influence the world around. Practical sessions will be penetrating, class learnings into real life. In addition, from real life to making it into their experiential knowledge journey.

How we are going to achieve this-

There will be extensive use of pointers- storyline-case studies-Pictures- movie clippings etc.along with the formal lecture to initiate the atmosphere, to open up for the self-learning process of the student.

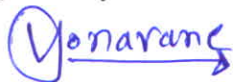
Reading list for before class and after class will be available for students.

After each class, there will be feedback session.

There will be sense of oneness at the time of teaching venture itself.

Maximum focus will be to learn things experientially. Then there will be practical and written tastes to rate the success of the course through the performance of the student.

Proposed By:



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