

Course Descriptor			
Participant	PGDM	Academic Year	2023-24
Course Title	Wisdom Toward Self-excellence	Course Code	GT-108
Credit	3 (Three)	No. of Hours	30
Faculty	Brig (Prof) GPS Cheema		

Program Outcomes:			Hours
1	PO1	Apply knowledge of management theories and practices to solve business problems.	-
2	PO2	Foster Analytical and critical thinking abilities for data-based decision making.	-
3	PO3	Ability to develop Value based Leadership ability.	10.5
4	PO4	Ability to understand, analyze and communicate global, economic, legal, and ethical aspects of business.	10.5
5	PO5	Ability to lead themselves and others in the achievement of organizational goals, contributing effectively to a team environment.	9

Course Objectives

Introduce students to understanding and management of self, through positive psychology, self-esteem and self-motivation. Provide tools and techniques to succeed and face challenges of volatile, uncertain, complex and ambiguous world, with composure and more joy. Provide three-dimensional and holistic development by aligning their inner (spiritual) self, personal self and professional self. Enable students to build a strong character, developing positive approach and finding their purpose in life.

This course will explore the perspectives on spirituality, developing positive attitude and becoming a better human being. It will place emphasis on improving quality of personal status and contribute towards positive life, to become world citizens.

Course Outcomes:			Hours
1	GT-108.1	Develop a critical understanding, appreciation and application of positive psychology	6
2	GT-108.2	Identify appropriate tools and techniques to achieve holistic development, through alignment of inner-self, personal-self and professional-self.	7.5
3	GT-108.3	Critically evaluate the factors contributing positively towards building a world community and creating 'World Citizenship'.	6
4	GT-108.4	Draw focus on creating a stronger individual and corporate value system, based on wisdom and self-excellence.	4.5
5	GT-108.5	Develop critical behavioral and professional skills to create a positive and happy internal and external environment.	6

PO-CO Matrix: (1 - Low, 2 - Medium, 3 – High)

CO / PO	PO-1	PO-2	PO-3	PO-4	PO-5
GT108.1		-	-	2	2
GT108.2		-	2	2	-
GT108.3		-	-	2	2
GT108.4		-	2	-	2
GT108.5		-	2	2	-
PO		-	2	2	2

Indicative Contents & Session Plan				
Session	Module	Description	CO	Hours

1	3-Dimensional Holistic Development	<ul style="list-style-type: none"> • 3-Dimesnions of self • Developing attributes • Achieving self-excellence • Dhyan session 	GT-108.2	1.16
2	Creation and We – the Connect	<ul style="list-style-type: none"> • Evolution of the universe • Evolution of life • Nature and we • Connecting with elements • Dhyan session 	GT-108.3	1.16
3,4	Know Yourself – what & who we are	<ul style="list-style-type: none"> • Composition of a being • Dimensions of our body • Dimensions mind • Dhyan session 	GT-108.2	2.32
5,6	Purpose of Life	<ul style="list-style-type: none"> • Purpose of life • Profession to pro-passion • Dhyan session 	GT-108.2	2.32
7,8	Conquer Yourself	<ul style="list-style-type: none"> • Know your enemy • Conquer your weaknesses • Self-excellence • Dhyan session 	GT-108.2	2.32
9	Recap	<ul style="list-style-type: none"> • Interactive session and quiz 	GT-108.2&3	1.16
10	Mind your thoughts	<ul style="list-style-type: none"> • Understanding thoughts • Types of thoughts • Power of mind • Attracting positive thoughts • Dhyan session 	GT-108.5	1.16
11,12,13	Science of Yog	<ul style="list-style-type: none"> • Understand yog • Ashtang yog – Sanatan Kriya • Benefits of yog • Dhyan sessions 	GT-108.2	3.48
14	Dharma & Karma	<ul style="list-style-type: none"> • Understanding dharma • Karma and kriya • Intent and consequences • Dhyan session 	GT-108.1	1.16
15	Design your destiny	<ul style="list-style-type: none"> • Making your choices in life • Destiny and destination • Dhyan session 	GT-108.1	1.16
16	Recap	<ul style="list-style-type: none"> • Interactive session and group discussion 	GT-108.1,2,3,5	1.16
17	Harmony	<ul style="list-style-type: none"> • Peace and tranquility • Harmony within yourself and all around • In rhythm with nature • Dhyan session 	GT-108.5	1.16
18	Love, care and compassion	<ul style="list-style-type: none"> • Selflessness • Helping the needy • Art of giving • Dhyan session 	GT-108.1	1.16
19,20	Happiness to bliss	<ul style="list-style-type: none"> • Turbulence of emotions • Equilibrium in life 	GT-108.4	2.32

		<ul style="list-style-type: none"> Attaining 'anand' Dhyan session 		
21	Recap	<ul style="list-style-type: none"> Interactive session and quiz 	GT-108.1-5	1.16
22,23	God, religion and spirituality	<ul style="list-style-type: none"> Understanding religion Differentiation of spirituality Knowing GOD Dhyan session 	GT-108.5	2.32
24,25	Spirituality in management	<ul style="list-style-type: none"> Understanding spirituality. Spirituality and organisational performance. Transformation of work culture. The methodology. 	GT-108.3	2,32
26	Final Recap	<ul style="list-style-type: none"> Revision and interaction 	GT-108.1-5	1.16

Required & Recommended Reading:
Required Reading

- Ashwini, Y. (2008). Sanatan Kriya – Essence of Yoga. New Delhi: Dhyan Foundation.
- Ashwini, Y. (2007). Thoughts of the Inner World. New Delhi: Dhyan Foundation.
- Ashwini, Y. (2011). The Ageless Dimension. New Delhi: Dhyan Foundation.
- Ashwini, Y. (2011). Thoughts for the Adept. New Delhi: Dhyan Foundation.
- Harikrishan, D (2009). Yog-Darshan. Gorakhpur: Geeta Press.

Recommended Reading

- God is My CEO

Learning and Teaching Methods:

Classroom sessions, presentations, case studies, audio-video tools, Independent study, Seminars

Resource Requirement:

Faculty, Guest speakers, Library, Online material, Industry experts (SME)

Assessment Methodology:

Assessment Type	Duration/Length of Assessment Type	Weightage of Assessment	Approximate Date of Submission	
Written -1 – Quiz-1	20 minutes	10%	As per UBS schedule	GT-108.2&3
Written -2 - Assignment	2000 words	30%	As per UBS schedule	GT-108.1, 2&3
Written -3 – Quiz-2	20 minutes	10%	As per UBS schedule	GT108.4&5
Written -4 -End Term Exam (Closed book, written examination,)	3 hours (2000 words Equivalent)	50%	As per Exam schedule of UBS	GT108.1-5