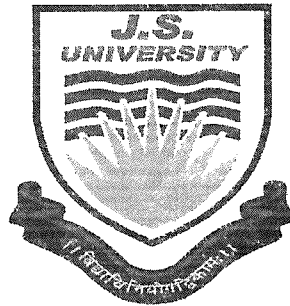


J.S. University, Shikohabad

Established by UP Govt. Act No. 07 of 2015

Recognized by U.G.C. under section 2 (f) of Act-1956



Value Added Course

(Self-Management)

VAC-190

FACULTY OF COMMERCE



J.S. University, Shikohabad
FACULTY OF COMMERCE

Value Added Course

AY: 2018-2019

Self Management

Course duration - 30Hr

Course Objectives:

- This course gives students an understanding of the concepts and tools needed for understanding and working on the “Self”.
- It is useful for harnessing the immense powers hidden “with in” the self and these are the secret tools for self- change.
- The powers again emerge in the self as it withdraws from body consciousness activity and attitudes.

Course Outcome:

- Students should be able to understand the concepts and tools needed for understanding and working on the “Self”.
- Students will know about harnessing the immense powers hidden “with in” the self and these are the secret tools for self- change

Module-1

Understanding the Self-M.I.S Anatomy of the self-The mind-The intellect-The sub-conscious mind Consciousness- The cyclic process with in the self- states of awareness-Innate and acquired qualities of the self- Powers to act..

Module-2

Process of thinking- Thinking process-Developing thought pattern- Transforming thought pattern External influences on thoughts-The power and effects of thoughts-Principles of positive thinking Methods to change thinking- Steps to change cycle of thinking..

Module-3


Powers of the self, Power to withdraw- Power to pack up and let go- Power to love or tolerate Power to accommodate- Power to discriminate- Power to decide- Power to face- Power to co-operate Pro activities of powers- Interactivities of power

Module-4

Managing interferences- Perceptual Challenges-Attitudinal Challenges- Experience Challenges Habituation Challenges, Mental positioning-Mental limits-Mental assumptions-Associat

References:-

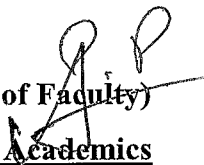
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2. Brahma Kumaris, "Inner Beauty", Literature department, Brahma Kumaris Ishwariya Vishwa Vidyalaya, Pandav Bhawan Mount abu, Rajasthan, 2000


(Name of Faculty)

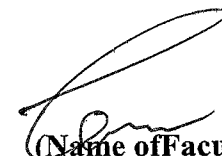
Course Coordinator

Director/Principle/Dean of Faculty/Department

Mr. Praveen Singh


(Name of Faculty)
Dean Academics

Dr. P. P. Singh


(Name of Faculty)
Dr. Gaurav Singh