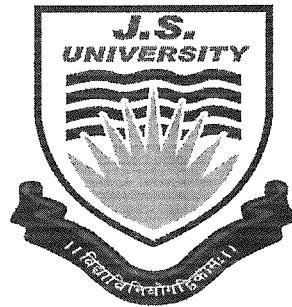


J.S. University, Shikohabad

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Value Added Course

Understanding the Power of Self

VAC-193

FACULTY OF COMMERCE



J.S. University, Shikohabad
Faculty of commerce

Value Added Course

AY: 2020-21

Understanding the Power of Self

Duration: 30 Hours.

1. 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

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
- 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-Benefits 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 powers.

Module-4


Managing interferences


- Perceptual Challenges-Attitudinal Challenges
- Experience Challenges-Habituation Challenges
- Mental positioning-Mental limits-Mental assumptions


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		AY: 2020-21

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- Brahma Kumaris, "Inner Beauty", Literature department, Brahma Kumaris Ishwariya Vishwa Vidyalaya, Pandav Bhawan Mount abu, Rajasthan, 2000
- Brahma Kumaris, "NEW BEGINNINGS", Literature department, Brahma Kumaris Ishwariya Vishwa Vidyalaya, Pandav Bhawan Mount abu, Rajasthan, 1996


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