

Course Objective

- Mastery Over Mind (MaOM) is an Amrita initiative to implement schemes and organize university-wide programs to enhance health and wellbeing of all faculty, staff, and students (UN SDG -3)
- It gives an introduction to immediate and long-term benefits of MA OM meditation and equips every attendee to manage stressful emotions and anxiety, in turn facilitating inner peace and harmony.
- This course will enhance the understanding of experiential learning based on the University's mission: "Education for Life along with Education for Living" and is aimed to allow learners to realize and rediscover the infinite potential of one's true Being and the fulfilment of life's goals.

Course Outcomes

CO1: To be able to describe what meditation is and to understand its health benefits

CO2: To understand the causes of stress and how meditation improves well-being

CO3: To understand the science of meditation

CO4: To learn and practice MAOM meditation in daily life

CO5: To understand the application of meditation to improve communication and relationships

CO6: To be able to understand the power of meditation in compassion- driven action

CO-PO Mapping

PO/PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2
CO														
CO1								1	2	2		2		
CO2			2		2				2	2		2		
CO3					2			2	2	2		2		
CO4			3		3		2	3	3	3		3		
CO5			2		2			2	2	3		3		
CO6			2			2		2	2	3		3		

Syllabus

Unit 1: Describe Meditation and Understand its Benefits (CO1)

A: Importance of meditation. How does meditation help to overcome obstacles in life

Reading 1: Why Meditate? (Swami Shubamritananda ji)

Video Resource: Pre-recorded Video with Swami Shubhamritananda Puri

Unit 2: Causes of Stress and How Meditation Improves Well-being (CO2)

A: Learn how to prepare for meditation. Understand the aids that can help in effectively practicing meditation. Understand the role of sleep, physical activity, and a balanced diet in supporting meditation.

B: Causes of Stress. The problem of not being relaxed. Effects of stress on health. How meditation helps to relieve stress. Basics of stress management at home and the workplace.

Reading 1: Mayo Clinic Staff (2022, April 29). Meditation: A Simple, Fast Way to Reduce Stress. Mayo Clinic. <https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858> (PDF provided)

Reading 2: 'Efficient Action.' Chapter 28 in Amritam Gamaya (2022). Mata Amritanandamayi Mission Trust. Video Resource: Pre-recorded Video with Dr. Ram Manohar

Video Resource: Pre-recorded Video with Prof. Udhayakumar

Unit 3: The Science of Meditation (CO3)

A: A preliminary understanding of the Science of meditation. What can modern science tell us about this tradition-based method?

B: How meditation helps humanity according to what we know from scientific research

Reading 1: Does Meditation Aid Brain and Mental Health (Dr Shyam Diwakar)

Reading 2: 'Science and Spirituality.' Chapter 85 in Amritam Gamaya (2022). Mata Amritanandamayi Mission Trust.

Video Resource: Pre-recorded Video with Dr. Shyam Diwakar

Unit 4: Practicing MA OM Meditation in Daily Life (CO4)

Guided Meditation Sessions following scripts provided (Level One to Level Five)

Reading 1: MA OM and White Flower Meditation: A Brief Note (Swami Atmananda Puri)

Reading 2: 'Live in the Present Moment.' Chapter 71 in Amritam Gamaya (2022). Mata Amritanandamayi Mission Trust.

Video Resource: Pre-recorded Video with Swami Atmananda Puri

Unit 5: Improving Communication and Relationships (CO5)

How meditation and mindfulness influence interpersonal communication. The role of meditation in improving relationship quality in the family, at the university and in the workplace.

Reading 1: Seppala E (2022, June 30th) 5 Unexpected Ways Meditation Improves Relationships a Lot. Psychology Today. <https://www.psychologytoday.com/intl/blog/feeling-it/202206/5-unexpected-ways-meditation-improves-relationships-lot>

Reading 2: 'Attitude.' Chapter 53 in Amritam Gamaya (2022). Mata Amritanandamayi Mission Trust.

Video Resource: Pre-recorded Video with Dr. Shobhana Madhavan 3

Unit 6: Meditation and Compassion-driven Action (CO6)

Understand how meditation can help to motivate compassion-driven action. (Pre-recorded video with Dr Shobhana Madhavan)

Reading 1: Schindler, S., & Friese, M. (2022). The relation of mindfulness and prosocial behavior: What do we (not) know? Current Opinion in Psychology, 44, 151-156.

Reading 2: 'Sympathy and Compassion.' Chapter 100 in Amritam Gamaya (2022). Mata Amritanandamayi Mission Trust.

Video Resource: Pre-recorded Video with Dr. Shobhana Madhavan

Course Assessment Specification Table

		CO1	CO2	CO3	CO4	CO5	CO6	Total
1	Group Project (Example: Role Play)	20						20
2	Class Participation				40			40
3	Individual Reflective Exercise					10	10	20
4	End-term Examination	4	4	4		4	4	20

Text Book/ Reference Book(s)

1. Chinmayananda, Swami. *The Holy Geeta*. Central Chinmaya Mission Trust, 1996.
2. Devi, Sri Mata Amritanandamayi. *Amritam Gamaya Part 1*. Translated by Rajani Menon. M A Center, 2022
3. Easwaran, Eknath. *Conquest of Mind*. 3rd ed. Tomales: Nilgiri Press, 2010.
4. Goleman, Daniel, and Richard Davidson. *The Science of Meditation: How to Change your Brain, Mind and Body*. Penguin UK, 2017.
5. Puri, Swami Amritaswarupananda. *From Amma's Heart*. M.A. Center, 2014.
6. Sivananda, Swami. *Concentration and Meditation*. Garhwal, India: Divine Life Society, 2009.
7. Thakar, Vimala. *Why Meditation*. Delhi, India: Motilal Banarsidass, 1996.
8. Vivekananda, Swami. *Raja Yoga*. India: Sanage Publishing House, 2022.
9. Yatiswarananda, Swami. *Meditation and Spiritual Life*. Sri Ramakrishna Ashrama, 1979.