

Welcome On Board

Dear Crew Members,

Namaste and Welcome on-board this Space Mission!

Here is what you need to know about the logistics of the course!

It's a longish read which contains all the important details about the course so i request you to please go through it carefully till the end and ask me about any doubts in class.

Typing down a few important points that we have already spoken about in class:

We are playing a game this semester that we are on a Space mission.

The backdrop is that humanity on Earth is on a self-destructive mode because they are infected with some fatal and infectious viruses. The Universal Forces have therefore selected a few samples of human beings to be on this special Space Retreat. The Mission of our Spacecraft is to identify those viruses within us and debug/ reprogramme ourselves to find sustainable ways to help humanity survive and save the earth.

Each Crew member has three workstations:

1) Oneself

Context: We are our own laboratory and we have been specially chosen as special hackers to identify the loop holes in our own existing programmes and create constructive programmes instead of destructive ones. We have to therefore focus on our inner universe and see how it acts in the external world

Method: Observation and analysis of our mind 'black-box' to get as much information and clarity as possible about its contents, based on the following 3 questions to be asked onboard and off-board:

- a) What am i doing?
- b) Why am i doing it?
- c) How can i do whatever i am doing in the best way possible?

2) The Spacecraft (Classroom / Collective space)

Context: Since we are on a special personal and collective mission we need to understand about ourselves but also about others and therefore to see how we respond to different situations based on a variety of experiments we will be conducting.

Method: Observation and analysis of Self and Others

- a) What did i learn today? (For the academic test? ... For the test of life?)
- b) How do i relate to / interact with my other crew members?
- c) How do i respond to my captain's instructions?
- d) How did i deal with my inability to access my 'transmitting device'?

3) The Matrix

Context: As part of the Mission, we will be working most of the time in the 'Matrix' of the world to see whether our new programmes are working or not so this particular mission continues on-board and off-board for all crew members. The personal project will be focus primarily on this aspect.

Method: Observation, Analysis and Application

- a) Is there a gap between the information about myself in the 'cloud' (Who i really am?) and in the real world (What i make the world believe i am)?
- b) What are those masks? Can i remove the unnecessary masks? How?
- c) Which of the following statement fits my life on an average:
 - My life is determined by 'what will others think of me if...?'
 - It's my life and i will lead it the way i choose to
 - I lead my life according to my own wisdom but am open to the wisdom of others as well. I listen to others and use my discretion to do what is best for me.
- d) Practice - I will be just me as often as i can

Kindly Note:

All on-board are required to respect the following CODE of conduct:

- 1) We will take off on time with a grace period of 5mins
- 2) You will take responsibility for all your actions on-board and their consequences (including attendance)
- 3) Digital Presence but Physical Absence is **strongly discouraged** for making the most of the instructions for safety and well-being during pandemic times. If Absent you will be temporarily expelled from the session.

The Mission will look into the following subjects:

- 1) Paradigms of Psychology: East and West
- 2) Self and Identity
- 3) Pathways of Knowledge
- 4) Research in Indian Psychology
- 5) Applications of Indian Psychology

NB: The order of the subjects may be flexible depending on the context

The Assessment will be as follows:

- 1) 2 Tests / Quiz - 40
- 2) Assignments - 50
 - Collective Assignment - Team research on Fundamental Researcher, collective virus and presentation (video and script) - 20
 - Individual Project (written with the aim to publish if possible and motivated) 'Find your personal virus /bug that is hacking the smooth functioning of your life programme. The project will be to identify the 'bug', understand its programming; find and overwrite with effective new programmes to ensure that the system functions smoothly in the 'Matrix' - submit like a term paper - 10
 - Daily Diary writing (to be sent as google word-doc to my personal mail id) - 20 (documents attached herewith)
- 3) **Attendance** and active Participation - 5+5 =10

Please attach your **Crew Profile with your diary** without fail:

- As mentioned in class - Your first task will be to complete your **Crew profile with your photo and make it the first page of your diary entry to be sent as an editable link to the mail i will send from my personal id to protect your privacy.**

Sharing with you some **Reading Material** -

Timeline of Psychology:

1. https://www.researchgate.net/publication/323692575_History_and_Systems_of_Psychology_Timelines_in_the_Development_of_Contemporary_Psychology
2. https://en.wikipedia.org/wiki/Timeline_of_psychology
3. <https://www.verywellmind.com/timeline-of-modern-psychology-2795599>
4. Articles on History and Theory of Psychology-
http://www.kurtdanziger.com/journal_articles.htm

For starters some wikipedia lead - Leading Schools of Mainstream Psychology:

- Structuralism 'Wilhem Wundt - https://en.wikipedia.org/wiki/Wilhelm_Wundt
- Functionalism 'William James - https://en.wikipedia.org/wiki/William_James
- Psychoanalysis - Sigmund Freud
- https://en.wikipedia.org/wiki/Sigmund_Freud
- Behaviourism 'John B

Watson <https://principlesoflearning.wordpress.com/dissertation/chapter-3-literature-review-2/the-behavioral-perspective/behaviorism-john-b-watson-1913/>

- Behaviourism in Education - Skinner
https://en.wikipedia.org/wiki/B._F._Skinner
- Conditionings - Ivan Pavlov - https://en.wikipedia.org/wiki/Ivan_Pavlov
- Humanism 'Hierarchy of Needs
- https://en.wikipedia.org/wiki/Abraham_Maslow
- Logotherapy 'Viktor Frankl (Book - Man's Search for Meaning)
- Positive Psychology 'Martin Seligman (Book Authentic Happiness)

Reading for Indian Psychology - ipi.org.in (Indian Psychology Institute)

Books:

Handbook of Indian Psychology;
Foundations of Indian Psychology;
Perspectives of Indian Psychology;
Psychology in the Indian Tradition.

Most of the writings will be available in some form or the other on the IPI website.

Regarding my availability:

Your captain will be reachable between 9am -9pm on 9880739482 unless there is an emergency... you can then call/message during other times.

Look forward to making our space and time travel enriching and meaningful for yourselves and for humanity on Earth.

LAST BUT NOT THE LEAST, please use this email id for any communication related to this course for making digital data management easier.

Thank you for accepting to be on-board and on this Mission!

Best wishes and Happy flying,
Captain

The assignment and evaluation plan of IP_Spring2021

SL	TEST and ASSIGNMENT SUBMISSION	DATE
2	Test 1 (20 marks)	18-Feb
3	Test 2 (20 marks)	05-Apr
4	Sub. of Assign.-1 (Group Project - video +script- 20 marks)	08-Mar
5	Sub. of Assign.-2 (Anti Virus - 10 marks)	29-Mar
6	Sub. of Assign.-3 (Daily Diary writing - 20 marks)	09-Apr

Assignment 1(Collective) (video and script)- (20 marks)

1.Team research on Fundamental Researcher & Collective virus and presentation

Team making and Tasks:

- Make a team of 8-10 members (over this weekend)
- Choose a team Name and Captain and a logo if you feel inspired to be creative
- Each team has to choose a particular 'Fundamental Researcher/ scientist' from the list given representing a diverse range of cultures or find one that you would like to explore. Preferably choose someone whom you know very little about.

2) You have to cover the following topics for every 'Fundamental Researcher' (FR):

- brief story of the life and background
- Major Fundamental findings (Teachings)
- Infer the Underlying worldview of Human identity and one's relationship with the world
- Identify 1-2 collective common viruses in the team
- Find tips from the teachings to nullify them and reprogramme your system.
- Identify a list of their major works
- Explore the national and international influences of this Fundamental Researcher's work(s) and his/her teachings
- Document the references you are using in your research and present them in the APA format of referencing.

3) An excel sheet will be made by Snigdha for you to put the details of your teams. Please choose a colour code for your team. We will be sharing a list of FR for you to choose from.

Please Note: Every assignment should include these 8 points at least.

For the presentation, you will have two parts:

- 1) PPT with a maximum of 8-10 slides on the points mentioned above
- 2) A more elaborate word submission in an article format of about 1000 words that should be shareable with the
 - The first page should have the following details:
 - Name of the Fundamental Researcher (your official team name henceforth),
 - Name of you co-crew members with Roll Numbers
 - Course details
 - at least one page on each of the subtopics mentioned above.

Please Note:

(A)The excellence of presentation will be marked on the following basis (total 10marks / 10mins per team):

- 1) Clarity in delivery of presentation
- 2) Content of Presentation
- 3) Innovative style of Presentation (PPT)
- 4) degree of Perfection of the video (10 marks)
- 5) Participation/ involvement of the crew members of the group in the project

* Ensure that your assignments will be helpful for the rest of the Crew members to learn interesting facts about your specific FR and about their valuable contribution to expanding the horizons of human potential and capabilities.

Assignment 2 (Individual) (written with the aim to publish)

'Find your personal virus /bug that is hacking the smooth functioning of your life programme. The project will be to identify the 'bug', understand its programming Find and overwrite with effective new programmes to ensure that the system functions smoothly in the 'Matrix'. The points you need to pay attention to for this anti-virus assignment is:

Identify your virus

1. Examine what triggers it
2. Research and evolve a method to address it systematically
3. Observe the effects of your conscious intervention(s)
4. Note your conclusions and insights

Assignment 3 (Daily Diary Writing)

Take conscious steps to cultivate happiness and well-being by following steps proposed by Dr. Shawn Achor, a well-known researcher author in the field. He suggests these tips for daily practices that you could journal on.

1. **Gratitude Exercises.** Write down three things you're grateful for that occurred over the last 24 hours. They don't have to be profound. It could be a really good cup of coffee or the warmth of a sunny day.
2. **The Doubler.** Take one positive experience from the past 24 hours and spend two minutes writing down every detail about that experience. As you remember it, your brain labels it as meaningful and deepens the imprint.
3. **The Fun Fifteen.** Do 15 minutes of a fun cardio activity, like gardening or walking the dog, every day. The effects of daily cardio can be as effective as taking an antidepressant. Make a note of whether you were able to do this and any observations.
4. **Meditation.** Every day take two minutes to stop whatever you're doing and concentrate on breathing. Even a short mindful break can result in a calmer, happier you. Make a note of whether you were able to do this and any observations.
5. **Conscious act of kindness.** At the start of every day, send a short email or text praising someone you know. Our brains become addicted to feeling good by making others feel good. Make a note of whether you were able to do this and any observations.
6. **Deepen Social Connections.** Spend time with family and friends. Our social connections are one of the best predictors for success and health, and even life expectancy. Did you find the time to do this? Make a note of whether you were able to do this and any observations.

These tips were taken from <https://www.cbc.ca/news/health/shawn-achor-s-6-exercises-for-happiness-1.3040937> which has a talk by Shawn Achor that is worth listening to.