

# **Explorations in Role & Identity (ERI)**

## **Dates for ERI**

## **Faculty: Prof. Neharika Vohra and other Visiting Faculty**

### **Description of the Course**

ERI is an experience based learning course. The course is designed on the assumption that a person requires time, space and someone with whom he/she can reflect on the journey of their life. The course facilitates exploration of the meaning an individual ascribes to ones' life experiences. It is assumed that it is possible to find alternative meanings and free oneself from habitual ways of looking and meaning making. This process of sensemaking enables one to explore alternative relevant ways to relate to the world.

As we explore ourselves we also learn to relate and examine our relationships with others. This process helps us understand issues about working and living in a more integrated and authentic manner. We will focus on group processes – becoming aware of and understanding one's ability to contribute to growth & performance of the group and deal with personal issues of authority, dependence & counter-dependence.

The ERI creates a space, a setting and a time for the individual to ask some basic philosophical questions as to –

- Who am I?
- Where do I come from?
- What is the purpose and meaning of my life?
- How do I relate to the world and people?
- How do I give shape to my own life and what do I offer to the world?

The focus of this course is also on relating to the self and others. Thus, we would continuously examine the impact of my behavior on others and that of others on me and my ability to cope with various situations that life might bring to light for me.

### **Methodology**

Methodology is participative and exploratory. No solutions or specific answers are given. Each participant is invited to share whatever aspects of the journey of life and relationships which he/she wishes to share. There are no compulsions for specificities of sharing. There is only an invitation which an individual gives himself/herself for sharing and reflection.

There is also focus on specific emotions/ feelings with the awareness that these are distinct from thoughts. It is believed that a number of insights are developed in response to the experience during the course in the 'Here & Now'. As a participant you would be invited to be aware and mindful at all times of the here and now.

The role of the faculty is to facilitate explorations and reflections.

The schedule of the program is attached. Each participant will be required to schedule personal reflection time before and/or after class. We believe that reflection is an important aspect of learning.

## **Assignment**

The experience is not graded.

There are three assignments which would be graded.

1. An individual log book of reflection for each day (40%)
2. An autobiography relating to the learning, concepts and theoretical frameworks reflected in the ERI experience (60%)

### **ASSIGNMENT I (40 percent)**

This is an individual assignment. There are five days of log book. Every morning before you come to session you are to write down the previous day's experience and your reflections.

These are some of questions that you might use to help you reflect.

- What questions did you begin the ERI journey with? Where are you vis-à-vis the questions?
- How did you experience yourself in the Lab? What notions about yourself have been reinforced or modified? What new discoveries if any have you made about yourself
- What happened? What did you discover about yourself?
- In what ways has your worldview been reinforced or modified by this experience?
- What are the significant processes that you have observed at the group/community levels?
- What in your view are some of the significant issues/dilemmas of living in today's world?
- What structures of thought and feeling have you created for yourself? How do these impact your meaning making and choice making?
- What new beginnings if any have you made? How would you like to carry it forward?

This reflection log maybe in prose, poetry, drama or painting. You may need to decode an abstract form to some extent for the faculty to understand your reflection.

**The reflection log needs to be submitted before you leave Dasada** to your respective faculty facilitators.

### **ASSIGNMENT II (60 percent)**

An autobiography relating to the learning, concepts and experience reflected in the ERI. This autobiography must be written only two weeks after the ERI experience. The last section of your autobiography may also include your thoughts for the future.

Submissions will be made on email. You are also expected to read some books that are highly reflective of personal journeys and growth in preparation for writing the autobiography. A section of the autobiography must include lessons you draw from such masters.

We will also give you some reading during the course or after the completion of the course. You may wish to integrate insights from those into your autobiography.

### **A Preliminary (Tentative) List of Suggested Books to Read**

1. *Notes to Myself* - Hugh Prather

2. *The Road Less Traveled* – M. Scott Peck
3. *Mans Search for Meaning* - Victor Frankl
4. *The Pleasantries of the Incredible: Mulla Nasrudin-Idries Shah*

### **Tentative Schedule**

<b>Day</b>	<b>Session 1</b>	<b>Session 2</b>	<b>Session 3</b>	<b>Session 4</b>	<b>Community session</b>
	Departure from IIMA (Early Morning)				
Day 1	10:00 am- 12:00 noon	12:30-2:00 pm	3:00-4:30 pm	5:00-6:30 pm	
Day 2	10:00 am- 12:00 noon	12:30-2:00 pm	3:00-4:30 pm	5:00-6:30 pm	
Day 3	10:00 am- 12:00 noon	12:30-2:00 pm	3:00-4:30 pm	5:00-6:30 pm	8:00 to 9:30 pm
Day 4	10:00 am- 12:00 noon	12:30-2:00 pm	3:00-4:30 pm	5:00-6:30 pm	
Day 5	9:30 am- 11:00 am	11:30 am- 1:30 pm Closing Community	Getting back to IIMA		

Trip to the Rann (either of Day 4 or Day 5) will be announced at the event. The trip is voluntary. There will be a small charge for the trip. Details will be announced during the course.