



**SUBJECT: MINDFULNESS**

Semester: 2	Subject Code: MBC-LWEP/SK/	Lectures: 45
-------------	----------------------------	--------------

**Learning Outcomes:**

At the end of the course, the student will be equipped to:

- Carry out experiential learning of mindfulness through formal and informal practices.
- Understand the philosophical underpinnings of mindfulness.
- Apply mindfulness in counseling.
- Generate research findings on mindfulness.

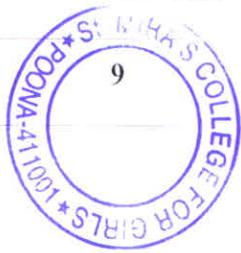
**Unit 1: Anchors for Mindfulness Practices**

9

- Mindfulness of Breath, Body (Soma) & Body in Movement
- Mindfulness of Sound, Thoughts, Presence

Board Of Studies	Name	Signature
Chairperson (HOD)	Dr. Jaya Rajgopalan	<i>Jaya</i>
Faculty	Ms. Sharmin Palsetia	<i>Sharmin</i>
Faculty	Ms. Hasina Shaikh	<i>Hasina</i>
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>Sairaj</i>
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	<i>Amruta</i>
Industry Expert	Ms. Sandy Dias Andrade	<i>Andrade S</i>
Alumni	Ms. Trupti Poduval	<i>Trupti</i>
Industry Expert	Shilpa Salve	<i>Shilpa</i>
Industry Expert	Benaifer Jesia	<i>Benaifer</i>

Coordinator



### Unit 2: Relational Mindfulness

- Applications of Mindfulness in Everyday Life
- Relational Mindfulness
- Self-Compassion and its role in empathy
- The holding environment

9

### Unit 3: Research Findings

- Research findings from studies on Mindfulness
- Contraindications in using Mindfulness

9

### Unit 4: Mindfulness and Listening

- Mindfulness in the listening Process
- Similarities and differences in Mindfulness Mediations and the Listening Process

9

### Unit 5: Philosophical Underpinnings of Mindfulness

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	<i>Jaya Rajgopalan</i>
Faculty	Ms. Sharmin Palsetia	<i>Sharmin Palsetia</i>
Faculty	Ms. Hasina Shaikh	<i>Hasina Shaikh</i>
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>Sairaj Patki</i>
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	<i>Amruta Oke</i>
Industry Expert	Ms. Sandy Dias Andrade	<i>Sandy Dias Andrade</i>
Alumni	Ms. Trupti Poduval	<i>Trupti Poduval</i>
Industry Expert	Shilpa Salve	<i>Shilpa Salve</i>
Industry Expert	Benaifer Jesia	<i>Benaifer Jesia</i>

Course Coordinator



- The three marks of existence
- Attachment and Aversion
- Key concepts from Buddhist Psychology, philosophy of Krishnamurthy and Advaita Philosophy as it applies to Presence, Mindfulness and Listening

# Practice sessions (30 hours)

# Mindfulness practice (80 hours)

# Assignments (22.5 hours)

Board Of Studies	Name	Signature	Course Coordinator
Chairperson (HoD)	Dr. Jaya Rajgopalan	<i>Jaya</i>	
Faculty	Ms. Sharmin Palsetia	<i>Sharmin Palsetia</i>	
Faculty	Ms. Hasina Shaikh	<i>Hasina Shaikh</i>	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>Sairaj Patki</i>	
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar		
VC Nominee	Dr. Amruta Oke	<i>Amruta Oke</i>	
Industry Expert	Ms. Sandy Dias Andrade	<i>Andrade S</i>	
Alumni	Ms. Trupti Poduval	<i>Trupti Poduval</i>	
Industry Expert	Shilpa Salve	<i>Shilpa Salve</i>	
Industry Expert	Benaifer Jesia	<i>Benaifer Jesia</i>	