



YOGA AND POSITIVE PSYCHOLOGY FOR MANAGING CAREER AND LIFE

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INTENDED AUDIENCE : BTech and BE students of 3rd or 4th Year, MBA students, Working professionals, Researchers and Teachers in Yoga

INDUSTRY SUPPORT : There are many business organizations which promote Yoga and Positive psychology for the enhancing wellbeing of their employees. Employees and Managers of L&OD functions of the corporates will value this course.

COURSE OUTLINE :

Management is commonly understood as getting maximum returns from the available resources to achieve valued objectives. Management involves managing money, material, machine and men. While first three factors can be managed in objective manner when it comes to managing 'men' it is essentially managing 'minds'. To manage or lead minds of others a manager needs to manage his or her own mind. Managing mind which can also be termed as managing 'self' requires systematic reflection on 'self'. The course is weaved around the methods of strengthening of physical, emotional, intellectual aspects of 'self' based on the principles and practices of Yoga and Positive Psychology.

ABOUT INSTRUCTOR :

Prof. Ashish Pandey is Associate Professor with joined Shailesh J. Mehta School of Management (SJMSOM) in Indian Institute of Technology (I.I.T.) Bombay in Mumbai. Ashish completed Fellow Program in Management from Management Development Institute, Gurgaon, India in 2007. His research areas are Yoga, Positive Psychology and Spirituality in management. His research work awarded at the forums held in IISc Bangalore (2006 and 2018), IIM Indore (2006), Infosys Leadership Institute Mysore (2006), Fowler Centre in Case Western Reserve University (2017), Academy of Management meeting (2019), Indian Academy of Management (2020). His research papers, and approach notes have appeared in globally reputed journals and periodical like Journal of Management, Journal of Business Ethics; Business Ethics: European Review, Pfeiffer Annual of training and consulting. He also writes columns for Times of India and Economic Times. Prof Ashish has been regularly engaged with various organizations and institutions for leadership and organization development work. Ashish has been a visiting faculty with IIM Ahmedabad, MDI Gurgaon and TISS, Mumbai. He is a visiting faculty at Indian Institute of Management Ahmedabad wherein he offers the sessions based on Yoga and Positive Psychology.

COURSE PLAN :

Week 1: Positive Psychology, Yoga and Indian Psychology: Introduction and Connections

Week 2: Realizing Flourishing and Authentic Happiness in Career and Life

Week 3: Body Mind Connections for Managing Career and Life: Ayurveda and Yoga

Week 4: Nurturing Positive Emotions: Perspective from Positive Psychology and Indian Psychology

Week 5: Building Positive Relationship in Life and at Work

Week 6: Discovering Meaning and Purpose in Career and Life

Week 7: Psychotherapy in Indian Psychology and Yoga Tradition

Week 8: Application of the Concepts of Positive Psychology and Yoga at Workplace