



YOGA AND POSITIVE PSYCHOLOGY FOR MANAGING CAREER AND LIFE

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INTENDED AUDIENCE: UG and PG students of science, engineering, management, social sciences, 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 Shailesh J. Mehta School of Management, Indian Institute of Technology Bombay, Mumbai where he teaches courses related to Organization Development, Human Resource Management, Self-Management and Leadership. Ashish regularly engages in consulting and training work for organization and leadership development with the organizations across industries and with many institutions of higher education. Ashish has published more than forty research articles in the field of Yoga and positive psychology, spirituality at workplace, mindfulness, business and society interface, and the best practices in management in globally reputed journals including Journal of Management, Journal of Business Ethics, Personnel Review etc. He has co-edited the volume on Indigenous Indian Management published by Palgrave MacMillan. He sits in the editorial and review boards of international journals like Frontiers in Psychology and Humanistic Management Journal. His research is recognized with awards and fellowships at forums held at Indian Academy of Management, Academy of Management, USA, Fowler Centre of Case Western University, Indian Institute of Sciences etc.

COURSE PLAN:

Week 1

- I. Need for the Course on Managing Self
- II. Why Positive Psychology and Yoga in this Course?
- III. Positive Psychology: First and Second Wave

Week 2

- I. Yoga from the Lens of Positive Psychology
- II. Yogic Perspective of Positive Events and Positive Institutions
- III. Yogic Perspective of Governance and Micro Macro Integration of Life

Week 3

- I. Health and Wellbeing: Perspectives from Positive Psychology, Yoga and Ayurveda
- II. Human Self and Ladder of Joy: Yogic, Sankhya and Vedantic Perspective

Week 4

- I. TattvaBodh and Indriyajaya:Ways of Attaining Wellbeing
- II. DharmahKriya and Sukhayu-Hitayu:Ways of Attaining Wellbeing

Week 5

- I. Kleshas: The Obstacles on the Way of Attaining Wellbeing
- II. Shat Sampatti: The Means to Surpass the Obstacles on the Way of Attaining Wellbeing

Week 6

- I. Realms and Types of Interventions for Managing Self and Career
- II. Food as the First Intervention for Managing Self
- III. Asanas as the Intervention for Managing Self and Career

Week 7

- I. Prana and Types of Pranayam
- II. Pranayams as the Intervention for Managing Self and Career
- III. Pratyahara as the Intervention for Managing Self and Career

Week 8

- I. Yogic Intervention for Managing Emotions
- II. Yogic Intervention for Making Mind a Friend