

Syllabus of Sanctuary

Course code-VA-1

Course Title: -Sanctuary-Art of Living

Course Objectives-

- Enrich the youth with vital truths of spiritual life and make them lovers_of Indian ideals and culture.
- Develop true knowledge of young students by educating them on practicing humility.
- Educate students to respect all races and religions
- Prepare them to use logic and processes of the mind (competence) and to compliment it with character building (using heart).
- Nurture the process of education as an instrument of service to the poor, needy and voice less (world of animals). All of them need to be served.

Unit no	Contents	No. of sessions
1	Values and Ethics: from corporate and spiritual angles Respect-to do the things right Reliability-integrity and competence Resourcefulness- creativity Reverence for life-CSR, sustainability, Animal rights, nonviolence Believe and Achieve- Motivational speeches, Videos, Reflection and thoughts of- eminent speakers	6 weeks
2	Universal Values-Right conduct, Peace, Truth, Love, Non-violence, contentment, Integrity, devotion, service, co- existence, justice, Empathy,	4 weeks
3	Leadership with Values-Value based leadership. Importance of Value based leaders in the national and global context, Important traits of value based leaders.	4 weeks
4	Essentials of Religions-Spiritual masters and spirituality. Important teachings on spirituality and values. Personal development and Spirituality.	4 weeks
5	Self- Management- I-Goal setting, Self-Motivation, Positive Attitude, Self-confidence, healthy life style, Stress Management, Time Management, organizational skills	4 weeks
6	Self- management- II - Overcoming-fear, anger and temptations, learn forgiveness Believe and achieve, character building, gratitude,	4 weeks
7	Personal success-Personal achievement, career planning, Good work habits, Creativity, healthy life style, self -discipline, Therapy of giving, balanced diet.	4 weeks
8	Failure Management and Learnings Biographies of leaders with background of failures, developing Students to accept failures as part Learning, Emotional stability in case of frustration.	4 weeks
9	Every day one session of meditation for ½ hours Followed by the preachings of spiritual masters, eminent philosophers and guides	4 weeks
10	Sessions by Dr Shanti Pamnani on great spiritual master reverent shree Sadhu Vaswani	4 weeks