



SYMBIOSIS COLLEGE OF ARTS AND COMMERCE

An Empowered Autonomous College | Under Savitribai Phule Pune University

Reaccredited 'A+' with 3.51 CGPA For Third Cycle By NAAC | College with Potential for Excellence

UG Curriculum

PROGRAM	BA	BA(Hon)	B.Com	B.Com(Hon)	M.Com	MA - Eng	MA- Eco	MA- Psy
Tick ✓								
SEMESTER	1	2	3	4	5	6	7	8
Tick ✓								

SPECIALIZATIONS									
BA	Eco	Eng	Psy	Gen					
Tick ✓									
BCOM	Costing	Banking	Entrep	MKT	Fin & Acc	Mgt Acc	HRM	Bus Analytics	Gen
Tick ✓									

Name of the Department	Symbiosis Centre for Liberal Arts
Name of Head of Department	Prof.Dr.Hilda David
Title of the Course	Hypnotherapy and Other Parapsychological Therapeutic Modalities
Course Code	HS05
Type of Course (New / Revised)	New
Number of Credits	3

Course Outcomes

CO 1: Define a variety of alternative yet simple, self-empowering modalities based on the mind-body-soul connect.

CO 2: Describe each of the modalities, which are aimed at contributing greater ease and joy to every aspect of their lives reducing everyday stress and enhancing productivity.

CO 3: Applying practical knowledge especially to the students of psychology.

CO 4: Explaining the world of alternative and holistic therapies.

CO 5: Debating conventional psychotherapeutic practices.

DETAILS OF SYLLABUS

UNIT NUMBER	DETAILS	NUMBER OF LECTURES
1	Explaining what an integrated approach to therapy means (the cycle from thought-emotion-physical manifestation).	5



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2	Mind: a) Theory of Mind. b) Introduction to hypnotherapy: Science and Philosophy; Uses, applications and indications; Self Hypnosis; Basic hypnotherapy technique to plant positive suggestions. (Students will be taught self-hypnosis and the basic technique which they will practise on each other) c) Science and Philosophy behind utilising positive affirmations, mantras and Ho'oponono. d) Simple techniques to reduce the number of thoughts (based on the philosophy of Access Consciousness). e) Emotional Freedom Technique(EFT)/ Tapping Technique: Science and Philosophy; Uses and Applications (easy technique to reduce anxiety and apprehension in a matter of few minutes.) * A movie will also be screened so as to understand the mind and how it works. f) Introduction to NLP.	12
3	Body: a) Importance of the physical body and the awareness that the body gives us. a) Getting in touch with one's body (Learning how to listen and talk to the body) b) Basic Muscle testing exercise / Introduction to Kinesiology. c) Understanding the 7 major chakras of the body and how it affects one's constitution. d) A few visual guidance techniques to scan the body organs to find out the functioning levels of each.	12
4	Soul: a) An introduction to the concept of energy bodies as per Indian and Buddhist Philosophies. b) An introduction to the various energy healing modalities: Science and Philosophy; Uses and applications.	11
5	How to create an integrated approach utilizing all the above techniques.	5
	Total Number of Hours	45

Reference List

- Hypnotherapy Manual: Based on California Hypnosis Institute of India (EKAA)
- EFT Manual: Gary Craig
- Chakra System: Caroline Myss
- Access Consciousness: Gary Douglas and Dr. Dain Heer

Hilda J. David

Prof.Prof.Dr.Hilda David

Name and Sign of Head