



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 Analytic s	Gen
Tick ✓									

Name of the Department	Symbiosis Centre for Liberal Arts
Name of Head of Department	Prof.Dr.Hilda David
Title of the Course	Learning to Unlearn
Course Code	HS15
Type of Course (New / Revised)	New
Number of Credits	3

Course Outcomes
CO 1: Examine the principles of Unlearning
CO 2: Classify the role of the unconscious and sub conscious mind in unlearning
CO 3: Determine self-defeating thought patterns and behaviours.
CO 4: Explain students with the cultural perspectives of Unlearning.
CO 5: Classifying concepts, and the unlearning lifestyle in everyday life.

DETAILS OF SYLLABUS		
UNIT NUMBER	DETAILS	NUMBER OF LECTURES



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

1	Understanding the Role of Unlearning: i. Concept and Origin of Unlearning ii. Importance of applying the concept in our day to day life iii. Methods to practice unlearning iv. Challenges and Fears	10
2	Role of Perceptions and Experiences in the Process of Unlearning: i. Creation of our mental maps ii. Challenging self-defeating thought processes iii. Re-experiencing distressing events iv. Re shaping beliefs	12
3	Socio-Cultural Issues and Unlearning: i. Indian culture and Unlearning ii. The impact of expectations and demands iii. The prevalence of Biases and Prejudices in society iv. The powerful impact of Change agents	12
4	Developing Emotional Resilience: i. The power and impact of strong emotional experiences ii. Awareness and Acceptance iii. Developing an Emotional Balance iv. Mindfulness and Meditative Techniques	11
	Total Number of Hours	45
Reference List		
Un Learn : 101 Simple Truths for a Better Life		

Prof.Dr.Hilda David

Name and Sign of Head