



Symbiosis College of Arts and Commerce
 (An Autonomous College Affiliated to University of Pune)
 INTERDISCIPLINARY COURSE FOR 'DEGREE WITH HONOURS'
 PROGRAMME

Title of the Course: DISSOLVE THE BOUNDARIES

No. of Hours: 45

Course Code: 40311I16

Name of The Faculty: Mrs. Jasmina Kumar

Learning Outcome	<p>CO 1: Define and understand the role of communication in inter-personal relationships. (working upon your verbal and non-verbal for greater impact)</p> <p>CO 2: Explain the automatic phenomenon of self-talk and its effect on thought patterns. (inducing positive self-talk deliberately and watching the change in thoughts and personality, experimenting with self-affirmations) To become aware of the EQ in oneself and make attempts to raise its levels. (taking tests and working on feedbacks)</p> <p>CO 3: Discover the EQ in oneself and make attempts to raise its levels. (taking tests and working on feedbacks)</p> <p>CO 4: Focus on the conscious of how family, institutions and society create norms and belief systems. (observe healthy and unhealthy boundaries created)</p> <p>CO 5: Consider thoughts and philosophy of eminent thinkers and seekers of truth and knowledge.</p>
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Unit	Contents of the syllabus	Number of Lectures
1.	<ul style="list-style-type: none"> • Subtle power of effective inter-personal communication. • Impact of non-verbal communication in relationships. 	04
2.	<ul style="list-style-type: none"> • Self- communication • Awareness of self-talk and its impact on moods and self-motivation • Changing behavior through positive self-communication. 	04
3.	<ul style="list-style-type: none"> • E.Q.----The doorway to self-understanding and empathy towards others • Non-violent communication. 	08
4.	<ul style="list-style-type: none"> • Thinking outside the Box----There is no BOX • Creativity and visualization 	

		10
5.	Cultural norms and belief systems –how they impact our boundaries.	08
6.	Boundaries created by the ego---how, where ,and why	06
7	Book Review— Movie review	05
	Total number of Hours	45

Suggested Reference Book:

- The Language of Humor: An Introduction by Don L. F. Nilsen, Alleen Pace Nilsen
- Effective Communication Skills: by Daniel Greavestone
- Authentic Communication: by Kedren Crosby