



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

**Title of the Course: Inspired Living**

**No. Of Hours: 45**

**Course Code: 50413L16**

**Name of the Faculty: Ms. Simone Samuel**

**Course Learning Outcomes**

- Examine, understand and acknowledge oneself completely.
- Prepare the students to create a change in mindset, personality and attitudes.
- Stimulate to think out of the box and tune in to the limitless possibilities you possess.

**Teaching Methodology:**

- Lectures,
- Group Discussions
- Activities
- Visual Art Therapy.

Unit	Contents of the syllabus	Number of Hours
1.	Title: <b>Understanding Inspiration</b> 1.1 Meaning 1.2 Stories 1.3 Finding your source	<b>10</b>
2.	Title: <b>Understanding Self</b> 2.1 Meaning 2.2 Dimensions 2.3 Internal and External Factors	<b>15</b>
3.	Title: <b>Self Work and Acceptance</b> 3.1 Issues related to self	<b>10</b>

	<p>3.2 Removing the stigma</p> <p>3.3 Awareness and acceptance</p>	
4.	<p>Title: <b>The way ahead</b></p> <p>4.1 Exercises</p> <p>4.2 Activities</p>	<b>10</b>
	<b>Total Number of Hours</b>	<b>45</b>
	<p><b>Suggested Reference Books:</b></p> <ul style="list-style-type: none"> <li>• “The power of now” by Eckhart Tolle</li> <li>• “The untethered Soul” by Michael Singer</li> <li>• The Alchemist by Paul Coelho</li> <li>• The Art of Happiness by the Dalai Lama and Howard C. Cutler</li> <li>• The Better Angels of Our Nature by Steven Pinker</li> </ul>	