

Syllabus for a course titled “Selfology”

BACHELOR LEVEL

Course Title: Selfology

Credit Hours: 2 credits

Total Lectures: 20

Unit 1: Introduction to Selfology (Lectures 1-4)

Chapter 1: The Essence of Selfology

Introduction to Selfology and its importance
Understanding the scope and objectives of the course

Chapter 2: The Self: Beyond Body-Mind-Soul concepts

Exploring the multifaceted nature of the Self
Analysing the self within daily life contexts

Chapter 3: Traditional Views of the Self

Examining historical and cultural perspectives on the Self
Comparing Eastern and Western views

Unit 2: Understanding the Self from various perspectives (Lectures 5-11)

Chapter 4: The Biological Self

Evolution of the Self from non-living to living entities
Biological aspects of Self

Chapter 5: The Physical Self

Understanding the Self from classical to quantum scales
The role of physics in Self-exploration

Chapter 6: The Cosmic Self

Exploring the concept of the Self within the cosmos
Connection between the human Self and the universe

Chapter 7: The Psychological Self

Analysing the Self from psychosomatic to consciousness
Role of psychology in Self-exploration

Chapter 8: The Spiritual Self

Experiencing the Self beyond knowledge
Techniques for spiritual Self-discovery

Unit 3: Practical Aspects of Selfology (Lectures 12-15)

Chapter 9: The Practical Application of Selfology

Applying Self-knowledge in daily life
Strategies for personal growth and well-being

Chapter 10: The Future of Selfology

Exploring emerging trends and future directions in Selfology
Ethical considerations in Self-exploration

Chapter 11: Charting Your Selfological Journey

Self-assessment, goal setting, and personal development planning
Practical steps for a lifelong Selfological journey

Practical Sessions (Lectures 16-18)

Practical Session 1: Self-Reflection and Introspection

Guided activities for Self-reflection and introspection

Practical Session 2: Meditation for Self-Exploration

Introduction to meditation techniques for Self-discovery
Expert-led meditation practice

Practical Session 3: Group Discussion and Self-Analysis

Small group discussions and self-analysis exercises
Facilitated by the instructor

Lecture 19: Expert Lecture on Selfology

Guest lecture by an expert in the field of Selfology
In-depth insights and Q&A session

Lecture 20: Expert Lecture on Selfology

Conclusion: Synthesizing Selfology
Reflecting on key takeaways from the course
Encouraging continued Selfological exploration

This syllabus offers a comprehensive approach to “Selfology” course, including both theoretical and practical elements, expert insights, and references to a variety of books. Instructors can adjust specific textbooks based on availability and relevance.

Text Book: “**Selfology**”: Knowing Thyself – a scientific enquiry by Shibesh Kumar Jas Pacif

Reference Books:

1. “The Selfish Gene” by Richard Dawkins
2. “Cosmic Consciousness” by Richard M. Bucke
3. “The Power of Now: A Guide to Spiritual Enlightenment” by Eckhart Tolle
4. “The Road Less Travelled” by M. Scott Peck

References for Practical:

1. “The Miracle of Mindfulness” by Thich Nhat Hanh