

Syllabus for a course titled “Selfology”

HIGH SCHOOL LEVEL

Course Title: Selfology

Duration: 10 Weeks (1 class per week)

Target Age Group: 14-17 (Grades IX-XII)

Week 1: Introduction to Selfology

Session 1: What is Selfology?

An introduction to the course and its importance

Week 2: Exploring the Self

Session 2: The Multifaceted Self

Understanding that the Self is more than just body and mind

Week 3: Traditional Views of the Self

Session 3: Cultural and Historical Perspectives

Exploring how different cultures and eras view the Self

Week 4: The Self in Biology and Physics

Session 4: From Non-living to Quantum Self

Discovering how biology and physics contribute to Self-understanding

Week 5: The Self in the Cosmos

Session 5: The Cosmic Connection

How we connect with the universe and its impact on the Self

Week 6: The Psychological Self

Session 6: Understanding Your Mind

Learning about the mind’s role in shaping the Self

Week 7: The Spiritual Self

Session 7: Exploring Spirituality

Delving into the spiritual side of Self-exploration

Week 8: Practical Applications

Session 8: Applying Self-Knowledge

Learning how to use Self-knowledge in daily life

Week 9: The Future of Selfology

Session 9: What Lies Ahead

Exploring the future of Selfology and its possibilities

Week 10: Charting Your Selfological Journey and Conclusion

Session 10: Your Selfological Journey

Setting personal goals and planning for Self-discovery

Course conclusion and reflecting on the Selfological journey

Practical Sessions: Spread practical activities, Self-reflection, and meditation throughout the course, offering experiential learning and introspection opportunities.

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

This simplified syllabus offers a 10-week course with one class per week to introduce younger students to Selfology, encouraging Self-awareness and personal growth. The practical sessions can be adjusted to suit the age group’s needs and engagement.