

ESSENTIAL COURSE 2 credits with each subject for each semester

SIX-SIGMA HAPPINESS & MIND MECHANICS

Recovering the MIND from RANDOM to TANDEM

45 Hours

1 credit-practical (marked as *P to be provided on the YOL app)

30 hours

1 credit Lecture +Theory (marked as L and T against each unit. These are also delivered by the app

Total = 2 credits

COURSE OBJECTIVE:

1. To understand the substance and sustenance of Happiness
2. To provide an App based tool for sustained learning and practice of happiness
3. To Curate and Calibrate mind and optimizing it for awareness and Happiness
4. Improving and assessing IQ, EQ, Mindfulness, Social learning, Emotional learning, Mind map, Mind share, Happiness Index
5. Special weightage given to scores obtained per this course at Campus hire programs.

UNIT I

(6 Hrs L,T + 9 hrs P)

Introduction to happiness and blockchain of life- Introduction to Aspects of life- Introduction to the 6-sigma research methodology-

Aspects: Left Brain/ Rational/- Aspects: Right Brain/ Mindful/Tangible- Assessment

UNIT II (LEFT BRAIN-1)

(6 Hrs L,T + 9 hrs P)

Understanding, curating and calibrating 3 Left brain Aspects - Health and Fitness Vs 6 Sigma- Documents Vs 6 sigma -Family Vs 6 Sigma- Assessment

UNIT III (LEFT BRAIN-2)

(6 Hrs L,T + 9 hrs P)

Understanding, curating and calibrating on 3 Left brain Aspects - Friends Vs 6 Sigma - Entertainment Vs 6 Sigma – Assets & wallet Vs 6 Sigma-Assessment

UNIT IV (RIGHT BRAIN -1)

(6 Hrs L,T + 9 hrs P)

Understanding, curating and calibrating on 3 Right brain Aspects – Ambition & Desires Vs 6 Sigma - Conscience Vs 6 Sigma – Commitments Vs 6 Sigma- Assessment

UNIT V (RIGHT BRAIN-2)**(6 Hrs L,T + 9 hrs P)**

Understanding, curating and calibrating on 3 Right brain Aspects – Confessions Vs 6 Sigma - Dilemmas Vs 6 Sigma – Inhibitions Vs 6 Sigma- Assessment

TOTAL :**30 PERIODS L,T + 45 Hours P**

DETAILED SYLLABUS

Sl. No	Course Content/Modules	Content
1	Introduction to happiness and blockchain of life.	Lecture 1
2	Introduction to Aspects of life	Lecture 2
3	Introduction to the 6-sigma research methodology	Lecture 3
4	Aspects: Left Brain/ Rational/ Mindful/Tangible	Lecture 4
5	Health & Fitness Vs 6 sigma	Lecture 5
6	Documents Vs 6 sigma	Lecture 6
7	Outings & Interests Vs 6 sigma	Lecture 7
8	Wallet & Assets Vs 6 sigma	Lecture 8
9	Friends Vs 6 sigma	Lecture 9
10	Family & Pets Vs 6 sigma	Lecture 10
12	Aspects: Right brain/ Emotional/ Heartful/ Intangible	Lecture 11
13	Ambitions & Desires Vs 6 sigma	Lecture 13
14	Conscience Vs 6 sigma	Lecture 14
15	Dilemmas Vs 6 sigma	Lecture 15
16	Inhibitions & Challenges Vs 6 sigma	Lecture 16
17	Commitments & To do's Vs 6 sigma	Lecture 17
18	Confessions & regrets Vs 6 sigma	Lecture 18
19	Conclusion	Lecture 19
20	Test/ Seminar and Conferences	Lecture 20

Course Outcome:

- 1. Creates self-awareness in the surrounding digital mist**
- 2. Impacts and enhances the EQ (right brain) and IQ (left brain) of the student.**
- 3. Impacts and enhances the social and emotional learning of the student.**
- 4. The course will lead to the development of new neural pathways in the minds of students.**
- 5. Make learners more creative rather than consumptive in the current context of mindless**

consumption of digital content that is victimizing and overwhelming their sensory impulses.

6. Recovering and recalibrating minds from random to tandem

STUDY MATERIAL:

APP For use: YOL YourOneLife available on Android and iOS play-stores with the following logo



Books for study:

1. Six sigma happiness by Yogi (English)
2. Your One Life by YOGI (English)

Reference Books:

1. An idealist way of Life – S Radhakrishnan

<https://www.amazon.in/Idealist-View-Life-S-Radhakrishnan-ebook/dp/B015HGSON0>

YouTube Link:

<https://www.youtube.com/playlist?list=PLsPCQ8nePy6my0EewzUQL7DewUn7fMTRq>

The above is created by:

Yogi Kochhar

+919958585370

E mai: Yogi@yol.one