Course description and objectives:

This course is intended to:
1. Provide an opportunity for students to examine, understand and apply concepts related to inter-relation of body, mind, and spirit for happier, calmer and successful student life.
2. Open up new ways of experience and thinking to students.
3. Invite students to find ways to facilitate personal flourishing and live a meaningful life.
4. Situate and understand human spiritual experience in terms of latest scientific findings.
5. Give students know-how for applying the body, mind and spirit wisdom to their wellness and daily lifestyle.
6. Provide practical, hands-on and take-home tips about various relaxation and transformative techniques/practices.
7. An eight-week modified Mindfulness-based Stress Reduction (MBSR) program will be taught in the course (please see details and requirements on the page 5)

Requirements:
1. Attendance and participation in ALL aspects of class.
2. All readings as and where assigned.

Evaluation: Given the participative and interactive nature of the course content, evaluation will be based on instructor, peer observations and personal feedback. Students are encouraged to engage in explorative discussions and facilitative dialogues in class as well as on LearnLink. The following criteria will be employed for assessment:

1. Discussion (70%)- Read, understand and then engage in in-class or LearnLink discussions on
   a. Prophet 25% Oct 16, 23 & 30, 2017
   b. Chop wood carry water 45%

2. Group work (30%)- Students are randomly selected into groups for followings:
   a. In-class Presentations 20% Nov 27, 2017
   b. Submission of Research Summary 5% Nov 27, 2017
   c. Peer Evaluation 5%

Academic Honesty
Please refer to the Statement on Academic Ethics and the Senate Resolution on Academic Dishonesty as found in the Senate Policy Statements (page 2) and distributed at registration and available in the Senate Office.
Human Rights Code in the Classroom
Please see the McMaster Handbook for more information. We will also come up with locally agreeable human right conduct in the class.

Required Texts

Readings
Two prescribed books and other material handed or suggested in the class constitute the reading material for this course. This material along with additional information will comprise class discussions and basis of conceptual and practical element of the course. Required readings for each class are listed in the class schedule below. Nevertheless, the main emphasis of the course is to stimulate creative understanding of various topics covered in this course.

Important Notes
1. The course will at times involve physical touch by both instructor and by fellow students. The use of touch will be utilized in an appropriate manner as befitting to demonstration and class activities in respect to relaxation techniques and creative/play activities. No other motives are intended in these contexts. Students are requested to respect the personal territories of fellow students in class activities.
2. One-hour of each class is practical section and requires individual or group participation in various relaxations, yogic, meditative or allied activities. Please come dressed in appropriate loose clothes. Bring your own yoga mat or big beach towel.
3. Final Grade: Regular attendance in all parts of class, active participation in discussions and group work will add to the final marks. The final grading will be on the basis of your efforts in rising up to all the elements of evaluation set forth in this course. If you feel that you can demonstrate better understanding of the material and course content through alternative or additional means, please speak to your instructor.

The instructor, program and the university reserve the right to modify elements of the course during the term. The university may change the dates and deadlines for any or all courses in extreme circumstances. If modifications become necessary, reasonable notice and communication with the students will be given. Students will be provided with an explanation and an opportunity to comment. It is the responsibility of the student to check their McMaster email and the course website/LearnLink weekly during term. Any significant changes will be made in consultation with the BHSc Assistant Dean.

Sept 11  
Course Outline & Introductions
Practical: Knowing the anatomy of mind

Sept 18  
Tuning the body and mind. Tuning the Body, Play—Chapter 8, 9
If weather permits, we might go outside for a walk in local trails and participate in bonding exercises among the class members.
## Course Outline: Body, Mind, Spirit (3EO3) — Fall 2017

**McMASTER UNIVERSITY- HEALTH SCIENCES**

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<th>Date</th>
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<td><strong>Beginning and Learning — Chapter 1, 2</strong></td>
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<td><strong>Practicum</strong></td>
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<td><strong>Oct 2</strong></td>
<td><strong>Work &amp; Money — Chapter 6, 7</strong></td>
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<td><strong>Practicum</strong></td>
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<td><strong>Oct 16</strong></td>
<td><strong>Prophet — Part I Discussion</strong></td>
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<td><strong>Oct 23</strong></td>
<td><strong>Prophet — Part II Discussion</strong></td>
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<td><strong>Oct 30</strong></td>
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<td><strong>Nov 6</strong></td>
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<td><strong>Nov 13</strong></td>
<td><strong>Lifestyle, stress and spiritual hunger in the modern world</strong></td>
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<td><strong>An Open Discussion</strong></td>
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<td><strong>Nov 20</strong></td>
<td><strong>Choice of life and Open Discussion — Chapter 14, 15</strong></td>
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<td><strong>Catalyzing a Change — Tying the loose ends or loosening the tied ends</strong></td>
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<td><strong>Nov 27</strong></td>
<td><strong>Social &amp; Personal Action Conference</strong></td>
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<td></td>
<td><strong>Chapter 11, 12, 13</strong></td>
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<td><strong>Please turn overleaf for Social &amp; Personal Action Conference</strong></td>
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<td><strong>information</strong></td>
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<tr>
<td><strong>Dec 4</strong></td>
<td><strong>Conclusion of Body, Mind Spirit — Celebration and feedback</strong></td>
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| **Email:** LearnLink | **<< Dr. Parmjit Singh >>** | **Health Sciences** | **3** |
Social and Personal Action Conference (30%: 20+5+5%) — *Chapter 11, 12, 13*
November 28, 2017

This group conference is designed to test your knowledge and creativity in translating Body, Mind and Spirit wisdom into a variety of social, personal and environmental issues. You may choose one of the following topics for your presentations:

1. Mindful Governance/Politics
2. Changing educational paradigm
3. Environmental preservation/degradation: who and what causes it
4. Drugs and violence
5. Family relationships
6. Current health and education systems, their flaws and consequences
7. International politics
8. Poverty/economic growth
9. Universal peace
10. Or any other current or contemporary pressing issue

**Assessment Plan**

1. Importance of the topic
2. Organization and format of the presentation
3. Mode and quality of presentation
4. Importance and feasibility of suggestions made in presentation.

**Important Note**

Please give a brief history of the topic, its present status and future vision in the wake of your proposed interventions. **Submit written summary (about 3-4 pages, double-spaced) of your topic on the day of your presentation.** Time allocation for presentations will be discussed in the class.

**Things to remember in Body, Mind, Spirit**

1. The course will be in an interactive discussion and question-answer type format. In a discussion section, each student is expected to participate.
2. As this course pertains to life and living it productively, each student is expected to bring humorous stories/jokes (not explicit ones) to share with class during the *Break for Humor (Toning the mind)* in the middle of the each class.
3. Due to the participative nature of the course, each student is expected to contribute creatively to the class activities.
4. **Strive to make this course and your life a fun and productive venture.**
More important notes related to each class

Participation in each weekly class:
- Students will be paired and assigned to different weeks through lottery system to facilitate/lead/kick-start the discussion process in each class.
- Pairs will be encouraged to pick pertinent points/questions from course material which they think would make an interesting and enriching discussion.

Requirements for Practicum:
- Each student shall bring along the following things to each class:
  - A yoga mat or beach towel
  - A small foldable blanket to be used as prop
  - Any concerns or questions
- You should come dressed in loose and comfortable clothes (gym clothes are fine)