



Department of History

in Association with

'World Without Wars and Without Violence'

**Certificate Course (2020-2021)**

Name of the Certificate Course	Total Hours
<b>Certificate Course in Zero Violence Mindset</b>	<b>30</b>

**Learning Objectives:**

1. To introduce the basic concepts of zero violence mindset.
2. To introduce some relaxation techniques for stress-free life.
3. To introduce methods of violence management.
4. To manage problems of life and make life meaningful.

**Course outcome:** Students will be able to

- gain confidence in themselves.
- gain mental stability.
- empower themselves and make life meaningful
- understand the purpose of life.

**MODULE 1: Understanding Social Behaviour**

- Evolution
- Social violence and personal violence
- Intention, attention and interest
- Development and equilibrium

**MODULE II: Violence – Risk Factors**

- The principle of Pleasure
- Give and receive
- Depression and meaning of life
- Success and failures

**MODULE III: Management of Violence**

- Goals in life
- Relaxation technique – External muscular relaxation, internal relaxation and mental relaxation
- Work with images and guided experiences
- Effective time management and priorities

### **Essential Readings**

- 1. Mishra, B. K. (2009). Psychology-The study of Human Behaviour. New Delhi. PHILearning Pvt. Ltd.**
- 2. Baron, R. A. & Branscombe, N.R.(2016). Social Psychology. New Delhi, Pearson**
- 3. Fieldman, R .S. (2012). Psychology and your life. New Delhi: Tata McGraw HillEducation Pvt.Ltd.**
- 4. Luis A. Amman, Self Liberation, Barcelona, 1980.**
- 5. [www.silo.net](http://www.silo.net)**