

PREMISE & PROBLEM STATEMENT

Neuroplasticity in the mind makes it an easy accessory for the phone and social media. The result is that an average student's phone screen time is 6+ hours each day. This slices, dices and tosses their attention spans.

The short videos of 10-15 seconds seen by them cause synaptic pruning leading to connection and disconnection on screens that have no preceding or succeeding connection with each other and that adversely impacts their IQ. IQ is all about pattern recognition. This truncates context and now contextualizing any subject or theory becomes difficult given the synapses in the mind that occur every 15 seconds.

The above thus freezes the minds of these users in 15 seconds with no preceding or succeeding connect or context. Suicides occur in one such frame of 15 seconds. See attached video: <https://youtu.be/Gbyhzb18ffM?si=JLrRWOiRBMZdf3Uy>

Their engagement on social media where on their timelines they post comments like RIP, congratulations, Wow, looking good etc in quick succession. This adversely impacts their emotional senses as it is emotions that stimulate and produces enzymes. This impacts their endocrine system too.

Constantly watching the screen and disparate disconnected dots and imageries takes away from their situational awareness and students lack the ability to connect with their environment. They cannot speak for themselves for any more than a minute. Life is a connect and a sub text of the larger context of nature and surroundings. It is vital for students to recognize their social and emotional beings foremost in order to engage with the surroundings, peers, strangers, teachers, family etc.

The texting leading to clipping of words such as "I knw wht 2 do" clips the mind's ability too to respond formally and gracefully. It makes the user complacent, lackadaisical and casual in he hos behavior and interpersonal interactions.

Selfies lead to using of filters and showing themselves off as who they are not. This leads to self denial and foremost causes a trust issue between 'the person and her/himself'. That chasm deepens and manifests as a trust issue between peers, teachers and families etc leading to loneliness and seclusion.

NHRDN, (National Human resource development network, India) further cites a large concern around students hired from campuses. The pre-placement interviews do not display the mental, social and emotional state of the person and this causes huge challenges when integrating such fresh hires with the existing teams in an enterprise or in customer facing scenarios. It has taken up the cause of and with YOL and enterprises will soon be writing to campuses to share with the hiring teams the score obtained by the student on the YOL app across 9 parameters.

All of the above makes minds 'unavailable' for sustained learning or assimilation of anything that is taught. Students forget anything taught to them with the speed at which they forget what they view, state or like on their social media.

The proposed syllabus restores and calibrates the dominant mind around the 12 aspects of life. 6 of which are left brained and 6 of which are right brained.

Course and syllabus attached below:

SIX-SIGMA HAPPINESS & MIND MECHANICS

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

****Hours - 1 credit Lecture +Theory (marked as L and T against each unit)

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

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)

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)

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)

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)

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

TOTAL :

*****PERIODS/**** Hours**

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>

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