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PART-A C3 Evaluation Orientation Assignment

SELF AWARENESS AND EMPATHY

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SELF AWARENESS

Who are we?

This question might draw a picture of a human skeleton covered in layers of flesh and nerves, number of organs and brain. But, is that it? In the constant hustle and bustle of this ever-speeding world, we often tend to overlook the beauty and marvel of God's best creation, us humans.

In philosophy of self, self-awareness is the experience of one's own individuality. It is how an individual consciously knows and understands their own life.

There are two broad categories of self-awareness: internal self-awareness and external self-awareness.

Internal self-awareness - which represents how clearly we see our own values, passions, aspirations, fit with our environment, reactions and impact on others.

External self-awareness - which means understanding how other people view us, in terms of those same factors listed above.

SELF AWARENESS: THE MODEL DESCRIBED IN ANCIENT INDIAN TEXTS.

The main embodiment of all Indian Literature is the teachings on Supreme Self which is interpreted as the "main essence" of man and is our divine part. Upanishadic and Vedic

literature talks about this unitary divinity called Atma. In the Brihad-Aranyaka Upanishad, Atma created the universe. In the Chandogya Upanishad, this single god is called Brahman.

Every human being has an undying soul. By understanding yourself one arrives at the knowledge of Atma itself.

AWARENESS ABOUT OUR NATION

India is the mother of philosophy, mathematics and astronomy. As a civilization, ancient India was way ahead of any other contemporary civilization in mathematics, science and technology. The ancient Indian subcontinent developed its own system of writing, called Sanskrit. We remain unaware of all these achievements and continue glorifying and idolising the West. We must take lessons from our glorious past and inculcate them in formulating policies for the future.

PANCHAKOSHA

Panchakoshas(the five sheaths), are the layers of body that seemingly cover the Atman.

The Panchakoshas are listed as follows -

1. Annamaya Kosha - The food sheath
2. Pranamaya Kosha - The vital energy or breath sheath
3. Manomaya Kosha - The mind sheath
4. Vijnanamaya Kosha - The intellect sheath
5. Anandamaya Kosha - The bliss sheath

Pancha Koshas are divided in three bodies -

- The gross body *sthula sarira* - This body consists of Annamaya kosha and Pranamaya Kosha.
- the subtle body *suksma sarira* - This body consists of Manomaya Kosha and Vijanamaya Kosha.
- the causal body *karana sarira* - This body consists of Anandamaya Kosha.

The *atman* is behind the *Pancha Koshas*. The *Sthula sarira* is the *Annamayakosha*. The *Suksma sarira* is made up of the *Pranamayakosha*, the *Manomayakosha* and the *Vigyanamayakosha*.

CONCEPT OF PRANA

Prana is an Indian Sanskrit word for Life Force or Vital Energy and an important concept in Thai Traditional Medicine, notably in [Thai Massage](#).

Vayus, according to the *Nisvasattvasamhita Nayasutra*

Vayu	Location	Responsibility
Prana	Heart	Talking, laughing, singing, dancing, fighting, the arts, crafts, tasks
Apana (downward breath)	Anus	Lets food and drink enter body, waste move down and out of body.
Udana (upward breath)	Throat	Sneezing, hiccuping, vomiting, coughing.
Samana	Navel	Mixes what is eaten and drunk.
Vyana	All the joints	Horripilation , sweating, stomach pain, bending of limbs, sense of touch.

7CHAKRAS

Chakra is an old Sanskrit word that literally means *wheel*.

This is because the life force, or *prana*, that moves inside of you is spinning and rotating. This spinning energy has 7 centers in your body, starting at the base of your spine and moving all the way up to the top of your head. In a healthy, balanced person, the 7 chakras provide the right balance. But, if one of your chakras spins too quickly, is blocked, or moves slowly, [your health will suffer](#).

- **The 1st chakra - Root Chakra - Muladhara**

The official name of this chakra, Muladhara, comes from the words Mula, which means root and Dhara, which means support.

- **2nd chakra- Sacral Chakra- Svadhisthana**

The 2nd chakra is the sacral chakra or svadhisthana which translates to "the place of the self."

- **The 3rd chakra- Solar Plexus -Manipura**

The 3rd chakra is the Solar Plexus or Manipura which translates to "lustrous gem."

- **The 4th chakra- Heart- Anahata**

The 4th chakra is the [Heart or Anahata chakra](#), which translates to "unhurt."

- **The 5th chakra- Throat- Vishuddha**

The 5th chakra is the [Throat chakra](#) or Vishuddha which translates to "very pure."

- **The 6th chakra- The ThirdEye - Ajna**

The 6th chakra is the [Third Eye Chakra Ajna](#) which translates to "beyond wisdom."

- **The 7th chakra- Crown - Sahasrara**

The 7th chakra is the Crown or Sahaswara, which translates to "thousand petaled."

EMPATHY AND MATURITY

Empathy is the capacity to understand or feel what another person is experiencing from within their frame of reference, that is, the capacity to place oneself in another's position.

Empathy definitions encompass a broad range of phenomena, including caring for other people and having a desire to help them; experiencing emotions that match another person's emotions; discerning what another person is thinking or feeling.

Following is a list of those attitudes and principles.

1. Seekers of self-mastery.

Mature people are passionate about self-development, psychology and understanding the inner workings of themselves and the workings of the world.

2. Emotionally intelligent.

Mature people have established the emotional intelligence necessary to understand that life's difficulties are the cutting edge of what distinguishes one from being a success or a failure.

3. Positive attitude.

A positive attitude comes naturally to the mature person. They have faith in the concept that with enough hard work, patience and persistence things will work out.

4. Independent.

Mature people have lived life and sought personal growth which allows them the freedom of their independence.

5. Delay gratification.

Mature people have found a way to ground themselves in self-control. They know that those things worthy of their time will require their patience, persistence and effort.

6. Truthful.

Mature people live with high integrity. They are committed to knowing, hearing and working within the truth no matter how hurtful or stressful that truth may be.

7. Responsible.

Those with maturity live successful lives because they spend zero time blaming others for their problems.

8. Gracious and giving.

Mature people live with a natural feeling of thankfulness and appreciation for the expansive range of people, events and circumstances in their lives. Mature people live with higher levels of happiness and lower levels of depression and stress.

In short, maturity is a choice for everyone. You realize that you control your own destiny."