

Art of Living

Course Objective and Outcome

Objective of the course

The Objectives of this course are –

- **Self Confidence:** All learners will have a strong belief that we all are inborn genius and that any dream is possible to achieve to create a difference.
- **Boldness:** They will become strong with critical thinking & creativity to accept the unacceptable in the face of unavoidable challenges in daily life.
- **Equity with Empathy:** They will have fundamental human & life skills including conscious self-awareness to learn and find how to do things in an empathetic and equitable way - a way that pleases the Creator.
- **Questioning:** They will not hesitate to ask any question to unleash inner genius and the genius of local & global collectives, towards building a Just Daffodil, Bangladesh, and World.
- **Values:** Learners will set, feel, and realize core human values and act with or reflect those in their daily life.
- **Learning to learn:** They will learn how to learn & will be able to criticize themselves.
- **Peace & Mutual Happiness:** All learners will achieve Emotional Intelligence (EQ) to create harmonious relationships with parents, family, friends & community in order to experience a good, peaceful, and mutually happy life.

Final Outcome

At the end of the semester SWBAT (Students Will Be Able To) –

- SWBAT know the necessity of Questioning, How to question, core values, and theories on goal setting for life.
- SWBAT create empathy, broaden the conception of people, moral concern, a sense of honor and decency, and strengthen responses to unjust conditions.
- SWBAT make humanitarian qualities as the basic tools for enjoying the journey from “I” to “We” to promote effective living in this precious world.
- SWBAT achieve competency to cope with rapidly changing world considering university as a place and platform to create knowledge and skills for their meaningful survival.
- SWBAT set her/his own goal for life with core values and can break down big goals into short term attainable goals.
- SWBAT evaluate situations & problems and can act like a resilient with empathetic and equitable way.