

## **IMPACT OF *HOLISTIC LIVING* COURSE IN THE CURRICULUM OF FIRST YEAR STUDENTS OF PSG INSTITUTE OF TECHNOLOGY AND APPLIED RESEARCH**

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### **ABSTRACT**

*Holistic living involves a range of philosophical orientations and pedagogical customs. Its core is on wholeness. It attempts to bring out manifold human experiences and also suggests that educational know-how upgrades a more balanced development and encourages the relationship with different aspects of the individual, namely, intellectual, physical, spiritual, emotional, social and aesthetic as well as the relationships between the individual and other people, the individual and natural environment, the inner self of the students and the external. This paper endeavors to understand the impact of introducing holistic living course in the curriculum of first year students of PSG Institute of Technology and Applied Research (PSGiTech). With the aim to evolve an interconnected and energetic pedagogy, holistic living classes have been incorporated in the curriculum to develop and nourish physical and mental health of the students. A total of 60 students responded to a questionnaire survey to measure their experience of attending holistic living course. Results indicate that Holistic Living course induces a positive move in the students' minds. Their participation in Yoga, meditation, and management games renewed their spirits among the conventional lecture hours.*

**KEYWORDS:** *Holistic Living, Intellectual, Spiritual, Pedagogy, Curriculum*

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### **Article History**

**Received: 20 Oct 2017 | Revised: 27 Dec 2017 | Accepted: 19 Jan 2018**

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