

A Call to Action



Applying Instructional Design Strategies that
Promote Holistic Learner Wellness

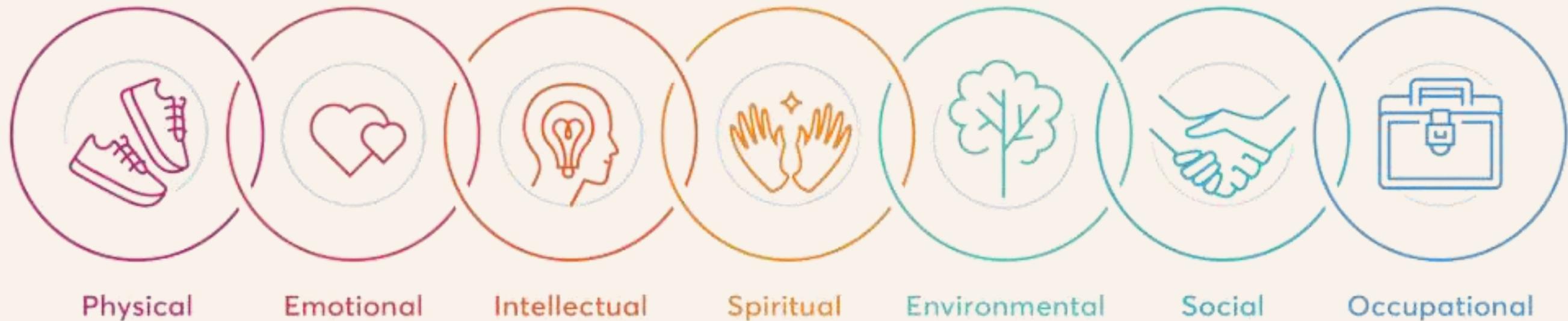




Whole Learner
Wellness

7 DOMAINS OF WELLNESS

KEY DIMENSIONS THAT CONTRIBUTE TO OVERALL
HEALTH & QUALITY OF LIFE





Extending Learner Support

- Combat the learner retention crisis
 - Reduce marginalization
 - Increase feelings of self-worth
 - Support life boundaries
-

Merging Wellness with
Quality Matters



Course Overview

& Introduction

- Getting started
 - Course purpose and structure
 - Communication expectations
 - Technology requirements
 - Policies
 - Bios and introductions
-
- *How are we committed to your personal growth?*
 - *How will we support you holistically?*

Home
Modules
Syllabus
Zoom
Microsoft OneDrive
Course Evaluations
MIU Online Student Orientation
Online Course Policies
Student Resources
TM Connect

Greetings! Welcome to PH 412



Thank you for taking this educational journey!

To begin interacting with the course content, read below about what you will learn and how you can succeed in the course. When you are finished, you can visit the "modules" button in the course navigation panel to the left of the screen. In your introductory module, you can learn more about your instructor and introduce yourself to the learning community in your first discussion forum assignment.

I look forward to learning with you!

Vd. Ruchi Sharma

What you will Learn?

Gain the knowledge and skills for identifying, describing, and using 60 common individual medicinal plants, 25 classical Ayurvedic herbal formulations, and 55 Maharishi Ayurveda Products Incorporated (MAPI) products for one's own or a client's wellbeing.





SCI Principle of the Module

The Whole is Contained in Every Part

As clinicians, understanding the connections between the body, mind, senses, and state of Being is fundamental. One's receptivity to assimilate through proper recommendation and precision in preparation is potentially enlivened or dampened by our course of action and the receptivity/compliance of the client.

The client also needs the guidance of the clinician to see the value of every part and its ability to influence wholeness.



Module Learning Objectives

1. **Explain:** Explain the link between various dosage forms in Ayurveda and patient compatibility and palatability. (CLO 2, 5)
2. **Examine:** Examine the heart as the seat of consciousness as related to direct thought and heart health to treat health conditions rooted in genetics or choice (CLO 2, 3, 4, 6).
3. **Identify:** Identify how herbs that have common properties and similar modes of action act together. (CLO 1, 2, 6)



Main Points

- Classical Ayurvedic texts mention that different dosage forms can be made by the *Yukti* of the physician involving the principle of *Samyoga* (physical/divine connection) converting into another dosage form.
- The heart is not just a physical entity; it is the seat of consciousness
- Hormones are a product of our experiences and their effect on our physiology
- Balance of the mind, body, and Atma are key in maintaining equilibrium



Learning Objectives

- Measurable outcomes
- Vertical alignment consistency
- Learner's perspective
- Prominent location
- Clear link from activities to outcomes
- Suitability to the course level

- *How will these learning objectives support your wellness outside of the classroom?*

- *How can your health improve through the completion of learning objectives?*

Assessment & Measurement

Shared DISCOVERIES

- Achieve stated learning objectives
- Clear grading policies
- Clear evaluation criteria
- Variety and suitability
- Progress-tracking opportunities

- *How can assessments enrich your life outside of the classroom?*

- *How can you improve your academics and others areas of life simultaneously?*

- *Identify* the main tastes among the six tastes (sweet, sour, salty, pungent, bitter or astringent).
- *Integrate* other herbs/spices you think might have similar tastes to these.
- *Explain* the Virya of these different herbs/spices.
- *Summarize* the value of this Science of Consciousness by expressing what you have learned and how transcendental consciousness helps you differentiate qualities of the 6 tastes.

COMMUNITY FORUM

THIS WEEK, TASTE THE FOLLOWING
HERBS/SPICES:



Ginger

Ginger (*Zingiber officinale*) is a plant native to Asia. The ginger spice comes from the roots of the plant. It's used as a food flavoring and medicine.



Fennel

Fennel (*Foeniculum vulgare*) is an aromatic European plant of the parsley family. The dried seeds are used in food. The dried seeds and oil are also used as medicine.



Cinnamon

Cinnamon (*Cinnamomum verum*) is an aromatic spice made from peeled, dried, or rolled bark of a Southeast Asian tree. It is used in traditional medicine and added to many foods for cooking and baking.

5 Basic Elements Assignment



Assignment Objective

This assignment asks that you engage your senses to understand the universality of pancha mahabhutas.



Pause for Wellness

Each week, students will take a moment to replenish their minds with rest and nourish their physiology with activity.

Instructional Materials

- Contribute to the achievement of outcomes
- Support the completion of learning activities
- Properly referenced
- Up-to-date in theory/discipline
- Varied

- *How will these instructional materials support dual knowledge of the discipline and your well-being?*

- *How can increased awareness lead to better health choices and life balances?*

Modules

Syllabus

Zoom

Microsoft OneDrive

Course Evaluations

MIU Online Student
Orientation

Online Course
Policies

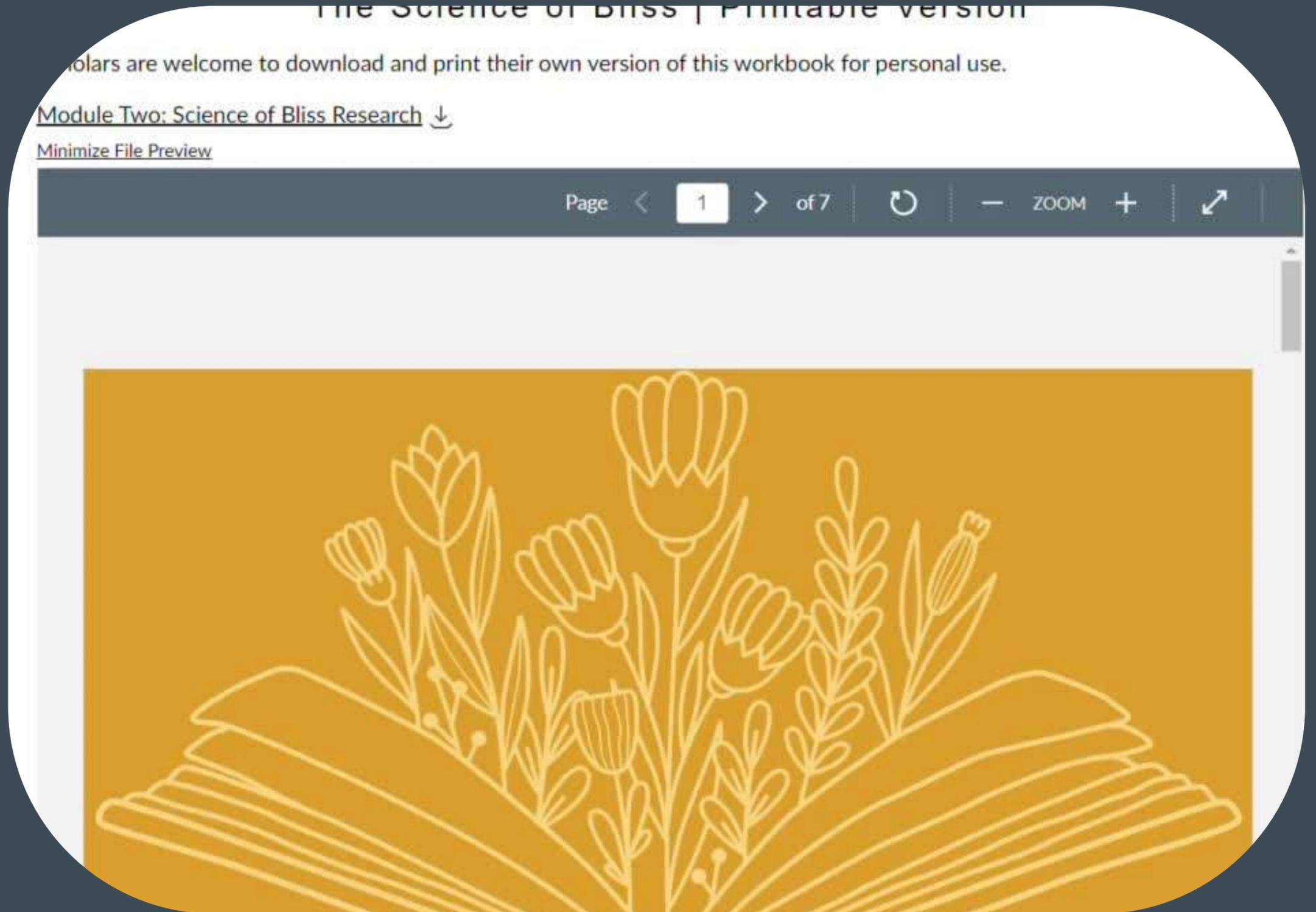
Student Resources

TM Connect

Learning Activities & Learner Interaction

- Contribute to the achievement of outcomes
- Support active learning
- Clear instructor interaction plan
- Clear interaction requirements

- *How can learning activities foster individual and group well-being?*
- *How can learning activities offer reflective moments or opportunities to track holistic wellness?*



- Home
- Modules
- Announcements
- Syllabus
- Grades
- Zoom
- New Analytics
- My Echo360 Library
- Microsoft OneDrive
- Course Evaluations
- Outcomes 
- People 
- Discussions 
- Assignments 
- Pages 
- Files 
- Quizzes 
- BigBlueButton 
- Rubrics 
- Collaborations 
- Ally Course Accessibility Report
- Online Student

Now that you have learned about the different actions of herbs, we want you to take your pulse and become your own client. Choose one of herbs you've learned about this week that you would recommend yourself to take.



Pause for Wellness

These breaks in activity are meant as a tool encouraging each student to give themselves permission to experience incorporating periods of rest between the dynamic activity of critical and holistic thinking.

Before organizing to complete your next assignment, watch and follow along with this breathwork tutorial. Note any changes in your capacity to be calm or stay focused on the task ahead. For optimum benefits, engage in this practice at least twice daily.

Before you begin your assignment:

Step 1: Read (*at minimum*) the abstract and discussion sections of the attached research articles in your "Science of Bliss II" section.

Step 2: Immediately **before** you begin working on your next assignment, watch the short video (below) demonstrating alternate nostril breathing and follow along.

Step 3: Complete your assignment.

Post Assignment Self Reflection: Did I notice any shifts in my mood, emotions? Did I feel more clarity as I began my homework assessment?

- Take a few moments to take some deep breaths. If you are familiar with *pranayama*, even taking 30 seconds to bring some oxygen that will support right/left brain coherence



Course Technology

- Support the learning objectives
- Promote engagement and active learning
- Varied
- Protect learner privacy

- *How can these technologies provide a platform to explore your health and well-being?*

Learner Support

- Technical support
- Accessibility services
- Academic support
- Student services

- *What are non-academic and non-technical resources?*
- *How can non-academic resources support your health and well-being?*

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Nonacademic Resources

Dimensions of Personal Well-Being



Tips and Support for Individual Fulfillment

Our goal is to provide learners with more than an education, but with opportunities for personal growth in all dimensions of well-being. This means fostering an environment of emotional, physical, intellectual, social, environmental, occupational, and spiritual growth. Click on each of the headings below to learn more about these dimensions of wellness and accompanying resources to help you in your personal and professional growth journey.

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Accessibility Services

Maharishi International University, in compliance with Section 504 of the Rehabilitation Act of 1973, as amended, and with the Americans with Disabilities Act of 1990 (ADA), recognizes that qualified students who have diagnosed or identified disabilities are entitled to benefit from the educational programs of the University if reasonable accommodations can be arranged.

Costs associated with diagnosis, evaluation, and testing are the responsibility of the student except in cases of severe financial need demonstrated to, and upon the recommendation of, the Office of Student Financial Aid.

Accessibility & Usability

- Ease of use
- Readability
- Accessible texts and files
- Accessible multimedia
- Vendor accessibility commitment

• *What is the relationship between accessibility and wellness?*

• *What accessibility tools are you unaware of that can support your wellness?*



Frantisek Kupka (1912), Spheres of Newton

MATH 166 Geometry for the Artist

MAHARISHI INTERNATIONAL UNIVERSITY
www.miu.edu

Image: Frantisek Kupka (1912), Spheres of Newton.

Scholars, welcome to

Math 166: Geometry for the Artist: From Point to Infinity

This course consists of sixteen lessons organized into five themes: Introduction to the Course, Symmetry, Perspective, Fractals, and Geometry for the Artist. There are two lessons each week and each lesson has workshop activities as well as a graded assignment.

Please review each of the home page areas distinguished by their icon--***start here, syllabus, course overview chart, learning chart, technical support, class chat room, and modules***--to acquaint yourself with the course layout. To return to this page, be sure to click on the "home" tab in the left-hand navigation panel. Once you have oriented yourself with these specifics you may visit the "modules" area to peruse any documents you have yet to see in the course orientation materials module. When you have finished, you may begin your first weekly module.



Application

in Core Education

MATH 166

Geometry for the Artist

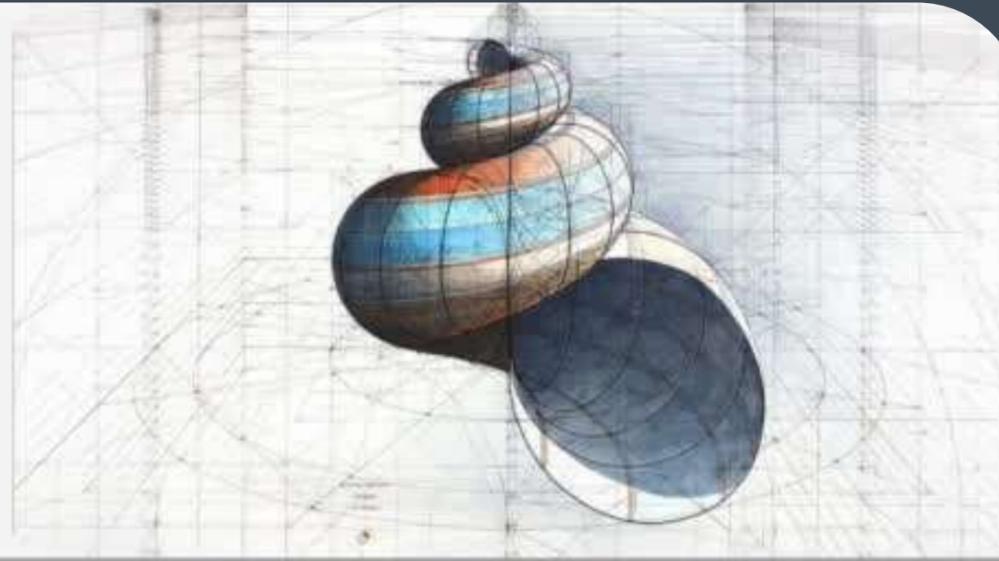


Image: Rafael Araujo (2022) 45 DEGREES CONE SHELL 2

Welcome to Module 2–Symmetry

In these lessons, you will make connections in symmetry and how these mathematical constituents intersect with the artist's journey. Gain a deeper understanding of the intersection between geometry and the artist, and how the use of geometric design principles can promote spiritual well-being and mindfulness in your creative process. You will have developed the skills and knowledge necessary to apply geometric concepts and principles to create visually stunning artworks that are both aesthetically pleasing and spiritually fulfilling.

By the end of this module you will be able to:



Application
of Wellness Domain

This discussion assignment aims to assess your connections between the video content and its relationship to the theme of this module. Please do not attempt this assignment until you have carefully reviewed the video lesson. **This lesson covers the following learning objective:**

MLO 3 Evaluate the relationship between the Transcendental Meditation technique and the goal of science and art.

Pause for Wellness

Spiritual Wellness (CLO 4, 6, 7)

Embracing a set of guiding beliefs, principles, or values are the root spiritual wellness. It envelops the hopes and commitment to our worldview that provide a sense of meaning and purpose. The willingness to seek meaning and purpose in human existence, to question everything and to appreciate the things which cannot be readily explained or understood expands our connection to all of existence.

Seeking harmony between what lies within as well as the forces outside aligns us with our true nature, the essence of spiritual wellbeing. Just as we are an expression of nature, what lies within the mind of the artist expresses its own inner intelligence. The consciousness alive within the vibrant ideas connects us to wholeness, grounding us the echoes of artistic deftness of our landscapes, our society, our philosophies, but they also remind us of the connection between human nature and our spiritual nature.

Tips and suggestions for optimal spiritual wellness:

- Spend time meditating regularly
- Be inquisitive and curious
- Be fully present in everything you do
- Listen with your heart and live by your principles
- Allow yourself and those around you the freedom to be who they are
- See opportunities for growth in the challenges life brings you

Webinar highlights: Maharishi delvers an exposition on how both art and science involve experimentation and exploration. Artists and scientists alike are driven by a sense of curiosity and a desire to push the boundaries of what is known and understood.

"One is systematized knowledge [sciences] and one is the systemized expression [arts] and both go hand in hand."

–Maharishi Mahesh Yogi



Application

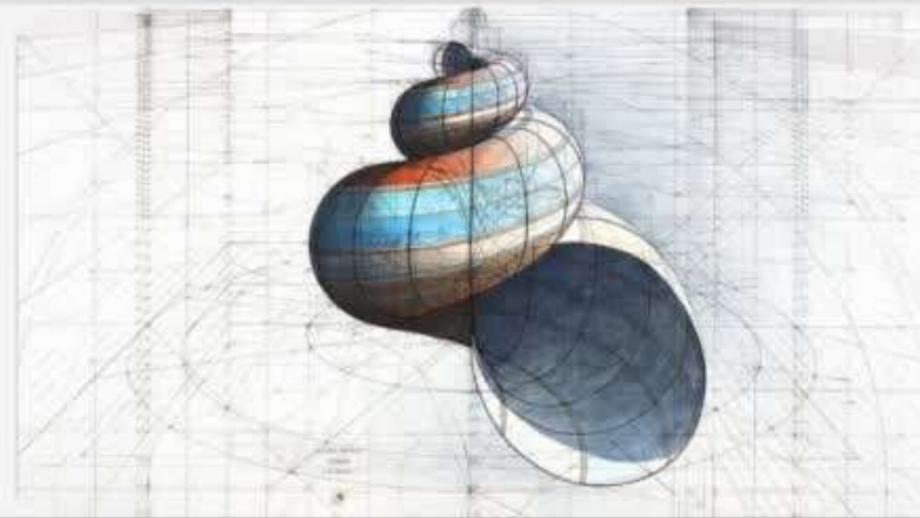
Introduce CLOs

CLO 4–Conduct individual research on how one artist has used geometry in their work

CLO 6–Identify the connection between geometric concepts and their source in the unified field of pure consciousness

CLO 7–Synthesize one's experiences with geometry in the form of a creative project

 MATH 166
Geometry for the Artist



Discussion | Share Your Appealing Points

This discussion assignment aims to assess your connections between the video content and its relationship to the theme of this module. Please do not attempt this assignment until you have carefully reviewed the video lesson. ***This lesson covers the following learning objective:***

MLO 3 Evaluate the relationship between the Transcendental Meditation technique and the goal of science and art.



Application
of Wellness Domain



Quality in Action

Generating Strategies

Questions & Answers



Thank You
for Joining Us



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