

VPM's Joshi Bedekar College, Thane

**Department of Philosophy, Psychology & Counseling Cell in association with
Department of Philosophy, University of Mumbai**

Organizes Value Added Course on

Title : 'Philosophical Praxis through Art'

Preamble :

Ever imagined how art might've come into existence? Narration of the courageous fight between man and an animal might have been the germ of storytelling, listening and imitating the beautiful sound of nature might've gave birth to music and the dream of being immortal on a surface through depiction might be where paintings were born. In every such attempt, man carved out a part of his being in his compositions and in turn those creations added a taste in his living. In this run towards money making business with the help of Art, we present you a course which aims towards developing the link between Art and the mental realm; to study Art in a way that it becomes a part of life and gives meaning to our existence and cultivates virtues in us.

Objective :

- 1) Introduction to various aspects of Philosophical Praxis
- 2) Importance of Aesthetics endeavors in building motivation and resilience in life.
- 3) Learning various methods of using art as a mode of therapy.

Syllabus :

AESTHETICS AND PRAXIS

- What is Aesthetics?
- Aesthetics and philosophical praxis
- Aesthetic pleasures as therapeutic measures

VIEWS ON AESTHETICS

- Indian views on Aesthetics

- Western views on Aesthetics: Plato, Kant, Heidegger
- Zen and the Art of living

AESTHETICS AND ITS PSYCHOLOGICAL PERSPECTIVE

- Psychology and Art therapy
- Humor and counselling

ART FORMS AND VIRTUE CULTIVATION

- Dance meditation
- Music, poetic expressions
- Drama and theaters

Curriculum :

Course duration : 2 week (3 hours per day) 30 hours

Eligible students : First, Second and Third Year BA students/ Post-Graduate students/Teachers/from other art related fields

Date of Commencement of course : 8th March, 2021

Time : 2pm to 5 pm

Venue : Online Classes (Google meet)

Course Outcome :

After completion of the above mentioned course the students will be able to :

- 1 Define various concepts in philosophy and psychology.
- 2 Able to know different art forms to be applied in philosophical counseling.
- 3 Able to know the field of Philosophical Praxis.