

**21UHUC300****Universal Human Values****(2-0-0) 2****Contact Hours: 26****CIE: 50 Marks****SEE: 50 Marks****Exam Duration: 2Hrs.****Course Learning Objectives (CLOs):**

This course provides an opportunity for the students to enhance their life skills like right understanding leading to the harmonious living in relationship with the self and family enhancing holistic development of the students.

**Course Outcomes (COs):**

Description of the course outcome: At the end of course the student should be able to:		Mapping to POs (1-12)		
		Substantial Level (3)	Moderate Level (2)	Slight Level (1)
CO-1	Recite and follow interpersonal relations with peers and the others	6		
CO-2	Comprehend happiness, prosperity and distinguish between body and self		6,9	
CO-3	Comprehend harmony and practice Sanyam and Svasthya		9	
CO-4	Demonstrate the values of human-human interaction and universal values such as <i>Nyaya</i> , <i>Visvasa</i> , and <i>Sammana</i>	7		
CO-5	Clearly visualize the co-relation between lack of Human Values and the prevailing problems and use tangible steps and a roadmap for moving in the cherished direction.	8	9	

POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
Mapping level	-	-	-	-	-	2.5	3	3	2	-	-	-

## CONTENTS:

### UNIT I

#### **Introduction to Value Education:**

**06 Hrs.**

- Understanding the need, basic guidelines, content and process for Value Education
- Self-exploration – its content and process; 'Natural Acceptance' and Experiential Validation – as the mechanism for self-exploration
- Continuous Happiness and Prosperity – A look at basic human aspirations
- Right understanding, Relationship and Physical Facilities – The basic requirements for fulfillment of aspirations of every human being

### UNIT II

#### **Understanding Happiness and Prosperity**

**05 Hrs.**

- Understanding Happiness and Prosperity correctly – A critical appraisal of the current scenario and Method to fulfill the above human aspirations: Understanding and living in harmony at various levels
- Understanding human being as a co-existence of the sentient 'I' and the material 'Body' and the needs of Self ('I') and 'Body' - Sukh and Suvidhā
- Understanding the Body as an instrument of 'I' (I being the doer, seer and enjoyer)

### UNIT III

#### **Harmony in the Human Being**

**05 Hrs.**

- Understanding the characteristics and activities of 'I' and harmony in 'I'
- Understanding the harmony of 'I' with the Body: Sanyam and Svāsthya; correct appraisal of physical needs, meaning of prosperity in detail
- Programs to ensure Sanyam and Svāsthya

### UNIT IV

#### **Harmony in the Family**

**05 Hrs.**

- Understanding harmony in the Family – the basic unit of human interaction
- Understanding values in human-human relationship; meaning of Nyāya and program for its fulfillment to ensure Ubhaya –tripti; Trust (Visvāsa ) and Respect (Sammāna) as the foundational values of relationship

### UNIT V

#### **Understanding Intention and Competence**

**05 Hrs.**

- Understanding the meaning of Visvāsa; Difference between intention and competence
- Understanding the meaning of Sammāna, Difference between respect and differentiation; the other salient values in relationship.

#### **Reference Book:**

- 1) R.R.Gaur, R Asthana, and G.P Bagaria. **A Foundation Course in HUMAN VALUES and professional Ethics: 2<sup>nd</sup>** Revised Edn. EXCEL BOOKS, New Delhi. 2019
- 2) YouTube videos and lectures