

**II Year I Semester**

**Code:20MC3501**

**L T P C**

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**UNIVERSAL HUMAN VALUES**

**COURSE OBJECTIVE:**

The objective of the course is four fold:

1. Development of a holistic perspective based on self-exploration about themselves (human being), family, society and nature/existence.
2. Understanding (or developing clarity) of the harmony in the human being, family, society and nature/existence
3. Strengthening of self-reflection.
4. Development of commitment and courage to act.

**COURSE OUTCOMES:**

By the end of the course, students are expected to become more aware of themselves, and their surroundings (family, society, nature); they would become more responsible in life, and in handling problems with sustainable solutions, while keeping human relationships and human nature in mind. They would have better critical ability. They would also become sensitive to their commitment towards what they have understood (*human values, human relationship and human society*). It is hoped that they would be able to apply what they have learnt to their own self in different day-to-day settings in real life, at least a beginning would be made in this direction.

This is only a foundational input. It would be followed up by:

- a) faculty-student or mentor-mentee programs throughout their time with the institution
- b) Higher level workshops on human values in every aspect of living. E.g. as a professional

**COURSE TOPICS:**

The course has 16 lectures and 3 practice sessions in 3 modules:

**UNIT I: Introduction to Value Education**

1. Understanding Value Education
2. Self-exploration as the Process for Value Education
3. Basic Human Aspirations and their fulfilment
4. Understanding Happiness and Prosperity Their continuity and Programme for fulfilment

**UNIT II: Understanding the harmony at Physical Level**

1. Understanding the Human Being as Co-existence of the Self and the Body
2. Harmony in the Self – Understanding Myself
3. Harmony of the Self with the Body – Understanding Self-regulation and Health

**UNIT III: Understanding the harmony at Relationship Level**

1. Harmony in the Family – Understanding the Values in Human-Human Relationships
2. Harmony in the Society – Understanding Universal Human Order
3. Harmony in Nature – Understanding the interconnectedness, Self-regulation and Mutual Fulfilment
4. Harmony in Existence – Understanding Co-existence at Various Levels

**UNIT IV: Implications of the Right Understanding on Behaviour**

1. The basis for Universal Human Values and Ethical Human Conduct
2. Professional Ethics in the light of Right Understanding

**UNIT V: Implications of the Right Understanding on Life**

1. Holistic Development towards Universal Human Order
2. Vision for Holistic Technologies, Production Systems and Management Models
3. Journey towards Universal Human Order - The Road Ahead

**Text Book:**

1. Human Values and Professional Ethics by R R Gaur, R Sangal, G P Bagaria, Excel Books, New Delhi, 2010

**Reference Books:**

1. Jeevan Vidya: Ek Parichaya, A Nagaraj, Jeevan Vidya Prakashan, Amarkantak, 1999.
2. Human Values, A.N. Tripathi, New Age Intl. Publishers, New Delhi, 2004
3. The Story of Stuff (Book).
4. The Story of My Experiments with Truth - by Mohandas Karamchand Gandhi
5. Small is Beautiful - E. F Schumacher.
6. Slow is Beautiful - Cecile Andrews
7. Economy of Permanence - J C Kumarappa
8. Bharat Mein Angreji Raj - PanditSunderlal
9. Rediscovering India - by Dharampal
10. Vivekananda - Romain Rolland (English)
11. Gandhi - Romain Rolland (English)
12. Hit Your Restart Button by Ranjan Kumar Varanasi, Xpress Publishing, Chennai, 2020
13. Crack The Creation Code, - by Ranjan Kumar Varanasi Xpress Publishing, Chennai, 2020.
14. Be More Of Who You Are – by Ranjan Kumar Varanasi, Xpress Publishing, Chennai 2020
15. You. 2.0 – A Crash Course In Personal Reinvention, Xpress Publishing, Chennai, 2020