

VAC 100 Universal Human Values 2 Credit

Course Outcome 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.

Unit – I Introduction to Value Education

Right Understanding: Relationship and Physical Faculty; Understanding Value Education; Self-exploration as the Process for Value Education, Continuous Happiness and Prosperity –the Basic Human Aspiration – Current Scenario and Method to Fulfill the Basic Human Aspirations

Unit – II Harmony in the Human Being

Understanding Human being as the Co-existence of the Self and the Body, distinguishing between the Needs of the Self and the Body, The Body as an Instrument of the Self, Understanding Harmony in the Self, Harmony of the Self with the Body, Programme to ensure self-regulation and Health

Unit – III Harmony in the Family and Society and Nature

Harmony in the Family – the Basic Unit of Human Interaction: “Trust” – the Foundational Value in Relationship: ‘Respect’ – as the Right Evaluation: Other Feelings, Justice in Human-to-Human Relationship; Understanding Harmony in the Society; Vision for the Universal Human Order; Understanding Harmony in the Nature; Interconnectedness, self-regulation and Mutual Fulfillment among the Four Orders of Nature

Unit - IV Implications of the Holistic Understanding – a Look at Professional Ethics

Definitiveness of (Ethical) Human Conduct; A Basis for Humanistic Education, Humanistic Constitution and Universal Human Order; Competence in Professional Ethics; Holistic Technologies, Production System and Management Models; Strategies and Management Models; Strategies for Transition towards Value – based Life and Profession

Suggested Reading:

1. *A Foundation Course in Human Values and Professional Ethics*, R R Gaur, R Asthana, G P Bagaria, 2nd Revised Edition, Excel Books, New Delhi, 2019, ISBN 978-93-87034-47-1
2. *Teachers’ Manual for A Foundation Course in Human Values and Professional Ethics*, R R Gaur, R Asthana, G P Bagaria, 2nd Revised Edition, Excel Books, New Delhi, 2019. ISBN 978-93-87034-53-2

3. Jeevan Vidya: EkParichaya, A Nagaraj, Jeevan Vidya Prakashan, Amarkantak, 1999.
4. Human Values, A.N. Tripathi, New Age Intl. Publishers, New Delhi, 2004.
5. The Story of Stuff (Book).
6. The Story of My Experiments with Truth – by Mohandas Karamchand Gandhi
7. Small is Beautiful – E F Schumacher
8. Slow is Beautiful – Cecile Andrews
9. Economy of Permanence – J C Kumarappa
10. Bharat Mein Angreji Raj – Pandit Sunderlal
11. Rediscovering India – by Dharampal
12. Hind Swaraj or Indian Home Rule – by Mohandas K. Gandhi
13. India Wins Freedom – Maulana Abdul Kalam Azad
14. Vivekananda – Romain Rolland (English)
15. Gandhi – Romain Rolland (English)