

Atmiya University, Rajkot

Universal Human Values (UHV) Cell

Part III in Syllabus of UG/Diploma Programmes

Semester – I & Semester - II		
Course Code	Course Title	Credits
21AEVA01	Human Values & Holistic Living (HVHL)	3 Credits

Course Description:

The overall purpose of the education is to enable a human being to live a fulfilling life, in harmony with oneself and with family, society and nature. Hence, it becomes the responsibility of educators to enable the resolution of these issues, so that human society can achieve the cherished goal. In light of this, it becomes essential to find out what is of *value*.

The subject that deals with ‘what *is of value*’, or ‘*what is valuable to a human being*’ is called ‘value education’. Values thus provide the *basis* for all our actions and there is essential complementarity between values and skills which needs to be ensured in any education system.

Course Purpose:

1. 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.
2. 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).
3. Students can rightly evaluate their skills and accordingly contribute in the society and in the nature.

L-T-P-C: 2 - 2 (1 for sem. 1 and 1 for sem. 2) – 0 - 3

Note: All Lectures are taken in form of workshop and tutorial sessions are taken in form of class activities/assignments.

Course Outcomes: Upon completion of this course, the learner will be able to		
CO No.	CO Statement	Bloom's taxonomy Level (K₁ to K₆)
CO ₁	Recall basic guidelines of value education and understand the basic aspirations.	K1, K2
CO ₂	Understand the needs of self and body based on their natural acceptance and solves their conflict using self exploration.	K2, K3
CO ₃	Identify the relations between human-human and they have the ability to fulfill the expectations in relations.	K1, K2
CO ₄	Understand required skills to understand the laws of nature.	K2

Course Content (for semester 1)	Hours
Module-I: Exploring the fundamental human desire & identifying the basic questions for life.	7 hrs.
<ul style="list-style-type: none"> • Purpose and motivation for the course, recapitulation from induction program. • Identifying the important Questions for Life, and their integral nature to human living. • Exploring the Fundamental Human Desire – Happiness, Peace, and Contentment as related to the 3 dimensions of Living. (Material, Behavioural, and Intellectual) • Identifying how we can fulfil this Holistic Desire & deciding the way for holistic living – our Plan for life, as Intellectual Resolution & Material Prosperity. • Understand the Method of Study: ‘Listen & Reflect’ = Self referenced study & verification based on Scrutiny, Examination & Survey with examples and implementation. Introduction to Critical Thinking abilities & how we can validate our understanding. <p>Expected SDG covered: SDG 4 – Quality Education SDG 16 – Peace & Justice</p>	
Module-II: Understanding order in the human being.	8 hrs.
<ul style="list-style-type: none"> • Understanding human being as a co-existence of the sentient Self and the material Body based on the different needs and functioning of the Self & Body. 	

<ul style="list-style-type: none"> • Getting to know myself better – based on ability of imagination & the freedom of action. • Introduction to the activities in the Self or Mind & how they function together & what causes problems within. • See incomplete & partial understanding as the root cause for such problems. • Identify the solution as knowing = complete holistic understanding. • Defining Health with the Body - Understanding Order with the Body. • Current appraisal of health at individual, family & societal levels & their resolutions. <p>Expected SDG covered: SDG 3 – Good Health & Well-being SDG 12 – Responsible consumption and Production</p>	
Course Content (for semester 2)	Hours
Module III: Understanding order in human-human relationship: The Family and Society	6 hrs.
<ul style="list-style-type: none"> • Introduction to people & Human Relationships and their state today • Understanding Trust – the foundation of Human Relationship • The 7 Human Relationships & the 18 universal values or expectations inherent in them. • Understand Respect – difference between Respect as the correct assessment of a person VS a cause for differentiation. • The Art of Living in the Family • Understanding the Order in Human Society – its components & our role in them. The need for an Undivided Human Society & Universal Order. <p>Expected SDG covered: SDG 5 – Gender Equality SDG 10 – Reduced Inequalities</p>	
Module IV: Understanding the order in Nature.	5 hrs.
<ul style="list-style-type: none"> • Understanding the inherent Order, Cyclist & Self-Regulation in Nature. • Living complementarily with Natural Law. • Exploring Nature further: The 4 dimensions of Form Properties, Basic Nature & Innateness. <p>Expected SDG covered: SDG 7 – Affordable and Clean energy SDG 8 – Decent work and Economic growth</p>	

Module V: Understanding Coexistence in Existence.	4 hrs.
<ul style="list-style-type: none"> • Understanding Existence as Coexistence of mutually interacting units in pervasive space. • Holistic perception of inherent order at all levels of existence. • Summarising Holistic Living. • Connect the need to understand and live according to Values & Ethics as per this Holistic understanding. <p>Expected SDG covered: SDG 17 – Partnership for the Goals SDG 13 – Climate action</p>	

Text books

- Values, Ethics & Holistic Living – a practical introduction: by Shriram Narasimhan (*Springer Textbooks*)- English Version

Reference books:

- Jeevan Vidya: Ek Parichay, A. Nagraj, Jeevan Vidya Prakashan, Amarkantak, 1999.
- Anand P, Happiness Explained – Oxford Ed 2016
- Nagraj A, Vyavharwadi Samajshastra (Behavioural Sociology) 2009 Ed. jeevan vidya prakashan, amarkantak
- Michael J. Sandel (Harvard), What Money Can't Buy, 978-0-374-20303-0
- Dacher Keltner (UC Berkeley), Born to Be Good: The Science of a Meaningful Life. 978-0393065121
- Hegde BM (MD, FRCP, Padma Bhushan) – How to stay Healthy
- Marshall Rosenberg, (2005) Being Me, Loving You: A Practical Guide to Extraordinary Relationships: 978-1892005168

Pedagogic tools:

- Chalk and Talk
- Power point presentation
- Group Discussion
- Documentary/Videos
- Charts/Poster
- Student Workbook

Suggested MOOCs

- <https://www.edx.org/course/the-science-of-happiness-3>

Methods of assessing the course outcomes

Components of the course: 100 marks (remarks based)

Sr. No.	Component	Duration	Total weightage	Remarks
1	Experiential Assignments (activity based learning/Tutorials/ Quiz, etc)	During the whole year	60%	i. Expressed ii. Partially Expressed iii. Did not Express
2	A1 Workshop report B1 CIA	During the whole year	20% of workshop report And 20% of CIA	i. Excellent ii. Very good iii. Good iv. Satisfactory
3		Grand Total	100 %	1. Course completed (more than or equal to 40% 2. Course not completed (less than 40%)