

CENTRAL UNIVERSITY OF GUJARAT

गुजरात केन्द्रीय विश्वविद्यालय



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CENTRAL UNIVERSITY OF GUJARAT

HOLISTIC EDUCATION

Compulsory Course for all PG Level

(I Semester)

Holistic Development under NEP 2020

COURSE TITLE: HUMAN VALUES, ETHICS AND PERSONALITY DEVELOPMENT

End Sem Marks-50

Duration of Examination- 3 Hours

Type: Non-Credit Compulsory

Objectives of the Course:

- To reinstate the rich cultural legacy and human values of which we are the custodians.
- To lay down broader guidelines of values and ethics for internal and external stakeholders.
- To impart operational guidelines for value-based and ethical practices in the higher educational institutions leading to implementation and monitoring
- To indicate the outcomes of creating a value-based and ethical culture in human life.
- To make the students understand the various criteria of Personality Development through the lens of Indian Traditional Philosophies and Principles

Course Outcome

In the current scenario of highly materialistic and consumerist world, human beings are drifting away from the core human values and ethics of compassion, kindness, love, affection, non-violence and peace. On the contrary, they are hankering for the realization of their own mundane and material self-fulfilment at any cost. This course will act as a panacea against the materialistic and consumerist disease and infuse those virtuous human values in the psyche of the students. These human values which are embedded in ancient Indian scriptures will help the students to develop their virtuous personalities leading to live a happy life both in their families and the workplace as well.

UNIT 1: HUMAN VALUES

- Value education-Definition, Purpose and Significance in the present world – Value system
- The role of culture and civilization-Holistic living,
- Balancing the outer and inner – Body, Mind and Intellectual level- Duties and responsibilities
- Goals and values of life: Purusharthas: Dharma, Artha, Kama, Moksha;
- Truth, Commitment, Honesty and Integrity, Forgiveness and love, Empathy and Ability to Sacrifice, Care, Unity, and Inclusiveness and the Idea of Vasudeva Kutumbakam (the whole world is one family)
- Environment and Ecological Balance – Interdependence of all Beings – living and non-living. The binding of man and nature – Environment conservation and enrichment

- National Integration, Peace and Non-violence – Dr. A P J Kalam’s ten points for enlightened citizenship – Social Values and Welfare of the citizen

UNIT II: ETHICS AND PERSONALITY DEVELOPMENT

Concept of Ethics: Professional, Academic and Ethics

- Definition of Ethics: Character and conduct; Relation of Ethics with Psychology, Sociology and Politics
- Intellectual Property Right, Plagiarism and Unfair Means
- Ethics for Teachers and Students. Problems of Students and Solutions.
- Social Evils – Corruption, Cybercrime, Terrorism – Alcoholism, Drug Addiction – Dowry – Domestic Violence – Untouchability – Female Infanticide – Atrocities against Women

Personality Development

- Self-Analysis: Who am I, Attributes, Importance of Self Confidence, Self Esteem
- Alcoholic and other Narcotic Drugs - Their Impact on Physical and Mental Health, Medicines Vs Nature Cure.
- Root Cause of Unhappiness
- Personality Typologies- Sattva, Rajas, Tamas
- Explanation of three Bodies- Gross, Subtle and Causal.
- Explanation of three Avastha: Waking (Jagrut), Dreaming (Swapna) and Deep Sleep (Susupti) state.
- Pancha Kosha- Annamay, Pranamaya, Manomay, Vigyanmay and Anandamaya.
- Synthesis of Karma-Bhakti-Gyan in life

Suggested Readings:

1. *Tanu Shukla, Anupam Yadav & Gajendra Singh Chauhan (2017) 'Human Values and Professional Ethics' Cengage India Private Limited, New Delhi*
2. *R. S. Naagarazan, (2006) 'A Text Book on Professional Ethics and Human Values' New Age International PVT. Ltd, New Delhi*
3. *R.R. Gaur, R. Sangal & G.P. Bagaria (2010) 'A Foundation Course in Human Values and Professional Ethics' Excel Books, New Delhi*
4. *A. Alavudeen, R. Kalil Rahman & M. Jayakumar (2015), 'Professional Ethics and Human Values', Laxmi Publications, New Delhi*
5. *Values and Ethics (Others, Paperback, NIKHIL KULSHRESTHA* SANDEEP SHARMA*SHWETA DUTT, 2011*
6. *A Textbook on Professional Ethics and Human Values- R.S.Naagrazan- New Age International Publishers, 2006*
7. *The Unity of India -Dr. Rajendra Prasad, Publications Division, Ministry of Information and Broadcasting, Govt. of India, 1961*
8. *Human Values 3Ed, A N Tripathi Paperback New Age International, 2019.*
9. *Education and Human Values Reconciling Talent with an Ethics of Care- Michael Slote- Routledge, 2013*
10. *Human Values New Essays on Ethics and Natural Law : Editors: Oderberg, D., Chappell, T. (Eds.)*

11. *वेदों में पर्यावरणीय चेतना (Environmental Consciousness in Vedas) - Dr. UPENDRA KUMAR TRIPATHI, 2019*
12. *Sant-Vani - Hindi Edition - Hanuman Prasad Poddar ,2001*

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HOLISTIC EDUCATION

Compulsory Course for all PG Level

(II Semester)

Holistic Development under NEP 2020

COURSE TITLE: INDIAN KNOWLEDGE SYSTEM, COMMUNICATION SKILLS AND YOGA PRACTICES

**End Sem Marks-50
Hours**

Duration of Examination- 3

Type: Non-Credit Compulsory

Objectives of the Course:

- The course aims at imparting basic principles of thought process, reasoning, and inferencing. Sustainability is at the core of Indian Traditional Knowledge Systems connecting society and nature.
- Holistic lifestyle of Yogic-science and wisdom capsules in Sanskrit literature are also important in modern society with rapid technological advancements and societal disruptions.
- The course focuses on introduction to Indian Knowledge System, Indian perspective of modern science.

Course Outcome

The course will enable the students to comprehend the traditional Indian Knowledge System holistically. It will also inspire generations of students to innovate ideas and skills to harmonize the traditional Indian Knowledge system with perspectives of modern science. Since the traditional Indian Knowledge System gives equal stress on the development of the body and the mind, Yoga and its allied practices will enable to fulfill that objective.

UNIT I

Indian Knowledge System

- **Vedic Knowledge System and Relevance in Contemporary Period**
Veda: Origin, Concept and its Types
Upanishads: Origin, Concept and its Types
Bhagavad Geeta and its Important Teachings
Making of Human Being, Materialism and Spirituality
- **Science and Technology in Ancient Knowledge System** (Bharat Gaurav leading to Viswa Guru)
- **Knowledge System during Mauryas** : Kautilya's Artha Shastra (Treatise on Statecraft); Panini's Ashtadhyayi, Patanjali's Yoga Sutra
- **Knowledge System during the time of Guptas:** Sources and Contributions
- **Contribution of Women in Indian Knowledge System:** Panch Kanya, Apala, Ghosha, Lopamudra, Maitry, Gargi, Devjani, Viddotma, Ahalya, Draupadi, Kunti, Tara, and Mandodari etc.

- **Philosophy of Education during Ancient Period:** Indian Educationist and their Philosophy of Education

UNIT II

Communication Skills and Yoga Practices

- **Oral Tradition as a Medium Communication:** Vedic Knowledge System
- **Gurukuls approaches of Communication**
- **Enhancing Communication Skills:** Developing Listening, Speaking, Reading & Writing Skills.
- **Professional Communication:** Preparing effective Power Point presentation
Delivering of Presentation, Letter Writing, Report Writing
- **Leadership Quality Skills:** Leadership Skills, Team Building & Leadership, Leadership Treats, Leader VS Manager, Leadership Styles, Responsibility of Leader

Yoga Practices: (Practical)

1. Sathkarma; Neti (Jal Neti, Rubber Neti), Kaplabhati, Kunjal
2. Aasna
3. Suryanamaskar
4. International Yoga Day Protocol
5. Pranayam; Suryavedi, Chandravedi, Anlom Vilom, Brahmari, Vastrika, Shitali, Shitkari

Reading List:

1. Kane, P.V. 1997. *History of Dharmashatras 5 Vols. Pune.*
2. Choudhary, R. 1971. *Kautilya's Political Ideas and Institutions. Varanasi.*
3. Frawley, David and Navaratna S. Rajaram, 1994. *Vedic Aryans and the Origin of Civilization, Quebec.*
4. Hillebrant, Alfred. 1990. *Vedic Mythology. 2 Vol, Delhi.*
5. Majumdar, R.C. 1996. *The Vedic Age. Mumbai*
6. Radhakrishnan, S. 1998. *The Principal Upanishads. Delhi.*
7. Radhakrishnan, S. 1998. *Indian Philosophy. 2 Vols. Delhi.*
8. Sri Aurobindo. 1959. *The Foundations of Indian Culture. Pondichery*
9. *Revisiting The Educational Heritage of India - SAHANA SINGH VITASTA PUBLICATION, 2021*
10. *Rig Veda - www.hindisahityasadan.com Book Publishers & Book Distributors (1 January 2020);*
11. *Saam Veda- Shree Narayan Publication, www.hindisahityasadan.com Book Publishers & Book Distributors (1 January 2020);*
12. *Yajur Veda - Shree Narayan Publication , www.hindisahityasadan.com Book Publishers & Book Distributors (1 January 2020);*
13. *Atharv Veda - Shree Narayan Publication , www.hindisahityasadan.com Book Publishers & Book Distributors (1 January 2020);*
14. *Srimad Bhagwat Geeta - Geeta Press , 2021*

15. *Asthadhyayi of Pnini- (Sanskrit with Hindi Text) - Dr.Naresh Jha , CHAUKHAMBHA SURBHARATI PRAKASHAN; 2014 वां संस्करण (1 जनवरी 2014)*
16. *Kautilya ka Arthshastra , Rajpal Publication; 2015 वां संस्करण (1 जनवरी 2013) हिंदी*
17. *The Hindu View of Life- S.Radhakrishnan ,Element, 2014*
18. *Principal Upanisads- S.Radhakrishnan , Harpercollins; Latest Edition (20 मार्च 2006)*
19. *The Vedic chronology and Vedanga Jyotisha (containing also Chaldean and Indian Vedas and other miscellaneous essays. - Bal Gangadhar Tilak , Cosmo Publications (1 जनवरी 2001)*
20. *Karm Yoga-Swami Vivekananada, Maple Press (1 अक्टूबर 2019)*
21. *Raj Yoga- Swami Vivekananada, Maple Press (1 अक्टूबर 2019)*
22. *Bhakti Yog- Swami Vivekananada , Maple Press (1 अक्टूबर 2019)*
23. *वैदिक संस्कृति विमर्श- Vedic Culture Discourse - Dr. UPENDRA KUMAR TRIPATHI, BHARATI PRAKASHAN, VARANASI, 2019*
24. *यजुर्वेद में पर्यावरण: Environment in Yajurveda- Dr. UPENDRA KUMAR TRIPATHI, CHAUKHAMBHA SANSKRIT BHAWAN, 2008.*
25. *Satanatan Sanskriti Geeta press published ISHADI NAU UPANISHAD ANVAYA HINDI COMMENTARY Hardcover Pack of 1 - HANUMAN PRASAD PODDAR |,Geeta Press,2021*