CH/CE/EC/ EE/ME222	UNIVERSAL HUMAN VALUES-II UNDERSTANDING HARMONY	L	T	P	C	Int	Ext
		2	-	-	2.0	30	70

Semester IV [Second Year]

COURSE OBJECTIVES:

1. To create awareness about Value Education, self-exploration as the Process for Value Education, the Basic Human Aspirations and their fulfillment
2. To realize the importance of Harmony of the Self with the Body and also the program to ensure self-regulation and health.
3. To study harmony in family, values in human-to-human relationship, harmony in the Society and vision for the universal human order
4. To know about the harmony in the nature and realizing existence as co-existence at all levels.

COURSE OUTCOMES:

After successful completion of the course, the students are able to

1. Describe Value Education, self-exploration as the Process for Value Education, the Basic Human Aspirations and their Fulfillment
2. Describe harmony of the Self with the Body, and the process to ensure self-regulation and Health.
3. Discuss harmony in family, values in human-to-human Relationship, harmony in the society and vision for the universal human order
4. Justify the need for Harmony in the Nature and also existence as co-existence at all levels.

UNIT I [CO:1] **(8)**

Introduction: Understanding the need, basic guidelines, content and process for Value Education.

Self- Exploration : What is it? its content and process; Natural Acceptance and Experiential Validation as the mechanism for self-exploration.

Continuous Happiness and Prosperity as basic human aspiration: Basic requirement for fulfillment of Human Aspirations, Right understanding, Relationship and Physical Facility, A critical appraisal of the current scenario, Method to fulfill the above human aspirations.

UNIT II [CO:2] **(8)**

Harmony in the Human Being : Understanding human being as a co-existence of the self and the Body, distinguishing between the needs of Self and Body, the self as the consciousness entity and the body as material entity, Understanding the Body as an instrument of the self, Understanding the harmony in self, Understanding the harmony of self with the Body: Program to ensure self- regulation and Health.

UNIT III [CO:3] **(8)**

Harmony in the Family : Family as basic unit of human interaction, Feeling of relationship as the basis for harmony in the family, understanding relationship, meaning of Justice (nine universal values in relationships) Trust - foundation value in relationship, respect- as the right evaluation, feeling of respect, disrespect arising out of differentiation leading to discrimination, other naturally accepted feelings in relationship.

Harmony in the society : The goal of human being living in society, understanding the harmony in the society (society being an extension of family): right understanding and right feeling (happiness) in every individual, prosperity in every family, fearlessness (trust) and co-existence Visualizing a universal harmonious order in society- harmony from family order to world family order, individual participation in the society.

UNIT IV [CO:4] **(8)**

Harmony in the Nature and Existence: Nature as collection of units, classification of units into four orders, harmony among the four orders, Interconnectedness self- regulation and mutual fulfillment among the four orders of nature, individual participation in nature, realizing existence as co-existence at all levels, understanding units and space, existence as co-existence, holistic perception of harmony in existence.

LEARNING RESOURCES:

TEXT BOOK(s):

1. R R Gaur, R Asthana, G P Bagaria, A Foundation Course in Human Values and Professional Ethics, 3rd Revised Edition, UHV Publications, Delhi, 2023, ISBN: 978-81-957703-7-3.
2. R R Gaur, R Asthana, G P Bagaria, Teachers Manual for A Foundation Course in Human Values and Professional Ethics, 3rd Revised Edition, UHV Publications, Delhi,2023 ISBN 978-81-957703-5-9.

REFERENCE BOOK(s):

1. Jeevan Vidya: EkParichaya, A Nagaraj, Jeevan Vidya Prakashan, Amar kantak, 1999.
2. N. Tripathi, Human Values, New Age Intl. Publishers, New Delhi, 2004.
3. Mohandas Karamchand Gandhi, The Story of My Experiments with Truth, Rajpal & Sons, 2015
4. E. F Schumacher, Small Is Beautiful: Economics as if People Mattered, Vintage publications, 1993.
5. Cecile Andrews, Slow is Beautiful: New Visions of Community, New Society Publishers, 2006
6. J C Kumarappa, Economy of Permanence, Sarva Seva Sangh Prakashan, 2017.

WEB RESOURCES:

1. https://archive.nptel.ac.in/courses/109/104/109104068
2. https://ebooks.inflibnet.ac.in/hrmp01/chapter/48/
3. https://onlinecourses.nptel.ac.in/noc23_hs89/preview
4. https://fdp-si.aicte-india.org/download/HVBE_for_NEP2020.pdf