

**Chetna Vikas Mulya Shiksha**  
**(CODE: BABED-154)**

**Maximum Marks: 50**

**External: 35** Internal: 15 Marks (in which two tests of 5-5 marks each are included)

**Learning outcomes:** After completion of the course, student-teachers will be able to:-

To develop the understanding about:

- Life and values pertaining to Individual, Family and Society.
- Harmony in Environment, Nature and Existence.
- Humanity, Human Mindset, Humane Conduct and Universal Order in Nature & Existence.
- Evaluating and understanding the difference between Animal and Human consciousness.
- To ensure sustainable happiness and prosperity, which are the core aspirations of all human beings.
- To facilitate the development of a holistic perspective among students towards life and profession as well as towards happiness and prosperity based on a correct understanding of the human reality and the rest of existence. Such a holistic perspective forms the basis of Universal Human Values and movement towards value-based living.

**UNIT-I Understanding of Human Being and Human Values and Humane Conduct**

- Understanding the harmony in Self and Body
- Understanding Human being and Human Goal
- Humane Character and Morality
- Relationships and Justice (Nyaya) within Family & Society
- Relationship of Human being with Nature (Environment)
- Human Behavior, Humane instincts and Personality

## **UNIT-II Significance of Value Education**

- Problems faced by the Humanity related to human value
- Social and Family disintegration
- Stress and conflict in individuals
- Significance of Value Educations for solving the human problems

## **UNIT-III Understanding the Values**

- Eternal Values: Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, Love
- Behavioral Values: Complementariness, Compliance, Ease, Commitment, Unanimity, Self-restraint, Obedience, Spontaneity, Generosity
- Human Values
- Self (Jeevan) Values : Happiness, Peace, Satisfaction, Continuous happiness Material Values

## **UNIT-IV Understanding Existence & Co-existence and the Interrelationships in Nature**

- Understanding the Existence & Co-existence / Nature
- Understanding the order, co-existence and interrelationships, Mutual Fulfillment and Cyclicity (Avartansheelata) in nature
- Problems faced by the Humanity
- Ecological and Environmental imbalances

## **UNIT – V Harmony and Values in Family**

- Family and Relationships: meaning, need, importance and purpose.
- Human relation: types and purpose.
- Meaning and purpose of fulfillment in relationships and Justice in relationships.
- Understanding values in family-relations, Importance of ethics and character.
- Family-work and Goal (Living with resolution and a feeling of prosperity, and participation in society).
- Reasons for breaking up of families and relationships.
- Purpose and need of marriage (vivaahsambandh) and a study of reasons and tendencies for breaking up of marriages.
- Comparative study of concept of a family and a family-based village governance order.

## **Sessional-Work (Any two of the following)**

- A Report of a programme organized under the Chetna Vikas Moolya Shiksha programme.
- Propose a broad outline for Humanistic Constitution at the level of Nation.
- A Critical study of value-based book or work in any organization.

## **References**

- Gaur, Sangal & Bagaria (2009). *A Foundation Course in Human Values and Professional Ethics*. New Delhi: Excel Books.
- Nagraj, A. (1998). *Jeevan Vidya Ek Parichay*. Amarkantak: Divya Path Sansthan.
- Dhar, & Gaur, (1990). *Science and Humanism*. Delhi: Commonwealth Publisher.
- Tripathi, A.N (2003). *Human Values*. New Age International Publishers.
- Banerjee, B.P. (2005). *Foundation of Ethics and Management*. New Delhi: Excel Books Value Education Website, <http://www.uptu.ac.in>
- Study Material provided by Jeevan Vidya Study Centre, Somaiya Vidya Vihar.