

## SYLLABUS

### FIRST YEAR B.Sc VALUE EDUCATION AND SPIRITUALITY

**PART I** - Regional Language ( Tamil/Hindi/Malayalam/Telugu/Kannada)

**PART II** - English Prose and Composition

**PART III**

#### **1.1: A KALEIDOSCOPIIC VIEW OF VALUE EDUCATION**

**UNIT 1: CONCEPTS OF VALUES**

Definition and classification of values - Types of values Espoused & Applied values

**UNIT 2 : NEED OF THE HOUR**

The need for Education in Values - Implications of Education in Values -Vision of a Better India

**UNIT 3 : CHALLENGES IN VALUE ADOPTION**

Cultural Challenges - Social Challenges -Religious Challenges - Intellectual & Personal Challenges

**UNIT 4 : PERSONAL ETHICS**

Building an ethical policy - Social Justice -Archaic social values - The Principles of Integrity - Lack of Integrity -Materialism in Integrity

**UNIT 5: VALUES FOR PERSONAL LIFE**

Self sovereignty-Discernment-Decision making-Self-actualization

**UNIT 6: VALUES FOR FAMILY LIFE:**

Caring-Patience-Honesty-Forgiveness

**UNIT 7: VALUES FOR PROFESSIONAL LIFE**

Courage-Competence-Co-operation-Perseverance

**UNIT 8: VALUES FOR SOCIAL LIFE**

Flexibility-Reliability-Tolerance-Unity

**UNIT 9 : DEVELOPING VALUES**

a method to Develop spirituality – Character Development - Ethical Dilemmas

**UNIT 10 : VALUES AND SPIRITUALITY**

Definitions of Religions, Spirituality and Secularism- Religions in Society -Religious traditions - The attraction of spirituality

#### **1.2 MAJOR RELIGIONS AND THE DIVINE**

**UNIT 1: HINDUISM**

God and the soul-The religion of the Vedas and Upanishads- Purusha or Universal God- The Hindu Goddesses

**UNIT 2: JAINISM**

Swetambras and Digambras-The seven categories of existence-Moral principles and values- Customs and Practices

**UNIT 3: BUDDHISM**

The life of the Buddha- The doctrine of Buddhism- Buddhist Ethics- Buddhism today

**UNIT 4: CHRISTIANITY**

Key figures of the Christian faith-Christian values-The Virgin Mary-Major denominations

**UNIT 5: ISLAM**

The five pillars of Islam-The 99 beautiful names of Allah- Islam in the Indian subcontinent- Islam today

**UNIT 6: SIKHISM**

Sikh doctrine-Modern resurgence of Sikhism-Philosophy and teachings-Observances

**UNIT 7: GOD, THE SUPREME SOUL**

God, the Supreme Soul- Relationships with God-Transformation- Triangular effort

**UNIT 8: UNIVERSAL CONCEPTS OF THE SUPREME**

Varied concepts about the supreme-Changing the belief system-32 attributes of god-The triangle of spiritual energy

**UNIT 9: AUSPICIOUS CONFLUENCE**

The golden age-The silver age-The copper age-The iron age

**1.3 METHODS OF MEDITATION AND RAJYOGA**

**UNIT 1: MEDITATION PROCESS**

Meditation Practice- Self empowerment technique- Thinking process  
Meditation concept

**UNIT 2: PURPOSES OF MEDITATION**

Mental peace- Character development- Health benefits- Spiritual purpose

**UNIT 3: JNANA YOGA**

Viveka-Vairagya- Shat-Sampat- Mumukshutva

**UNIT 4: BHAKTI YOGA**

Nature of real love- Modes of devotion- Benefits of Bhakti yoga- Hatha yoga

**UNIT 5: ASTANGA YOGA-1**

Yama- Niyama- Asana- Pranayama

**UNIT 6: ASTANGA YOGA-2**

Pratyahara-Dharana-Dhyana-Samadhi

**UNIT 7: DIFFERENT SCHOOLS OF MEDITATION**

Dynamic meditation-Transcendental meditation- J.Krishnamoorthy meditation -Osho meditation

**UNIT 8: PHYSICAL ARRANGEMENTS AND STAGES OF RAJYOGA**

Environment- Preparations- Rajyoga meditation- Stages of rajyoga meditation

**UNIT 9: BENEFITS OF RAJYOGA MEDITATION**

Physiological benefits- Mental benefits- Social benefits- Spiritual benefits