

PART III

SYLLABUS

THIRD YEAR B.Sc VALUE EDUCATION AND SPIRITUALITY

3.1 ENVIRONMENTAL AWARENESS AND QUALITY LIVING

UNIT 1: ENVIRONMENTAL DEGRADATION

Land, Air and Water- Deforestation- Noise pollution- Global Warming

UNIT 2: NON-SUSTAINABILITY AND ROLE OF UNO

Consumption of energy- Industrial Exploitation- Sustainable development Summits and Reports

UNIT 3: LAND POLLUTION AND REMEDIAL ACTIONS

Causes of Land pollution- Increased waste disposal- Health Effects- Remedial Actions

UNIT 4: WATER POLLUTION AND REMEDIAL ACTIONS

Causes of Water pollution-Categories of Water pollutants- Health Effects
Remedial Actions

UNIT 5: AIR POLLUTION AND REMEDIAL ACTIONS

Causes of Air pollution- Sources of Emission factors- Health Effects- Remedial Actions

UNIT 6: NOISE POLLUTION AND REMEDIAL ACTIONS

Causes of noise pollution- Environmental noise- Health Effects- Remedial Actions

UNIT 7: GLOBAL WARMING AND ITS EFFECTS

Greenhouse Gases- Ozone Depletion- Ecological damage and Climatic disturbance
Quality life

UNIT 8: SOLUTIONS TO PROBLEMS

Consciousness and Environment- Cultural Awareness- The hundredth monkey- Think globally and Act Locally

UNIT 9: REMEDIAL ACTIONS

Tree planting-Alternative Technologies-Solar energy- Personal Responsibility

3.2 VALUES FOR SUCCESSFUL LIVING

UNIT 1: INTROSPECTION

Definition and Quotable Quotes-Implementation- Reflection points -Guided commentary

UNIT 2: ACCEPTANCE

Definition and Quotable Quotes-Implementation- Reflection points -Guided commentary

UNIT 3: PATIENCE

Definition and Quotable Quotes-Implementation- Reflection points -Guided commentary

UNIT 4: RESPONSIBILITY

Definition and Quotable Quotes-Implementation- Reflection points -Guided commentary

UNIT 5: DISCIPLINE

Definition and Quotable Quotes-Implementation- Reflection points -Guided commentary

UNIT 6: DETERMINATION

Definition and Quotable Quotes-Implementation- Reflection points -Guided commentary

UNIT 7: RESPECT

Definition and Quotable Quotes-Implementation- Reflection points -Guided commentary

UNIT 8: FREEDOM

Definition and Quotable Quotes-Implementation- Reflection points -Guided commentary

UNIT 9: CONTENTMENT

Definition and Quotable Quotes-Implementation- Reflection points -Guided commentary

3.3 PRINCIPLES OF PURPOSEFUL LIVING

UNIT 1: NOTHING IN THE WORLD EXISTS FOR ITSELF

Power of Giving- Policy of Give and take- Giving is getting- Be a Giver

UNIT 2: YOU CAN'T ACTUALLY OWN ANYTHING, YOU CAN JUST USE IT

Be a detached observer- Live in present- Don't Worry, have faith- Don't compare yourself

UNIT 3: MERE POSSESSION OF MATERIAL OBJECTS DOES NOT LEAD TO HAPPINESS

Attitude towards happiness- Happiness is an experience- Happiness is your decision- Happiness is a state of mind

UNIT 4: FORTUNE AND HAPPINESS DEPEND ON ACCUMULATED GOOD KARMA

Types of Karma- Karmic process- Balance among thoughts, words and deeds- Accumulation of Good karma

UNIT 5: MATTER IS A GOOD SERVANT BUT A BAD MASTER

I and Mine- Soul consciousness - Be a Trustee- Not on "Doer ship"

UNIT 6: VALUE BASED LIFE STYLE

Innate qualities of the self- Acquired qualities of the self- Being" inside out" Based on innate and not on acquired

UNIT 7: PURPOSE OF LIVING

To Survive and to Breed- To Live and to Grow-To Create and to Achieve - To Serve and to Win

UNIT 8: THE ATTRACTION OF SPIRITUALITY

Spirituality is subtle- Spirituality is connection with the divine- Spirituality awakens consciousness- Spirituality is Universal

UNIT 9: LAWS OF LIFE

Law of cause and effect- Law of Entropy and Negentropy- Law of equal return- Law of perfect justice

3.4 OVERCOMING ANGER AND STRESS

UNIT 1: FORMS AND DERIVATIVES OF ANGER

Forms and sources of anger-Signs of anger-Derivatives of anger-Effects on relationships

UNIT 2: PREVENTIVE AND CURATIVE MEASURES OF ANGER

Preventive measures of anger-Curative measures of anger- Guidelines to overcome anger- Relaxation techniques

UNIT 3: GUIDING PRINCIPLES TO OVERCOME ANGER

Positive thinking- Self analysis and self observation- Spiritual outlook- Practice of higher consciousness

UNIT 4: CAUSES AND SIGNS OF STRESS

Illusions of stress-Causes of stress-Signs of stress- What most people do?

UNIT 5: LEVELS AND TYPES OF STRESS

Stress free living-Levels of stress-Types of stress- Psychosomatic stress

UNIT 6: STEPS TO CONQUER STRESS

Steps to conquer stress- Stress management strategies= Principles of happy living- Ways to manage oneself

UNIT 7: STRESS MANAGEMENT SKILLS

Physical activities and sleep- Positivity-Top 10 stress busting techniques- Filtering and stabilizing

UNIT 8: TECHNIQUES AND PRACTICES TO MANAGE STRESS

Stress management practices-Stress managing techniques- Spiritual laws in practical application- Pattern of thinking

UNIT 9: ROLE OF MEDITATION TO OVERCOME ANGER AND STRESS

Rajyoga meditation for stress free living- Enhancing mental powers-Attitudinal change and emotional stability- Inculcation of innate values

3.5 PRACTICAL- PERSONAL PROGRESS

UNIT 1: Practicing Body free and Role free stage

UNIT 2: Accessing and Exploring Innate Qualities

UNIT 3: Moving around in Soul- Consciousness

UNIT 4: Meditation and God

UNIT 5: Meditating under pressure

UNIT 6: Orbs of light

UNIT 7: The Forest

UNIT 8: The Balloon

UNIT 9: The mind-Intellect and sanskars game