

SYLLABUS

M. Sc. 1st Year

COURSE 1: VALUE EDUCATION & SPIRITUALITY

Unit 1: Definition, Concept and Classification of values

Unit 2: The need for value education in India

Unit 3: Developing Spirituality

Unit 4: Challenges of Value Adoption

Unit 5: Religions, Spirituality & Secularism

COURSE 2: MAJOR RELIGIONS, CONSCIOUSNESS & THE DIVINE

Unit 1: Hinduism, Jainism & Buddhism

Unit 2: Christianity, Islam & Sikhism

Unit 3: Consciousness & the Divine

Unit 4: Exploring the Self

Unit 5: God, the Supreme Soul – Source of Values

COURSE 3: PERSONAL DEVELOPMENT & VALUES IN LIFE

Unit 1: The principles of integrity

Unit 2: Character Development

Unit 3: Values in everyday life

Unit 4: Values, Virtues, Powers & Qualities

Unit 5: Timeless Truths

COURSE 4: MEDITATION & VALUES IN SOCIETY

Unit 1: Meditation

Unit 2: Positive thinking & Emotional Maturity

Unit 3: Women's Empowerment

Unit 4: Overcoming Addiction

Unit 5: Environmental Awareness

COURSE 5: PERSONAL PROGRESS & FIELD STUDY

Unit 1: Personal progress manual

Unit 2: Field Project

M.Sc. 2nd Year

Paper 1: VALUES FOR EXCELLENCE IN LIFE

Unit 1: In response to Living Values

Unit 2: Value adoption for Self development

Unit 3: Value adoption in Family life

Unit 4: Value adoption in professional life

Unit 5: Principles of Living

Paper 2: EXPLORING SPIRITUALITY

Unit 1: Sanskar re-modeling

Unit 2: Spirituality in Action

Unit 3: Restoring and healing relationships

Unit 4: Rajyoga- Healthy, Value-Based Lifestyle

Unit 5: Principles for a spiritual Lifestyle

Paper 3: COMPONENTS OF GROWTH & DEVELOPMENT

Unit 1: Positive thinking

Unit 2: Self -Esteem

Unit 3: Stress free living

Unit 4: Self Managing Leadership

Unit 5: Training & Development

Paper 4: STATISTICS & RESEARCH METHODOLOGY

Unit 1: Frequency distribution & measures of central tendency

Unit 2: Measures of dispersion, Skewness & Kurtosis

Unit 3: Nature of Research & Research methodology

Unit 4: Data collection, Processing, analysis & interpretation

Unit 5: Structure of Research report

Paper 5: PRACTICALS

- 1) Counseling
- 2) Dissertation