

SYLLABUS

SECOND YEAR B.Sc VALUE EDUCATION AND SPIRITUALITY

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

PART II - English Prose and Composition

PART III

2.1 VALUES FOR EXCELLENCE IN LIFE

UNIT 1: VALUES FOR PERSONAL LIFE

Self sovereignty-Discernment-Decision making-Self actualization

UNIT 2: VALUES FOR FAMILY LIFE

Caring- Patience- Honesty- Forgiveness

UNIT 3: VALUES FOR PROFESSIONAL LIFE

Courage-Competence-co-operation- Perseverance

UNIT 4: VALUES FOR SOCIAL LIFE

Flexibility- Reliability- Tolerance-Unity

UNIT 5: VALUES TO OVERCOME WORRIES

Compassion- Thankfulness-Cheerfulness- Generosity

UNIT 6: VALUES TO OVERCOME FEAR

Detachment- Faith- Integrity-Trust

UNIT 7: VALUES TO OVERCOME ANGER

Sweetness-Humility-Spiritual authority-Active listening

UNIT 8: VALUES TO OVERCOME STRESS

Harmony- Orderliness-Equanimity-Good communication

UNIT 9:VALUES FROM THE SOURCE OF VALUES

Innate and acquired values - The supreme, source of values- Inculcation of values-
Meditation practice

2.2 EXPLORING SPIRITUALITY

UNIT 1: THE POWER AND EFFECTS OF THOUGHTS

Thinking process- Effects of thoughts- Kinds of thinking- Power of thoughts

UNIT 2: CHURNING KNOWLEDGE

Create thoughts- Acknowledge-Hold-Analyze and explain- Churning in meditation-Benefits of churning

UNIT 3: KNOW THYSELF

Create good opinion about the self -Appreciate self interest, efforts and work-Enjoy in giving- Count our blessings

UNIT 4: SELF PROGRESS

Be a positive thinker- Be a good Listener- Be Instrumental- Be humble and Simple

UNIT 5: SELF EMPOWERMENT

Create time for self renewal- Feel important and discover our talents- Self Discipline and never give up-Harmony in thoughts, words and deeds

UNIT 6: KARMA YOGA

A constant relationship with God-Action without labour- Action without Bondage-Do action with pleasure

UNIT 7: NURTURING RELATIONSHIPS

Enjoy the company- Encourage others- Find the good qualities in others- Rejoice on the progress of others

UNIT 8: TYPES OF PERSONALITY AND PERSONALITY TRANSFORMATION

Personality traits-Types of personalities- Personality transformation- Theories of Self transformation

UNIT 9: THE TIMELESS DIMENSION

The Beginning and Morning- Afternoon- Evening- Night and the End

2.3 SPIRITUAL LIFE STYLE

UNIT 1: EARLY MORNING MEDITATION

Heart to heart conversation- Image of inculcation and experience-Principles for body and the soul- Attainments

UNIT 2: DAILY SPIRITUAL STUDY

Regularity and punctuality- Revision during day time-Sharing with others- Becoming the embodiment

UNIT 3: FOLLOWING PURITY

Self-respect, the foundation- Purity in thoughts/words/deeds- Purity in relationships- Ladder to purity in relationships

UNIT 4: DIET AND NUTRITION

Vegetarian diet- Three aspects of offering-Foods to eat and not to eat- Free from addictions

UNIT 5: SELFLESS SERVICE

Different forms of services-Values of selfless service-Balance of independence and co-operation- Efforts for victory

UNIT 6: CHURNING KNOWLEDGE

Feel powerful-Feel happiness-Know your personality-Experience natural bliss

UNIT 7: SOUL CONSCIOUSNESS

Purifies / cleans the intellect -Absorb/ inculcate pure knowledge-Powers put into practice-Karma yoga

UNIT 8: THINKING PATTERN

Feelings and behaviours-Beliefs and attitudes-Energy and strength-Pattern of thinking

UNIT 9: BENEFITS OF MEDITATION

The power of T.E.A.M-The power of silence-The power of decision making-The power to experience