

## **Course No. 5 – Value Education**

### **Objectives of the course:**

The course is designed to inculcate the values which are an utmost need of the hour to overcome various challenges. The students will learn to adopt and implement the suitable values at appropriate time, understand various challenges in value adoption in this contemporary world, use the 'Reflection method' to explore values from inside out.

The course is expected to acquaint students with the core values such as physical, mental and spiritual aspects of personality, developing respect for the dignity of individual and the society, inculcation of spirit of patriotism and national integrity and developing tolerance towards understanding of different religious faiths as well. The course will help students to be a better human being and a strong pillar of society.

### **Course Contents :-**

- 1. Values for excellence in life :**  
Developing Values, Personal Values, Family Values, Professional Values.
- 2. Life Skills :**  
Motivational Skills, Communication Skills, Life style modification, Accessibility and Addition, Environmental Awareness.
- 3. Spiritual Education :**  
Different schools of meditation, exploring the self, universal concept of the supreme, changing the belief system, Self Esteem, Stress free living.

### **Methods of Instruction**

- Lecture
- Class discussion
- Role plays
- Guest speakers
- Written assignments
- Videos

### **Certification :**

The college needs to provide 'Course Completion Certificate' to every student who completes the course successfully. The certificate must contain the grade obtained by the student in the examination.

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