



<b>Semester: 2 B.A. IN HUMANITIES AND SOCIAL SCIENCES</b>		
<b>Course name: : MULYA PRAVAH - Human Values and Professional Ethics</b>		
<b>Course code: V1FD250211T</b>		
<b>Course Credits: 2</b>		
<b>Pedagogy: Classrooms lecture, Fieldwork, Case studies, Group discussion, &amp; Workshops</b>		
<b>Course Description:</b> This course aims at instilling human values and promote ethics in our students. It is designed to foster a culture of integrity, accountability, and moral consciousness. It encourages both students to reflect on their responsibilities and to act with a sense of purpose and ethical commitment in personal and professional domains.		
<b>Learning Objectives:</b> The course aims to help learners to acquire knowledge of: LO1. Inculcation of Core Values: the importance of instilling values such as truth, righteousness, peace, love, non-violence, scientific temper, citizenship values, and life skills among students and staff. LO2. Promotion of Professional Ethics: cultivate a conscious awareness of duties and responsibilities in students, encouraging ethical behavior.		
<b>Course Outcomes:</b> Upon successful completion of the course, students will be able to: CO1: Reflect on and evaluate their personal values, spiritual quotient, and the role of spirituality in everyday life. CO2: Recognize the significance of core human values—truth, righteousness, peace, love, and nonviolence—and apply them in personal and social contexts. CO3: Demonstrate an understanding of professional ethics and develop a sense of accountability and moral responsibility in academic and professional life. CO4: Appreciate the importance of citizenship values, respect for diversity, and democratic participation in promoting social harmony. CO5: Engage in constructive interfaith and intercultural dialogue to promote mutual understanding and peaceful coexistence. CO6: Apply ethical reasoning and decision-making skills to address real-life dilemmas and uphold integrity in all spheres of life.		
<b>Unit</b>	<b>Details</b>	<b>No. of lectures</b>
<b>Unit 1:</b> Introduction to Indian ethos	<ul style="list-style-type: none"> <li>• <b>Indian Ethos:</b> Cultural, spiritual, and ethical dimensions; relevance in education, NEP 2020.</li> <li>• <b>Sources:</b> <ul style="list-style-type: none"> <li>✓ Vedas, Upanishads, Gita;</li> <li>✓ Christian, Muslim, Jain, Buddhist, and Sikh philosophies – emphasis on non-violence, compassion, community,</li> <li>✓ teachings of saints/reformers; Indian Constitution.</li> </ul> </li> <li>• <b>Leadership &amp; Management:</b> Karma Yoga, servant leadership, Panchakosha, dharma-based decision-making.</li> <li>• <b>Contemporary Use:</b> Character education, sustainability (Vasudhaiva Kutumbakam), business ethics, mindfulness.</li> </ul>	<b>2</b>
<b>Unit 2:</b> Human values and ethics	<ul style="list-style-type: none"> <li>• <b>Types of Values:</b> Personal, social, spiritual; global perspectives.</li> <li>• <b>Core Values:</b> Satya, Dharma, Shanti, Prema, Ahimsa, empathy, humility.</li> </ul>	<b>3</b>



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	<ul style="list-style-type: none"><li>• <b>Ethics:</b> Definitions, moral vs ethics, ethical theories (Utilitarianism, Deontology, Virtue Ethics), conscience.</li><li>• <b>Professional Ethics:</b> Academic honesty, workplace behaviour, digital ethics.</li><li>• <b>Globalization:</b> Environmental ethics, cross-cultural values.</li></ul>	
<b>Unit 3:</b> Constitutional values and global citizenship	<ul style="list-style-type: none"><li>• <b>Indian Constitution:</b> Preamble, rights &amp; duties, democratic ethics.</li><li>• <b>Governance:</b> Constitutional morality, secularism, inclusion, justice.</li><li>• <b>Global Citizenship:</b> SDGs, global interdependence, peace, climate ethics.</li><li>• <b>Comparative Citizenship:</b> UDHR, civic duties, youth-led global movements.</li></ul>	<b>3</b>
<b>Unit 4:</b> Values and skills for youth	<ul style="list-style-type: none"><li>• <b>Self-Development:</b> Self-awareness, identity, goal setting, confidence.</li><li>• <b>Youth Values:</b> Respect, dignity, empathy, academic and digital ethics.</li><li>• <b>21st Century Skills:</b> Communication, critical thinking, time &amp; stress management.</li><li>• <b>Leadership &amp; Engagement:</b> Teamwork, NSS/NYKS, community roles.</li><li>• <b>Global Outlook:</b> SDGs, inclusion, youth for peace.</li></ul>	<b>3</b>
<b>Unit 5:</b> Integrated personality and well-being	<ul style="list-style-type: none"><li>• <b>Integrated Personality:</b> Harmony of body, mind, soul; Panchakosha, Maslow's theory.</li><li>• <b>Mental Well-being:</b> EQ, stress management, resilience, gratitude.</li><li>• <b>Physical Wellness:</b> Sleep, diet, exercise, yoga, digital balance.</li><li>• <b>Spiritual &amp; Ethical Integration:</b> Empathy, reflection, moral reasoning.</li><li>• <b>Purpose &amp; Motivation:</b> Life goals, discipline, mentorship.</li></ul>	<b>2</b>



**Recommended readings & references:**

- NEP 2020 and UGC Mulya Pravah Guidelines
- *The Bhagavad Gita* – Swami Chinmayananda or Eknath Easwaran
- Stanford, Peter. Religion: 50 ideas you really need to know (Chapter 1)
- Dr. Muhammad Muhsin Khan (1985) Interpretation of the Meanings of the Noble Qur'an in the English Language, Al Madina Al Munawwarah: Islamic University of Al Madina Al Munawwarah.
- What's Buddhism – Plain and Simple, The Practice of Being Aware, Right Now, Every Day, 2013, Steve Hagen, Broadway Books
- SIKH SPIRITUAL PRACTICE – THE SOUND WAY TO GOD by Siri Kirpal Kaur
- Jainism: An Introduction, 2009, Jeffery D. Long, I.B.Tauris
- *Vivekananda: His Call to the Nation*
- *Indian Ethos in Management* by Nandagopal & Sankar
- *Cultural Heritage of India* – Ramakrishna Mission
- Selected NEP 2020 chapters on Indian knowledge systems and value education
- *Swami Vivekananda on Education*
- *Gandhi's Ethical Vision and Experiments with Truth*
- *Radhakrishnan's Indian Philosophy (Volume I & II)*
- UNESCO Report on Ethics Education for the 21st Century
- The Constitution of India – Government of India (available on constitutionofindia.net)
- *Citizenship and the Indian Constitution* – NCERT
- *UNESCO Global Citizenship Education: Preparing Learners for the Challenges of the 21st Century*
- *The Idea of Justice* – Amartya Sen
- *We the People* – Nani A. Palkhivala
- UN Charter, UDHR, and SDG Booklets
- *Youth and Values* – NCERT Publication
- *Wings of Fire* – Dr. A.P.J. Abdul Kalam
- *The Power of Now* – Eckhart Tolle (for mindfulness)
- *India 2047: Empowering the Youth* – Nehru Yuva Kendra Sangathan
- UNESCO Global Citizenship Education Toolkits
- *The Art of Happiness* – Dalai Lama
- *Wings of Fire* – A.P.J. Abdul Kalam
- *Emotional Intelligence* – Daniel Goleman
- *Inner Engineering* – Sadhguru
- NCERT's *Health and Physical Education* resources
- WHO and UNESCO youth well-being toolkits

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