



Semester: I		
Course name: MULYA PRAVAH - Human Values and Professional Ethics (Applicable for students enrolled from the academic year 2025-26)		
Course code: V1BC250111T		
Course Credits: 2		
Pedagogy: Classrooms lecture, Fieldwork, Case studies, Group discussion, Workshops, Reflective writing on core values, and Rights awareness.		
Course Description: 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.		
Learning Objectives: 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.		
Course Outcomes: 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 non-violence—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.		
Unit	Details	No. of lectures
Unit 1: Introduction to Indian ethos	<ul style="list-style-type: none"> • Indian Ethos: Cultural, spiritual, and ethical dimensions; relevance in education, NEP 2020. • Sources: <ul style="list-style-type: none"> ✓ Vedas, Upanishads, Gita; ✓ Christian, Muslim, Jain, Buddhist, and Sikh philosophies – emphasis on non-violence, compassion, community, ✓ teachings of saints/reformers; Indian Constitution. • Leadership & Management: Karma Yoga, servant leadership, Panchakosha, dharma-based decision-making. • Contemporary Use: Character education, sustainability (Vasudhaiva Kutumbakam), business ethics, mindfulness. 	2



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



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



Semester: I		
Course name: Spirituality and Inter-Religious Harmony (Applicable for students enrolled for the academic years 2023-24 & 2024-25)		
Course code: V1BC230111T		
Course Credits: 2		
Pedagogy: Classrooms lecture, Case studies, Group discussion & Seminar		
<p>Course Description: this course on “Spirituality and Inter-Religious Harmony” is to introduce students to major religious traditions of the world with a brief exposition of basic tenets of Hinduism, Christianity Islam, Buddhism, Jainism and Sikhism. One of the main goals is to understand how these religious movements orient themselves in the world with respect to history, belief and practice. An attempt will be made to explore the traditions on their own terms as much as possible. However, this should not prevent anyone asking healthy critical questions on them, as it also aims to inculcate in students a sense of respect and appreciation for followers of other religions and traditions and to enhance social harmony and inter-religious dialogue in the country. To achieve these goals, topics like God-Man-World concepts, sacred texts, human destiny, rituals, holy places community, spirituality besides others, will be dealt with.</p>		
<p>Learning Objectives: The course aims to help learners to acquire conceptual knowledge of: LO1. how these religious movements orient themselves in the world with respect to history, belief and practice. LO2. spirituality and its interconnectedness with the world at large</p>		
<p>Course Outcomes: On successful completion of the course, students will be able to: CO1. Understand one’s personal spiritual quotient and spirituality in everyday life CO2. Understand the importance of social harmony and inter-religious dialogue</p>		
Unit	Details	No. of classes
Unit 1: Introduction to religion and its importance in everyday life	Religion – The origin of religion, the religious and social role of religion, festivals, symbolism of each Religion.	2
Unit 2: Introduction to Hinduism and its basic tenets and practices	Hinduism: Introduction, God-Man-World concepts, Human destiny, Evil-Suffering, life after death, rites and rituals and worship, sacred texts, a popular prayer - Gayatri mantra, principal sects, Hinduism and social system – caste system, samsara, festivals and holy places, and comparative elements in other religions.	3
Unit 3: Introduction to Christianity and its basic tenets and practices	Christianity: Introduction-God-Man-World concept, Jesus Christ, Human destiny, Evil-Suffering, life after death, rites and rituals (Sacraments) and worship, sacred texts. A popular prayer – ‘Our Father’, festivals and holy places, and comparative elements in other religions.	3
Unit 4: Introduction to Islam and its basic tenets and practices	Islam: Introduction, God-Man-World concept, Muhammad, Human destiny, Evil-Suffering, life after death, rites and rituals and worship, sacred texts, a	3



	popular prayer -“The Call to Prayer”, principal sects, Sufism, festivals and holy places and comparative elements in other religions.	
Unit 5: Introduction to Buddhism	Buddhism - The traditions, beliefs and practices in Buddhism	3
Unit 6: Introduction to Jainism	Jainism- The traditions, beliefs and practices in Jainism	3
Unit 7: Introduction to Sikhism	Sikhism- Introduction to Sikhism and its basic tenets and practices	3
Unit 8: Prayer and Ignatian Spirituality	Prayer and Spirituality: St. Ignatius of Loyola and Ignatian Spirituality	1
Unit 9: Prayer and Spirituality in everyday life – What? Why? How?	Spiritual Quotient: Prayer and spirituality in Personal and Public life (Social), Connections and distinctions between spirituality and religion, interrelationship between spirituality and religion, The power and effects of thoughts, Experiencing the Supreme	1
Unit 10: Critical reflection on inter-religious dialogue – a way forward	Inter-Religious Dialogue: steps to foster unity among different followers of faith traditions	1
Practical Exercises/Skill Development Activities: watching documentaries on such areas, project report /assignment. Taking the occasion of one festival of one religion and organising Inter-Faith prayer service. Before the service, explanation of the festivals to be given with Power Point. Visit to religious places.		

Suggested Readings/References:

1. Tiwari, Kedar Nath. Comparative Religion (Chapter 1)
2. Smith, Huston. The World's Religions (Chapter 1)
3. Stanford, Peter. Religion: 50 ideas you really need to know (Chapter 1)
4. 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.
5. What is Islam? (2010) Compiled by Research Division Darussalam, Riyadh: Maktaba Darussalam.
6. Muhammad al-Jibaly (2004) Knowing the Last Day, Madina: Al Kitab and as Sunnah Publishing.
7. Hammudah Abdalati (2001) Islam in Focus, New Delhi: New Crescent Publishing.
8. Dr. Zakir Naik (2000) Qur'an and Modern Science Compatible or Incompatible? Mumbai: Islamic Research Foundation.
9. The world of religions – Samarpan
10. The complete works of Swami Vivekananda
11. Selections from the complete works of Swami Vivekananda
12. What's Buddhism – Plain and Simple, The Practice of Being Aware, Right Now, Every Day, 2013, Steve Hagen, Broadway Books
13. Sikh Spiritual Practice – The Sound Way to God by Siri Kirpal Kaur
14. Jainism: An Introduction, 2009, Jeffery D. Long, I.B.Tauris
12. The Power of Now: A Guide to Spiritual Enlightenment, by Eckhart Tolle, by New World Library, 2004
13. Religious Hinduism by DeSmet and Neumer.