Semester: I	
Course name: : MULYA PRAVAH - Human Values and Professional Ethics	
Course code: V1BC25011T	
Course Credits: 2	
Pedagogy: Classrooms lecture, Fieldwork, Case studies, Group discussion, & Workshops	

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	• **Indian Ethos**: Cultural, spiritual, and ethical dimensions; relevance in education, NEP 2020. • **Sources**: ✓ 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	• **Types of Values**: Personal, social, spiritual; global perspectives. • **Core Values**: Satya, Dharma, Shanti, Prema, Ahimsa, empathy, humility.	3

	• **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.	
Unit 3: Constitutional values and global citizenship	• **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	• **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	• **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

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