

# Value Education Course

## SYLLABUS

### **Module-1: VALUE EDUCATION & SPIRITUALITY**

**Unit 1:** Definition, Concept and Classification of values

**Unit 2:** The need for value education in India

**Unit 3:** Developing Spirituality

**Unit 4:** Challenges of Value Adoption

### **Module-2: PERSONAL DEVELOPMENT & VALUES IN LIFE**

**Unit 1:** The principles of integrity

**Unit 2:** Character Development, A childlike approach to Life

**Unit 3:** Values in everyday life

**Unit 4:** Values, Virtues, Powers & Qualities

### **Module-3: MEDITATION & VALUES IN SOCIETY**

**Unit 1:** Meditation

**Unit 2:** Positive thinking & Emotional Maturity **Unit 3:** Consciousness & the Divine

### **Module-4: VALUES FOR EXCELLENCE IN LIFE**

**Unit 1:** In response to Living Values

**Unit 2:** Value adoption for Self development

**Unit 3:** Value adoption in Family life

**Unit 4:** Value adoption in professional life

### **Module-5: EXPLORING SPIRITUALITY**

**Unit 1:** Sanskar re-modeling

**Unit 2:** Spirituality in Action

**Unit 3:** Rajyoga- Healthy, Value-Based Lifestyle

**Unit 4:** Principles for a spiritual Lifestyle

### **Module-6:**

**Unit 1:** Daily Spiritual Study

Regularity & Punctuality-Revision in Day time-Sharing with others

Becoming the Embodiment

**Unit 2:** Diet and Nutrition

Vegetarian diet-3 aspects of offering-Foods to eat & not to eat -Free from Addictions

**Unit 3:** Selfless Service

Different forms of Services-Values for selfless service-Balance of Independence & Co-operation- Efforts for Victory

### **Module-7: PRACTICALS**

1. Counseling
2. Dissertation