

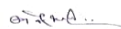
HS-112: UNIVERSAL HUMAN VALUES AND AWARENESS ABOUT HIMACHAL PRADESH

TEACHING AND EXAMINATION SCHEME:

Teaching Scheme			Credits	Marks			Duration of End Semester Examination
L	T	P/D	C	Sessional	End Semester Exam	Total	
3	0	0	3	40	60	100	3 hrs

COURSE CONTENTS:

Unit	Content	No. of Hours
I	Introduction to Value Education: Difference between moral and human values. Five core human values: Truth, Righteous conduct, Peace, Love and Non-violence. Classification of moral values, Value crisis in contemporary Indian society at different levels: Individual, family, Society and culture. Values in Indian constitution: Justice, liberty, equality and fraternity, Fundamental Rights under Indian constitution: Fundamental duties of Indian citizens.	8
II	Harmony with the self, family & society: Understanding Human being as the Co-existence of the Self and the Body, Program to ensure the health of the body Distinguishing between the Needs of the Self and the Body, living in harmony with the self, family & society, steps to achieve self-discipline. Noble Eightfold Path: Right Understanding, Thought, Speech, Action, Livelihood, Effort, Mindfulness, and Concentration.	8
III	Understanding Mental health & emotional well-being: Characteristics of a mentally healthy person, causes of mental-health issues in contemporary society, possible solutions to improve mental health. Emotional intelligence: elements of emotional intelligence, Advantages of higher emotional-intelligence & improving emotional intelligence, Maslow's hierarchy of needs & self-actualization.	8
IV	Awareness about Himachal Pradesh: General knowledge including the knowledge of different places of historic, national and cultural importance & tourist attraction, hydro power projects, industries, highways, educational and other institutions of the state, knowledge about the famous personalities from the state, currents affairs of Himachal Pradesh, history of Himachal- from medieval to present time, Geography-	8


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	including the weather, borders, rivers, mountain-ranges , passes, peaks , knowledge of customs and culture of HP : including the costumes, customs, fairs and festivals etc.	
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READINGS:

Text Book and Teachers Manual

1. The Textbook A Foundation Course in Human Values and Professional Ethics, R R Gaur, R Asthana, G P Bagaria, 2nd Revised Edition, Excel Books, New Delhi, 2019. ISBN 978-93-87034-47-1
2. Human Values, A.N. Tripathi, New Age Intl. Publishers, New Delhi, 2004.
3. The Wonderland Himachal Pradesh An Encyclopedia, Jag Mohan Balokhra, H. G. Publications New Delhi .

Reference Books

1. Jeevan Vidya: EkParichaya, A Nagaraj, Jeevan VidyaPrakashan, Amarkantak, 1999.
2. The Story of Stuff (Book).
3. The Story of My Experiments with Truth - by Mohandas Karamchand Gandhi
4. Small is Beautiful - E. F Schumacher.
5. Slow is Beautiful - Cecile Andrews
6. Economy of Permanence - J C Kumarappa
7. Bharat Mein Angreji Raj – Pandit Sunderlal
8. Rediscovering India - by Dharampal
9. Hind Swaraj or Indian Home Rule - by Mohandas K. Gandhi
10. India Wins Freedom - Maulana Abdul Kalam Azad
11. Vivekananda - Romain Rolland(English)
12. Gandhi - Romain Rolland(English)
13. History of Himachal Pradesh (HP GK) by Rana Academy
14. Geography and Culture of Himachal Pradesh (HP GK) by Rana Academy