

## Holistic Empowerment and Human Values

HU 107 S1

HU 107 S2

Scheme

L	T	P	Credit
3	0	0	00

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- **INTRODUCTION** (06 hours)  
Motivation behind the course, Holistic Empowerment, Mental, Spiritual and Social Health
  - **HUMAN VALUES AND ETHICS** (12 hours)  
Positive Attitude and Professional Ethics, Values through Literature, Sustainable Leadership for Professional and Personal Effectiveness, Social Media Pros and Cons.
  - **HEALTH AND MEDICATION** (12 hours)  
Awareness about life style diseases, Emotional Intelligence, Substance Abuse, Life Management Skills
  - **PHYSICAL FITNESS AND MENTAL HEALTH** (12 hours)  
Importance of games and exercises on Physical Fitness, Importance of Yoga and Meditation on Physical and Mental Health

(Total Lecture Hours:42)

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### Books Recommended:

1. Chakraborty, S. K. and Chakraborty, Debanshu, Human Values and Ethics: Achieving Holistic Excellence, The ICFAI University Press, Hyderabad, (2006).
2. Gaur, R.R., Sangal, R. and Bagaria, G.P., A Foundation Course in Human Values and Professional Ethics
3. R. Subramanian, Professional Ethics, Oxford University Press, (2013).
4. Kalam, A P J Abdul, Ignited Minds: Unleashing the Power Within India, Penguin; Latest edition (12 November 2014), ISBN-13: 978-0143424123
5. Kalam, A P J Abdul, Wings of Fire: An Autobiography, Universities Press; 1st edition (1999), ISBN-10: 8173711461
6. Priestley, J. B., An Inspector Calls, Three Acts Play
7. <http://livingvalues.net/> Living Values Education Activities for Young Adults, Book 1: 2019
8. Living Values Education Activities for Young Adults, Book 2: 2019