

Indian Institute of Information Technology, Sri City, Chittoor
(An Institute of National Importance under an Act of Parliament)

Foundations of Human Values and Ethics

L-T-P-C : 2-0-0-2

Course Description

A course designed to prepare young people for the here and now. It provides skills they need to set and achieve goals, and perform to their full potential – in their studies, home and work in a professional environment.

Course Objectives

To equip students with life skills (as defined by WHO and UNICEF) which are vital to effectively tackle the challenges of 21st century and with soft skills such as interpersonal relations, decision making, time management, team skills, communication and leadership which raises the employability factor and also the skills which will make them more dynamic and entrepreneurial in nature. To equip students with practical tools and techniques that will make them more creative, efficient, confident, clear minded , stress free, joyful and energetic and come out of depression, suicidal tendencies, addictions, anger. aggression, violent tendencies, anxiety and fear. To instill human values, ethics, moral values and integrity.

Course Impact

***Industry Relevance* Helps prepare excellently for being a professional in the industry.**

List of Companies with their Areas of Interests

All companies are interested in having employees with good personality , communication skills, empathy with co-workers, problem solving skills, discipline in completing assignments on time – this course helps to achieve all these attitudes and skills.

Course Ethics

The course is practical and also helps imbibe ethics in students.

Units

Unit 1 (4 hours):

Self-awareness / Mindfulness and Mind Management: The Seven Levels of Existence - Sources of Energy - Prana and the Breath-Energy and the Mind - Focus and Concentration - Sleep and Its Effect on the Body/Mind Complex - Bringing the Mind to the Present - Discipline and the Mind - The Tendencies of the Mind - Dealing with regret in the past and anxiety in the future - Importance of Being 100%-Inevitability of the Present Moment - Focus and Commitment

Unit 2 (4 hours):

Coping with Stress and Coping with Emotions / Emotional Intelligence: Sources of Stress - Stress and the Body-Stress and the Mind-Stress and the Emotions - What is Stress? - Physiology and Stress - Overview of Techniques for Stress Reduction - Techniques and their Effect on Physiology and Psychology - The Role of the Breath- Rhythms of the Breath and their Relation to Emotions - Emotions and the Sympathetic and Parasympathetic Nervous System - Techniques to manage emotions by managing the breath

Unit 3 (4 hours):

Interpersonal Relationship Skills and Effective Communication Skills: The Modes of Acceptance - Advantages/Disadvantages - The Complementary Nature of Opposite Values - Judgement and Acceptance - Dealing with People's Opinions - Roles in Life - Responsibility - Service – Impacting our Communities and the World - Being sensitive & Sensible - Your state of mind matters - Humor coupled with care & concern - Types of communication - Communication beyond words - Being a good listener

Unit 4 (4 hours):

Health & Nutrition - Lifestyle & Environment: Wellness Guide-Aligning with Nature - Physical & Mental Health - Food: Types of Food and Its Effect on the Body and Mind - Science of Meditation and its Impact on Mental Wellness - Nature of Habits-How to Develop Good Habits/Break Bad Habits - Dealing with Parents, Society and Peer Pressure - Sex and Its Impact on the Body, Mind and Emotions - Drugs and Alcohol and their Effects on the Body, Mind, and Emotions - Life Choices and the Environment - Direct Application: Life Choices and Team Dynamics - Direct Application: Break Your Own Bad Habits

Unit 5 (2 hours):

Ethics, Morality and Integrity: Difference between Ethics, Morals and Integrity - Convergence of Sensibility and Sensitivity - Ethics as a Fundamental Necessity in Society- Case Study - Non-adherence leading to major Economic Crises worldwide- Case Study - Successful Role Models who have integrated Ethics as a way of life-Role of ethical youth as future Leaders in shaping the Nation

Unit 6 (6 hours):

Time Management and Goal Setting - Active Learning & Learning Strategies

- Decision Making: Types and Characteristics of activities - Typical nature of reaction to various activities - Planning and Discipline – Urgent and Important Time Matrix-Activity to review participants time spent on various activities - The 5 aspects of learning - Lifelong learning-Learning & Mistakes - 3 Levels of knowledge-Role of Intuition - Barriers to Learning - The Art of making Correct Decisions - Long term vs. Short term Planning - Clarity of Mind – Dealing with Confusion - Decision making and Intuition - Goal-setting and Prioritization

References :

<http://web.mit.edu/yesplus/www/Home.html>

https://www.researchgate.net/publication/279753401_Anti-anxiety_efficacy_of_Sudarshan_Kriya_Yoga_in_general_anxiety_disorder_A_multicomponent_yoga_based_breath_intervention_program_for_patients_suffering_from_generalized_anxiety_disorder_with_or_without

<https://www.artofliving.org/wisdom/emotional-intelligence>

<https://online.hbs.edu/blog/post/leadership-communication>

<https://www.indeed.com/career-advice/career-development/covey-time-management-matrix>

<https://hbr.org/2020/01/time-management-is-about-more-than-life-hacks>

<https://hbr.org/topic/decision-making>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3573542/>

Course Outcomes (Unit wise)

- 1. Gives the ability to maintain high energy levels, bring the mind to the present moment, concentrate with a relaxed and happy state of mind resulting in increased levels of efficiency.**
- 2. Gives the ability to handle the mind, manage the emotions, eliminate stress and maintain a healthy body & mind.**
- 3. Gives the ability to maintain equilibrium in adverse situations, deal with people and situations without losing peace of mind, increase the horizons of responsibility with the vision of one world family, making communication more effective with humour and being a good listener.**
- 4. Helps to develop a wellness guide thereby regularizing the biological clock, follow an appropriate diet suitable to one's nature, become aware of the various aspects to be healthy, choose life choices so as to contribute positively to the environment, gives an understanding on how to deal with parents and also to handle peer pressure.**
- 5. Moulds to play the role of future leaders in shaping the nation and also brings the ability to be both sensible and sensitive.**
- 6. Gives the ability to prioritize the activities, identify time wasters and barriers to learning, manage the time effectively, set the goals, understand any concept through active learning, use intuitive power for an effective decision making.**

Grading Policy

- Surprise Quiz : 15%**
(Conducted in the class totalling to 8. Average of them will be evaluated)
 - Assignment 1 : 5%**
 - Assignment 2 : 10%**
 - Assignment 3 : 10%**
 - Mid Examination : 20% (MCQs 15% and viva 5%)**
 - End Examination : 30% (MCQs 10% and viva 20%)**
 - Project : 10%**
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