

Value Education Course guided by NEP-2020 to be effective from 2023-24

NEP recommends VAC,

to include the development of humanistic, ethical, Constitutional, and universal human values of truth, righteous conduct, peace, love, nonviolence, scientific temper, citizenship values, and life skills.

Aim of VAC:

The graduates should be able to demonstrate the acquisition of knowledge and attitude that are required to:

- embrace and practise constitutional, humanistic, ethical, and moral values in life, including universal human values of truth, righteous conduct, peace, love, nonviolence, scientific temper, citizenship values,
- practise responsible global citizenship required for responding to contemporary global challenges, enabling learners to become aware of and understand global issues and to become active promoters of more peaceful, tolerant, inclusive, secure, and sustainable societies,
- formulate a position/argument about an ethical issue from multiple perspectives
- identify ethical issues related to work, and follow ethical practices, including avoiding unethical behaviour such as fabrication, falsification or misrepresentation of data, or committing plagiarism, and adhering to intellectual property rights,
- recognize environmental and sustainability issues, and participate in actions to promote sustainable development.
- adopt an objective, unbiased, and truthful actions in all aspects of work,
- instill integrity and identify ethical issues related to work, and follow ethical practices.

Course Objectives:

To understand the meaning of Values

To realise that, WHAT WE ARE *Is more important than* What We Have

To interpret Indian culture in a scientific manner

To feel that Values bring quality and meaning to life.

It gives a person his identity and character.

To appraise moral values in the society

SURENDRANATH COLLEGE

Value Education Certificate course on **"Self-Identification in Vedanta" from the session 2023-24**

Module-I : INTRODUCTION TO VALUE EDUCATION

Value Education – Definition, Views on Education -Swami Vivekananda,Sri Aurobindo, Mahatma Gandhi,Rabindrath Tagore and Dr. R. Radhakrishnan, Classification of values. The need for value education in India.Character Development, **A childlike approach to Life.** Challenges of Value Adoption. Human Values – Family Values, Spiritual value. [6]

Module-II : VALUE EDUCATION & SPIRITUALITY

Developing Spirituality- Transformation from the general “Outside-in-approach” to “Inside-in-approach”, as envisaged in ‘**Samskar se Samsar**’ (our personality traits create our world) and ‘**Sankalpa se Srishti**’ (our thoughts create results), developing ‘Soul-consciousness’ from ‘Ego-consciousness’ to achieve self-contentment, non attachment state of individual resulting achievement of Universal brotherhood. To explore inner essence, “**Who am I?**” according to **Mandukya Upanishad**. Four Dimensions of Consciousness-**Waking-Dreaming-Sushupti-Turiya.** [12]

Module-III : Knowledge on ‘The Mind and Body’

‘**The Mind**’ as envisaged in “**Tattvabodha**” of **Shankaracharya**, Four Faculties of ‘**Antakaran**’ - **Mind - Memory - Intellect - Ego** and their functions, Constituents of Gross Body - Twenty Four-elements Theory of Samkhya Philosophy. Location of Desire and Knowledge to detach one’s ‘Self’ from these faculties and ultimately to be desire-free or Basanamukta or acquiring true personality. [12]

Module-IV : Mastering “The Mind” and achieving real Personality

Raja Yoga and meditation- Definition of Yoga according to Patanjali,Un-colouring thoughts by practising 8-fold Yogic process of Yoga Philosophy - Absolute Freedom from subconscious impressions resulting in perpetual Enlightenment,Yoga sutras related to **Yama, Niyama, Âsana, Prânâyâma, Pratyâhâra, Dhârâna, Dhyâna, and Samâdhi, and their explanations.** [12]

Module-V : Karma Yoga, Morality and Ethics

Statement of ‘Law of Karma’ and methodology to go beyond this Law. Characteristics of ‘Karma’ to be called ‘Yoga’ as enshrined in the shloka number 2.47, 2.48, 4.16 to 4.18 in The Gita. Foundations of Moral-Ethical science according to Taittiriya Upanishad-9th and 11th Anubaka, Characteristics of The Absolute Brahman- Existence-Consciousness-Bliss. Relation between Brahman and Atman. Five sheaths of Atman. [8]

Module-VI : Spirituality in Action

Samskar remodelling, Principles for a spiritual Life-style, Daily Spiritual Study Regularity & Punctuality, Relation between Diet and spiritual Practice- according to Swamiji, Vegetarian diet - 3 aspects of offering-Foods, to eat & not to eat -Free from Addictions, Selfless Service, Different forms of Services, Counselling, Dissertation. [6]

Module-VII: VALUES FOR EXCELLENCE IN LIFE

In response to Living Values, Value adoption for Self development, Value adoption in Family life, Value adoption in professional life, Values in social life. [4]

Sem-I: Module-I to III. Sem-II: Module- IV to VII

Recommended Books

- 1. Sadhana, by R N Tagore, Macmillan Co. New York,1920**
- 2. Personality, R N Tagore, Macmillan Co. New York, 1917**
- 3. The Thirteen Principal Upanishads , by R E Hume, Oxford Univ. Press, 1921**
- 4. The Principal Upanishads, by S.Radhakrishnan, George Allen and Unwin Ltd., London,1968**
- 5. The Vaishnava vedanta, Dr. M. Brahmachari, M. C. W. T. Raghunathpur, Kolkata-59**
- 6. উপনিষদ গ্রন্থাবলী- স্বামী গঙ্গীরানন্দ, ১ম,২য়,৩য় খণ্ড, উদ্বোধন, 2015**
- 7. উপনিষদ ভাবনা, ১ম,২য় খণ্ড, শ্রীমহানামব্রত ব্রহ্মচারী, মহানামব্রত কালচারাল অ্যাণ্ড ওয়েলফেয়ার ট্রাস্ট**
- 8. গীতাধ্যান, শ্রীমহানামব্রত ব্রহ্মচারী, মহানামব্রত কালচারাল অ্যাণ্ড ওয়েলফেয়ার ট্রাস্ট**
- 9. The Mandukya Upan.,Trans. by M.N. Dvivedi, 1894, Bombay Theosophical Publ., India**
- 10. Tattva Bodha by Shankaracharya, translated - Swarup Chaitanya, Central C M Trust, India**
- 11. শ্রীমদ্ভগবদ্গীতা -শ্রীজগদীশচন্দ্র ঘোষ**
- 12.Tattva Bodha by Shankaracharya, translated by Swami Paramarthananda, Arsha Avinash Foundation, 104 Third Street, Tatabad, Coimbatore 641012, India**
- 13. Personality DEVELOPMENT by Swami Vivekananda, Advaita Ashram, 5, ENTALLY ROAD • KOLKATA 700 014**
- 14. The Seven spiritual laws of Success - Deepak Chopra**
- 15. The Complete Works of Swami Vivekananda,RAMAKRISHNA MATH & RAMAKRISHNA MISSION, BELUR MATH-711202, WEST BENGAL, INDIA**
- 16. Patanjali Yoga Sutra- Swami Vivekananda**
- 17. পাতঞ্জল যোগদর্শন- শ্রীহরিহরানন্দ আরণ্য, কলিকাতা বিশ্ববিদ্যালয় ,১৯৩৮**
- 18. সাংখ্যদর্শন- উপেন্দ্রনাথ মুখোপাধ্যায়,বসুমতী সাহিত্যমন্দির**
- 19.THE SANKHYA KARIKA OF ISWARA KRISHNA, JOHN DAVIES, M.A. (Cantab.), MEMBER OF THE ROYAL ASIATIC SOCIETY, LONDON: TEUBNER & CO., LUDGATE HILL 1881.**

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