

CERTIFICATE COURSE IN VALUE EDUCATION

Name of the certificate course: Value Education

Organized by: Department of Physics in collaboration with IQAC

Objectives of the course: Mastering mind by Vedantic way to conquer negative emotions.

About the Course: Operationally the concept of values may be defined as 'factors which affect human behavior'. Values are the essence of humanity. It is through Universal Values that we link ourselves with humanity and the cosmos. Universal values that we experience are the sense of oneness with the human race. Education does not just mean teaching the students how to read, write and get a job. It also includes developing the personality of the student to make him an ideal citizen. So value education is education in values and education towards the inculcation of values.

Value education has a capacity to transform a diseased mind into a very young, fresh, innocent, healthy, natural and attentive mind. The transformed mind is capable of higher sensitivity and a heightened level of perception.

There exists a subtle difference between Ethics and values. Ethics is the code of conduct concerned with how a person should behave particularly in the workplace. It refers to principles that define behavior as right and wrong. Ethics are said to flow from the head while values from the heart. Ethics have western leanings and values eastern.

Trust-truth-Honesty-Integrity-self-confidence-self-motivation-punctuality-courage-creativity-affection-friendship-hospitality-service-forgiveness-sympathy-tolerance-self-restraint-Self-discipline-contentment- are the values. Ethics flow from values and not vice-versa.

Significance of Values:

Values bring quality and meaning to life.

Values give a person his identity and character.

Values act as guidelines- they tell him what he should and should not do.

They make us realize that, *WHAT WE ARE, Is more important than, What We Have.*

Values

- Coming from within
- 1. Divine Love
- 2. Kindness
- 3. Compassion
- 4. Mercy
- 5. Sympathy
- 6. Empathy

Being Practiced

- 1. Truthfulness
- 2. Character
- 3. Honesty
- 4. Obedience
- 5. Behavior
- 6. Discipline

Syllabus/ Topics to be covered:

▪ **Module-1:**

Unit 1 - To explore inner essence, "Who am I?" according to Mandukya Upanishad. Four states of Consciousness.

Unit 2 - Four Faculties - Mind - Memory - Intellect - Ego.

Unit 3 - Location of Desire and Knowledge to detach one's 'Self' from these faculties and ultimately to be desire-free or *Basanamukta*.

Unit 4 - Value of a clear Mind.

[10 P]

▪ **Module-2:**

Unit 1 - Constituents of Gross Body - Twenty Four-elements Theory of Samkhya Philosophy.

Unit 2 - Un-colouring thoughts by practising 8-fold Yogic process of Yoga Philosophy - Absolute Freedom from subconscious impressions resulting in perpetual Enlightenment.

[10 P]

▪ **Module-3:**

Unit 1 - Foundations of Moral-Ethical science according to Taittiriya Upanishad - 9th and 11th *Anubaka*.

Unit 2 - Characteristics of The Absolute Brahman - Existence - Consciousness-Bliss. Relation between Brahman and *Atman*. Five sheaths of *Atman*.

[10 P]

▪ **Module-4:**

Unit 1 - Statement of 'Law of Karma' and methodology to go beyond this Law. Characteristics of 'Karma' to be called as '*Yoga*' as enshrined in the *shloka* number 2.47, 2.48, 4.16 to 4.18 in The Gita.

[10 P]

▪ **Module-5: 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 - Character Development, A childlike approach to Life.

Unit 5 - Challenges of Value Adoption.

[6 P]

- **Module-6: EXPLORING SPIRITUALITY**

Unit 1 - Samskar remodelling.

Unit 2 - Spirituality in Action.

Unit 3 - Raj yoga - Healthy, Value-Based Lifestyle.

Unit 4 - Principles for a spiritual Lifestyle.

Unit 5 - Daily Spiritual Study Regularity & Punctuality.

Unit 6 - Relation between Diet and spiritual Practice - Vegetarian diet - 3 aspects of offering-Foods, to eat & not to eat - Free from Addictions.

Unit 7 - Selfless Service Different forms of Services.

[8 P]

- **Module-7: PRACTICAL**

1. Counselling 2. Dissertation.

Duration of the Course: Six Months-Online mode (Commences from- At the start of Sem-1H class)

Course Fee: Free

Examination/Evaluation Process: For successful completion of the Course each participant has to write one project on a Topic from the syllabus chosen by lottery with minimum 45% attendance.

No. of Seats in the Course: As much as can be accommodated in Google meet.

Activity Report of previous sessions of the course:

Our College started a Value Education certificate Course this year from 21st June, 2021 as an open free course for all age groups and for all sections of people in our society. Though initially a large number of participants enrolled in the course but due to their time constraints only 23 no. (four of them from other institutions) attended the course up to the end and 19 no. of participants completed the course successfully by the project submission. The course was inaugurated by an eminent speaker Swamini Vimalananda, disciple of Swami Chinmayanand, presently Acharya of Chinmay Mission, Coimbatore.

Two classes of 1 hour duration each, were held per week on Saturday and Sunday at 7 pm in College Zoom platform in online mode with the help of a Ppt presentation prepared by myself according to the syllabus which was framed by me.

Apart from normal classes taught by me (total 35 classes each of 1 hour duration were held), a motivational talk had been arranged by an eminent speaker in the field of metaphysics on the topic - 'Who am I' from the Yogasutra of Patanjali on 11.07.21. The webinar

had been organized by IQAC, Surendranath College in the online Zoom platform by the speaker Swami Nityananda Giri Maharaj, M Sc in Zoology, a spiritual practitioner on Kriya yoga.

At the end of the course the topics were allotted by lottery to the participants for project writing and finally submitted by them within the time limit. Evaluation had been done and according to this score together with attendance, the final score sheet was prepared to determine the grade for certification and certificates were dispatched to their mail to 19 number of participants with grade-A all of them.

Finally, an e-booklet of articles written by the participants was published on 14th December, 2021 on the auspicious day of The Gita Jayanti.

Course Coordinator:

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