

ATMIYA UNIVERSITY

Universal Human Value (UHV) Cell

Part III		
Skill Enhancement Course (SEC) – II – Co-Curricular Courses (CoC)		
For the students admitted from A.Y. 2021-2022 & onwards		
Offered by: Universal Human Value (UHV) Cell	Offered to: (Please mark \sqrt as applicable)	
	<input type="checkbox"/>	Students across the University other than the offering department.
	<input type="checkbox"/>	Students across the University including the offering department. (The course should not be a part of regular curriculum of the offering department.)
Semester : III – V (3 year programs) / III - VII (4 year programs)		
Course Code	Course Title	Course Credit and Hours
21AECO028	Concepts in Coexistence for Holistic Human Living	2 Credit - 4 hrs / wk

Objective of the course:

1. The objective of this course to further the basic introduction provided in the mandatory 'Introduction to Human Values & Holistic Living' course offered in Semester 1 & 2.
2. The course aims to provide a sound conceptual base on different aspects of Nature & Coexistence, and mans place and role in it.
3. Based on this Holistic Vision, it shall enable students to study & explore every dimension of their living. This shall enable them to see the need for qualitative transformation in their consciousness via value based & ethical inputs.
4. This will equip students with the tools needed to undertake this study & practice this lifelong, via systematic study & practice

Target Skills (Course outcomes) :

1. Have a **Basic Vision** of the inherent Harmony & Coexistence in Nature
2. **Understand** the Human Goal as Happiness, Prosperity, Peace & Coexistence
3. **Identify** the need for resolution in the material, behavioural, intellectual & existential aspects of Living in order to be Happy
4. **Appreciate** their role & responsibility in Society
5. **Develop commitment** to live with Ethics & undertake further study & practice to deepen their understanding.

Justification and references for the course (Mapping with NSDC/NSQF/Sector Skill Council/Regional needs/any other) :

- The Co curricular course based on Concepts in Coexistence for Holistic Human Living is propounded by Shri A. Nagraj, Amarkantak.

Reference:

- <https://fdp-si.aicte-india.org/download.php#1>

Course Description:

- Concepts in Coexistence for Holistic Human Living facilitate Knowledge, Wisdom and science of Co-Existence. This is an alternative to Materialism & Theism/Spiritualism. The course aims to address SDG 11: Sustainable Cities and Communities

Course Content	Hours
Module-I: Discussion about current state & Exploring Life & Living	16 hrs
<ul style="list-style-type: none"> • Current state of a human and health • Current state of an family • Current state of a society • Current state of nature • Exploring 4 orders in existence • Need of transformation in this current state? • Basic questions in human life • Why there is a need to study human? • Thoughts(Based on influence, peer pressure, natural acceptance), behaviour and work • Meaning of development - Right understanding, relations and facility • What is permanent success - Competition or Cooperation? 	
Module-II : Exploring and understanding humans & Basic Introduction to the Human Relationships	16 hrs
<ul style="list-style-type: none"> • Understanding humans- BODY and SELF(ME) • Activities in the Self and the Body • Harmony in body - Responsibility of Self towards the body • Harmony in self • Universal human goals and human evaluation: Universal, Eternal, Liveable, Communicable, Verifiable. • Am I related to other Human Beings? Applying Self observation(nirikshan), Examination(parikshan) and Survey(sarvekshan) in understanding of humans • Way of living? As an animal or as an human? (jinda rehna and jeena) • Does relationship exist? 	

<ul style="list-style-type: none"> • The basis for Relationship: Similarity in Humans • Living in Family <ul style="list-style-type: none"> • Father-Mother & Son-Daughter • Brother – Sister & Friends • Husband-Wife • Living in society <ul style="list-style-type: none"> • Teacher-Student • Colleague- co-worker • Existence-co-existential relationships 	
Module-III : Basic Introduction to the values (feelings) in relationships & Humane Social Organization & Evolution of 4 orders in existence	16 hrs
<ul style="list-style-type: none"> • Trust • Respect • Affection • Care • Guidance • Glory & Reverence • Gratitude • Love • Evolution and Development in Existence • Space(vyapak), basis of the entire existence • Universal laws of existence - Vikaskram vikas, jagrutikram jagruti 	
Module-IV : 4 orders and their dimensions & Understanding the Human Being & the Conscious Self (Jeevan)	16 hrs
<ul style="list-style-type: none"> • Recognizing dimensions of 4 order(roop, gun, swabhav, dharma) • Changeable and unchangeable properties with respect to dimensions of 4 order. • The Conscious Self (Jeevan)– construction • Introduction to the 10 Activities in the Conscious Self • Knowledge of Humane Conduct (manviya acharan)-introducing mulya(values), charitra(character), neeti. 	
Module-V : Understanding Nature Relationship & Views and Feedback of self-evaluation of the content covered in this course	16 hrs
<ul style="list-style-type: none"> • Exercise –. Identify the subjects and the outcome should be there in your concerned branch keeping in mind the sustainability approach. • Feedback sharing of all the students 	

Pedagogic tools:

1. Chalk and Talk
1. PPT and Videos.
2. Hands-on activities
3. Assignment
4. Group discussion

Reference Books:

1. A Practical Introduction to Values, Ethics & Holistic Living – Shriram Narasimhan
2. Knowledge, Wisdom & Science of Coexistence for Humane Living– an introduction. - Shriram Narasimhan
3. Sah-Astitva-vad ek Parichay – A Nagraj, Jeevan Vidya Prakashan, Amarkantak
4. Jeevan vidya ek Parichay – A Nagraj, Jeevan Vidya Prakashan, Amarkantak
5. Adhyayan Bindu - A Nagraj, Jeevan Vidya Prakashan, Amarkantak

Suggested reading / E-resources

1. Human Values in Madhyasth Darshan By Dr. Shyam Kumar | AKTU Digital Education(<https://www.youtube.com/watch?v=l4x26FPFJYs>)
2. <https://www.youtube.com/watch?v=28wbdZGhPwA&list=PLWDeKF97v9SMRfe5PK1HPYnEcrJOL6K7>
3. www.jvidya.com
4. <https://www.teachmint.com/tfile/studymaterial/uhv/uhv/rrgaurrsangalgp/9d83b566-c4c1-40d1-be67-e266fdde11da>

Suggested MOOCs:

1. <https://www.coursera.org/learn/the-science-of-well-being>

Methods of Assessment & Tools:

(Though the credit has to be awarded at the end of the course i.e. two semesters, it is recommended to consolidated assessment in two stages one at end of each semester. Components used for assessment can be different as per the nature of the course)

S.N.	Component	Content	Duration	Marks	Sub Total
1	Attendance	--	--	10	
2	Assignments	--	--	10	
3	Practical Skill Assessment (Continuous Assessment during the semester)			40 (20 Marks for Each Semester)	
4	Course Mid Examination			20	
5	Course End Examination			20	
Total				100	100

At the end of the course no marks are given, only remarks are given as follows:

REMARKS:

Range of Marks	Remarks
90-100	Excellent
75-89	Very Good
60-74	Good
40-59	Fair
< 40	Not Completed