

COURSE TITLE	UNIVERSAL HUMAN VALUES AND LIFE SKILLS
COURSE CODE	10BH1508
COURSE CREDITS	3

Objective:

- 1 To develop an understanding of universal human values and their importance in personal and professional life.
- 2 To equip students with essential life skills, including emotional intelligence, decision-making, and effective communication.
- 3 To promote ethical behavior, empathy, and self-awareness for building a harmonious society
- 4 To foster the ability to handle stress, conflict, and relationships with a positive mindset.

Course Outcomes: After completion of this course, student will be able to:

- 1 Demonstrate an understanding of core human values and apply them in day-to-day interactions.
- 2 Apply life skills such as problem-solving, critical thinking, and interpersonal communication in various contexts.
- 3 Exhibit ethical behavior and empathy towards individuals and society, fostering better human relationships.
- 4 Develop the capacity to manage stress and conflicts effectively through self-awareness and emotional regulation.

Pre-requisite of course:None

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
2	1	0	0	0	0	50	50

Contents : Unit	Topics	Contact Hours
1	Understanding Human Values Introduction to Human Values: Definition, importance, and need for human values in daily life and society., Core Human Values: Truth: Integrity, Honesty, and transparency. Love: Compassion, empathy, and kindness. Peace: Inner peace, harmony, and balance. Non-violence: Respect for life, tolerance, and conflict resolution; Friendship, Role of Human Values in Building Relationships: Understanding how values influence trust, respect, and cooperation in both personal and professional relationships., Ethical Dilemmas and Conflict Resolution: Identifying value-based solutions to ethical challenges and conflicts in real-life situations	10

Contents : Unit	Topics	Contact Hours
2	Universal Human Values and Society Values in Society: The role of universal human values in shaping social behavior and community interactions., Human Values and Sustainable Development: How human values contribute to creating a sustainable, fair, and inclusive society., The Role of Education in Cultivating Human Values: The significance of value-based education in fostering a more ethical and value-conscious generation., Human Values in the Workplace: Implementing values like fairness, transparency, and accountability in professional settings.	5
3	Essential Life Skills for Personal Development Self-Awareness and Emotional Intelligence, Effective Communication and Active Listening, Goal Setting and Time Management, Stress and Resilience Management	8
4	Life Skills for Social and Professional Success Problem Solving and Decision Making, Teamwork and Collaboration, Ethical Leadership, Work-Life Balance	7
Total Hours		30

Suggested List of Experiments:

Contents : Unit	Topics	Contact Hours
1	Issues Related to Universal Human Values and Life Skills Issues Related to Universal Human Values and Life Skills	15
Total Hours		15

Textbook :

- 1 Essentials of Human Values. , Chakraborty, S. K. , Wheeler Publishing., 2007
- 2 Education in Values and Human Rights., Chitakra, M. G., A.P.H Publishing, 2003

References:

- 1 Human values and professional ethics. , Human values and professional ethics. , Gaur, R. R., Sangal, R., & Bagaria, G. P., Excel Books., 2010
- 2 Value Education and Professional Ethics , Value Education and Professional Ethics , Anand, R. , Satya Prakashan, 2019
- 3 Universal Human Values and Professional Ethics. , Universal Human Values and Professional Ethics. , Nagaraj, A., & Bajpai, B. L, New Age International Publishers, 2011

Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery
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Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
10.00	15.00	20.00	20.00	20.00	15.00

Supplementary Resources:

- 1 <https://www.aicte-india.org/uhv>
- 2 <https://egyankosh.ac.in>
- 3 <https://www.unesco.org/en/education>
- 4 <https://www.mindtools.com>
- 5 <https://www.who.int/health-topics/life-skills>