

Universal human values and Holistic Education for health happiness, and harmony

Curriculum for "Universal Human Values for health happiness and harmony"

Goal of the programme

The goal of this programme is to bring about a qualitative (spiritual) transformation of the personality of the learners via impacting on their physical self, mental self, and spiritual self; and to enable them to develop an understanding of Self and self-awareness, and an attitude of caring for others as they care for themselves.

Broad objectives of the curriculum

The broad objectives of this curriculum would be the following.

1. To understand the nature of moral and other human values from both Indian and Western perspectives.
2. To Understand and discover the Self and personality in psycho-philosophical perspectives.
3. To understand essentials of democratic values and democratic living, with special reference to values enshrined in Indian Constitution.
4. To understand the essentials of Yoga for health happiness and harmony.
5. To understand the concept of harmony within and harmony without as well as the cosmic harmony (Hrita).

Syllabus

- Understanding moral and other human values: the social malaise and need for ethics, Indian culture and human values- VasudhaivaKutumbakama, satyayam, shivam, sundaram (Truth, Goodness, and Beauty), Catuspurusartha (Artha, Kama, Dharma, Moksa), PancaKosa (Annamaya, Pranamaya, Manomaya, and AnandamayaKosa). Meaning and nature of morality- a rational view of morality, language of morals, form and content of morality, moral judgement and moral action, moral development, moral reasoning, moral responsibility and blame, ethics of justice and ethics of care, character and character development, cases for discussion, some select moral dilemmas.
- -Understanding the self and personality: understanding self concept, developing self awareness and self esteem, developing sensitivity and tolerance, developing self management, Basic human needs and human adjustment; conflict and conflict resolution; stress management.
- Essentials of democratic living-democracy and welfare state, concept of equality, freedom, and discipline, autonomy of the will vis a vis moral action; equity studies-equity, diversity, and social justice, rights and responsibilities, accountability; scientific temper, and other, values enshrined in the Indian Constitution, discrimination-it's nature and extent, Learning to live with others.
- Essentials of yoga: Understanding some select Patanjali Yoga sutras, different organs of Astanga Yoga especially, the Yama (Ahimsa, Saytya, Asteya, Aparigraha, Brahamacharya), Niyama (shauch, santosa, Tapa, Swadhyaya, Ishvarapranidhana), some important asanas, Pranayama and Yogic techniques of relaxation/ meditation and their practice

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- Understanding harmony: personal harmony and social harmony; cosmic harmony- relationship between man and nature-mutuality and reciprocity (interdependence) of man and nature leading to cosmic harmony (Hrita), sustainable development, Ecology and ethical dimensions of environmental pollution and resource depletion; ethics of conserving depletable resources.

Transaction of curriculum

When transacting the curriculum special stress should be given to self study (swadhyaya) with minimum of teacher intervention. intending to clarify the different theoretical concepts use of practical oriented approach (practice or experience based) should be made: for instance-use of illustrations, exemplars, dialogues, cases studies, parables, stories, moral dilemma situations, nature study, personal experiences and self exploration, examples from the life of great personalities- both oriental and occidental.