



चौधरी रणबीर सिंह विश्वविद्यालय, जीन्द  
Chaudhary Ranbir Singh University, Jind  
(Established by the State Legislature Act 28 of 2014 and  
recognized U/S 2(f) & 12-B by UGC Act 1956)



Assistant Registrar (Acad.)

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No. CRSU/Acad./EC-14/2018/~~7336-53~~

Dated : 14/9/18.....

To

1. All Chairperson/Incharges of UTDs, CRSU, Jind.
2. Dean Academic Affairs, CRSU, Jind.

**Subject: Follow up action on the decision (s) taken by the 14<sup>th</sup> meeting of Executive Council held on 31<sup>st</sup> August, 2018.**

Sir,

The Executive Council vide Resolution No. 45 in its meeting held on 31<sup>st</sup> August, 2018 has resolved the following:

45. To consider and approve the implementation and approval of Curriculum for "Universal Human Values for Health, Happiness and Harmony" (Annexure- XXXXVIII, Pages 271- 272, already circulated) for all courses running in UTDs as Non Credit Base subject.

**RESOLUTION: Considered and approved.**

You are, therefore, requested to kindly send the action taken report to this office.

Yours Sincerely

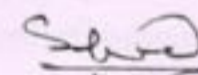
  
14.09.2018  
Assistant Registrar (Academic)

Endst. No. CRSU/Academic/ EC-14/2018/7354-55

Dated: 14/9/18.....

Copy of above is forwarded to the following for kind information and necessary action.

1. Controller of Examinations, Chaudhary Ranbir Singh University, Jind (copy of syllabus is enclosed).
2. System Analyst, Chaudhary Ranbir Singh University, Jind with request to upload on the University website.

  
14.09.2018  
Assistant Registrar (Academic)

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