

# **Ram Lal Anand College**

**A course on Human Values, Ethics and Life Skills**

**Course Coordinators: Dr Rita Jain, Dr Sanjay Sharma**

## **Course Description:**

In a constantly changing environment, a strong value system and life skills are an essential part of being able to meet the challenges of everyday life.

The objective of this program is to help young students develop wholesome personalities, positive attitudes and help them bring out their inherent human values. The goal is to raise their self-confidence with development of life skills, such as leadership, stress management, and time management that empower them to overcome challenges of their everyday lives and to encourage them to seek a higher purpose of existence, and to inspire them through examples of great men and women.

Life skills go well beyond choosing a course in college or impressing a potential employer in the future. Life skills provide students with important tools for development, such as independent thinking, how to socialize and make new friends, and how to take action in situations where their parents or teachers may not be around to help or intervene and to help them to cope up with personal insecurities and fears. Unlike motor skills and basic intelligence, executive function and decision making skills are not inborn but can be learned.

## **Objective:**

The Human Values, Ethics and life skills course tries to achieve the following objectives.

1. To develop a critical ability to distinguish between values, ethics and professional skills, so as to ensure sustained happiness and prosperity which are the core aspirations of all human beings.
2. To facilitate the development of a holistic perspective among students towards life, profession and happiness. To equip them well to make good decisions and solve problems in their academic and professional careers as well as their personal lives.

## UNIT I

8 Hr

### Towards yourself – 1 (Through One Day Workshop covering 1.1 and 1.2 )

- **Introductory Lecture on Human Values and Self Reflection**
- **Workshop on Happiness, Stress and Anger Management**

#### 1.1 Introduction of human values

- What are human values?
- What is the need to know about human values?

#### 1.2 Self-reflection

- **Self-awareness**  
Being conscious of one's own character, nature, feelings, as well as strengths and weaknesses. And also constantly changing and updating ourselves.
- **Self esteem**  
It refers to the amount of self-confidence we possess. Having an inherent faith and belief in our own abilities.
- **Assertiveness**  
It stands for being able to stand up for ourselves and our beliefs. To clearly be able to state and communicate our thoughts.
- **Coping with emotions**  
Emotions are strong reflections of what we feel. Thus, identifying and then coping with emotions implies that people can recognise their emotions and the reasons for them. And thus make informed decisions which take account of, but are not overly influenced by them.
- **Coping with Stress**  
Stress can be a destructive force in an individual's life if it gets too big to handle. Therefore, as with emotions, young people need to be able to recognise stress, its causes and effects and know how to deal with it.
- **Coping with Anger** - Identifying and dealing with anger, managing anger in the long term, anxiety, fear and anger and domestic violence and anger. Lastly getting help/counselling to overcome anger.

#### 1.3 Documentary/ Film/Discussion – Into the wild

2 hrs

## UNIT II

8 Hr

### Towards yourself - 2

## 2.1 Critical thinking

( Workshop by Dr. Neena Mital )

- **Critical Thinking**  
Critical thinking enables us to gauge situations and the various options and solutions, to find the most appropriate way.
- **Creative Thinking**  
Coming up with ideas, new ways of doing things, arrangements or organisations is called creative thinking. This is important as a life skill as creating something of our own in itself is a satisfying experience, along with enabling personal development creativity is something appreciated in all fields and sets us apart.
- **Decision Making**  
Our decisions and choices make us who we are, hence being decisive is an important life skill. One must make a choice but at the same time one must be aware of the possible consequences of one's choice. Thus it is important to weigh the consequences before making a decision and critical thinking provides a framework for working through these choices and decisions.

## 2.2 Health

( Talk by Dr. Perna Diwan )

- Personal hygiene
- Awareness and prevention of mental diseases such as depression, anxiety, etc
- Awareness and prevention of substance abuse such as alcohol, drugs, food, etc
- Awareness and prevention of AIDS and other sexually transmitted diseases

## 2.3 Reading Habits

(Talk by Dr. Deepti Bhardwaj)

### UNIT III

8 Hr

#### Towards family and society - 1

### 3.1 Tolerance and equality

(Talk by Dr. Sanjay Sharma)

- Do not differentiate among people on the basis of gender, race, sexuality, or religion. In turn respect and appreciate them.
- Respect for minority groups and foreigners. There should be genuine acceptance and accommodation of other sections of society.
- Do not resort to violence in public as well as personal life.

### 3.2 Harmony

(Workshop by Dr. Rita Jain)

- Do not be a disturbance in society, such as creating nuisance in public places.
- Practice patience and trust when interacting with other individuals, give them a chance to put their opinions and thoughts across.

### 3.3 Swatchta towards surroundings-

( Through Cleanliness drive )

### 3.4 Ethics

(Talk by Dr. Swagata Karmakar)

### 3.5 Documentary/ Film/Discussion – An inconvenient truth

2 Hr

## UNIT IV

### Towards family and society – 2

8 Hr

#### 4.1 Relationships

(Talk by Dr Alankar)

- **Communication** is the essence of human relationships which includes listening skills and understanding different forms of communication.
- **Resisting external pressures** - It means standing up for one's values and beliefs in the face of conflicting ideas or practices from peers and family. Friends, family, or colleagues.
- **Negotiation and conflict resolution** - Negotiation is an important skill in interpersonal relationships. It involves assertiveness, empathy and interpersonal relations and also the ability to compromise on issues without compromising one's principles
- **Behaviour towards help** – Your behaviour should be respectful and empathetic towards the people who provide help and services to you.

#### 4.2 Volunteerism : Best way to serve society (Visit to Orphanages, Slums and Seniors Homes)

#### 4.3 Environment Awareness and Sensitisation ( Visit to Bio-Diversity Park, Plantation Drive, Association to Eco Club)

#### References –


1. 12 Rules of Life by Jordan B Peterson
2. Fact fullness by Hans Rosling
3. R.R. Gaur, R. Sangal and G.P. Bagaria "A foundation course in Human Values and Professional Ethics", Excel Books India, 2010, pp. 118, ISBN 978-81-7446-781-2
4. The 7 Habits of Highly Effective people by Stephen R. Covey ( Paper Back by Jim Collins)
5. Principle Centered Leadership by Stephen R. Covey
6. Human Values and Professional Ethics by B.S. Raghavan, J. Suresh ( S. Chand and Co.)
7. 21 Irrefutable Laws of Leadership by John C. Maxwell ( Jim Collins)
8. Awaken the Giant Within by Tony Robbins
9. The Obstacle is the way by Tony Robbins
10. <http://hrlibrary.umn.edu/edumat/hreduseries/hrhandbook/part3A.html>

**Ram Lal Anand College**  
**A Course on Human values, Ethics and Life Skill**  
**SCHEDULE OF THE COURSE**

| <b>Week</b>              | <b>Topic</b>  | <b>Coordinator</b>               |
|--------------------------|---|----------------------------------|
| <b>Week 1 (3-5 p.m.)</b> |   |                                  |
| Monday (25.02.19)        | Introduction of the Course                              | Dr. Deepti Bhardwaj              |
| Wednesday (27.02.19)     | Introduction of the Course                              | Dr. Prerna Diwan                 |
| Thursday (28.02.19)      | Introduction of the Course                              | Dr. Rita Jain                    |
| Friday (01.03.19)        | Introduction of the Course                              | Dr. Sanjay K Sharma              |
| <b>Week 2 (3-5 p.m.)</b> |   |                                  |
| Monday (08.04.19)        | Movie/Documentary                                       | Dr. Rita Jain                    |
| Wednesday (27.02.19)     | Movie/Documentary                                       | Dr. Swagata                      |
| Thursday (28.02.19)      | Movie/Documentary                                       | Dr. Neena Mital                  |
| Friday (01.03.19)        | Movie/Documentary                                       | Dr. Alankar                      |
| <b>Week 3 (3-5 p.m.)</b> |   |                                  |
| Monday (15.04.19)        | Workshop on Soft-Skill                                  | Dr. Deepti Bhardwaj              |
| Wednesday (06.03.19)     | Talk on Relationship/ Tolerance and Equality            | Dr. Alankar/ Dr. Sanjay k Sharma |
| Thursday (07.03.19)      | Movie   | Dr. Rita Jain                    |
| Friday (08.03.19)        | Talk on Ethics, Health hygiene / Talk on Reading Habits | Dr. Swagata/ Dr. Deepti Bhardwaj |

|                          |   |                                     |
|--------------------------|---|-------------------------------------|
| <b>Week 4 (3-5 p.m.)</b> |   |                                     |
| Monday (11.03.19)        | Talk on Ethics,<br>Health hygiene / Talk<br>on Reading Habits | Dr. Swagata/ Dr.<br>Deepti Bhardwaj |
| Wednesday<br>(13.03.19)  | Workshop on Soft-<br>Skill                                    | Dr. Deepti Bhardwaj                 |
| Thursday (14.03.19)      | Talk on Relationship/<br>Tolerance and<br>Equality            | Dr. Alankar/ Dr.<br>Sanjay k Sharma |
| Friday (15.03.19)        | Movie   | Dr. Rita Jain                       |
| <b>Week 5 (3-5 p.m.)</b> |   |                                     |
| Monday (25.03.19)        | Movie   | Dr. Rita Jain                       |
| Wednesday<br>(27.03.19)  | Talk on Ethics,<br>Health hygiene / Talk<br>on Reading habits | Dr. Swagata/ Dr.<br>Deepti Bhardwaj |
| Thursday (28.03.19)      | Workshop on Soft-<br>Skill                                    | Dr. Deepti Bhardwaj                 |
| Friday (29.03.19)        | Talk on Relationship/<br>Tolerance and<br>Equality            | Dr. Alankar/ Dr.<br>Sanjay k Sharma |
| <b>Week 6 (3-5 p.m.)</b> |   |                                     |
| Monday (01.04.19)        | Talk on Relationship/<br>Tolerance and<br>Equality            | Dr. Alankar/ Dr.<br>Sanjay k Sharma |
| Wednesday<br>(03.04.19)  | Movie   | Dr. Rita Jain                       |
| Thursday (04.04.19)      | Talk on Ethics,<br>Health hygiene / Talk<br>on Reading Habits | Dr. Swagata/ Dr.<br>Deepti Bhardwaj |
| Friday (05.04.19)        | Workshop on Soft-<br>Skill                                    | Dr. Deepti Bhardwaj                 |

  
**Dr. Rita Jain**  
 ( Course- Coordinator)


  
**Dr. Rakesh Kumar Gupta**  
 ( Principal )

**Ram Lal Anand College**  
**A Course on Human values, Ethics and Life Skill**  
**(Semester II)**

**Time Table (Commencement Date -25.02.2019)**

| GROUPS    | SUBJECTS                    | TIME/ VENUE                           |
|-----------|-----------------------------|---------------------------------------|
| Group I   | B. Com (Programme)          | Monday 3-5 p.m.<br>(Amphitheatre )    |
|           | B. Com (H)                  |                                       |
|           | B. A. (H) Political Science |                                       |
| Group II  | B. A. (H) History           | Wednesday 3-5 p.m.<br>(Amphitheatre ) |
|           | B. A. (H) Hindi             |                                       |
|           | B. Sc. (H) Computer Science |                                       |
| Group III | B M S                       | Thursday 3-5 p.m.<br>(Amphitheatre )  |
|           | B. Sc. (H) Microbiology     |                                       |
|           | B. Sc. (H) Statistics       |                                       |
|           | B J M C                     |                                       |
|           | B. A. (H) English           |                                       |
| Group IV  | B. A. (Programme)           | Friday 3-5 p.m.<br>(Amphitheatre )    |
|           | B. Sc. (H) Geology          |                                       |
|           | B. Sc. (H) Mathematics      |                                       |

  
**Dr. Rita Jain**  
**( Course- Coordinator)**

  
**Dr. Rakesh Kumar Gupta**  
**( Principal )**