



Ram Lal Anand College

(University of Delhi)

ACCREDITED BY NAAC WITH A+ GRADE

ISO 21001:2018 AND ISO 9001:2015



A Course on Human Values, Ethics and Life Skills

2025-26

(Compulsory for all the First Year Students of all the courses)

Introduction:

In today's rapidly changing world, a strong value system and essential life skills are crucial for facing everyday challenges.

This program is designed to **groom students into well-rounded individuals** with positive attitudes and deep-rooted human values. It aims to boost **self-confidence** through the development of key life skills such as **leadership, stress management, and time management**.

The goal is to empower students to overcome personal and academic challenges, seek a **higher purpose in life**, and draw **inspiration from the lives of great men and women**.

Objectives of the program:

1. Understanding Values, Ethics, and Life Skills

- To develop the critical ability to **distinguish between human values, ethics, and life skills**.
- This understanding supports **sustained happiness and prosperity**, the core aspirations of every human being.

2. Promoting a Holistic Life Perspective

- To help students develop a **holistic outlook** towards **life, profession, and happiness**.
- Encourages alignment between personal values and professional goals for long-term fulfilment.

Importance of the Program:

Learning **human values, ethics and life skills** is not only helps students' shaping their academic journey, but also for their overall development as responsible, compassionate, and fair individuals. It is important for

1. Character Building

- Ethics and values instil honesty, integrity, and responsibility in students.
- They help develop a strong moral compass, essential for personal and professional decision-making.

2. Creating Responsible Citizens

- Students learn to respect laws, cultural differences, and societal norms.
- This awareness fosters civic sense and encourages active contribution to society.

3. Promoting Emotional and Social Well-being

- Values like empathy, kindness, and respect improve interpersonal relationships.
- It reduces conflicts and helps students manage emotions, stress, and peer pressure better.

4. Enhancing Academic Integrity

- Understanding right from wrong discourages plagiarism, cheating, and dishonest behaviour.
- Students learn to value hard work and originality.

5. Laying the Foundation for Leadership

- Ethical thinking helps future leaders make fair, inclusive, and sustainable decisions.
- It prepares students to face real-world challenges with wisdom and accountability.

6. Developing a Value-Based Society

- A value-driven student community leads to a more ethical, just, and harmonious world.

Human values, Ethics and Life Skills are not just moral lessons—they are life tool. Learning them helps students become **wise decision-makers, empathetic humans, and responsible global citizens**

How a Certificate in Human Values, Ethics, and Life Skills Helps in Career Opportunities

Signals Holistic Competence

This certificate showcases **holistic competence**, proving you are not only technically qualified but also **life-ready**—capable of handling people, pressure, and purpose with balance and integrity.

Meets 21st Century Employer Expectations

It meets 21st-century employer expectations by showing that, beyond IQ, you **possess emotional intelligence and social skills**, with the ability to work in teams, accept feedback, and communicate respectfully and clearly.

Applicable Across All Professions

Ethics and life skills are valuable across all professions—whether it's empathy and sound decision-making in healthcare, trust and leadership in business, or integrity and fairness in law—making this certificate relevant in any career path.

Boosts Interview and Group Discussion Performance

It enhances interview and group discussion performance by enabling clear expression, active listening, and maturity, while also preparing you to tackle ethics-based decision scenarios often used in corporate assessments.

Helps in Handling Workplace Challenges

It equips you to navigate workplace challenges effectively, from meeting stressful deadlines and resolving conflicts with peers to managing time, setting priorities, and maintaining a healthy work-life balance.

Builds Trust and Reliability

It builds trust and reliability, making employers more inclined to assign leadership roles and sensitive responsibilities to those known for their integrity and fairness.

Strengthens Resume and Personal Branding

It strengthens your resume and personal brand, helping your profile stand out in competitive arenas such as government exams, campus placements, scholarship applications, and roles in NGOs or the social sector.

Supports Career Transitions

It supports career transitions by equipping you with life skills and a value-driven mindset to adapt smoothly to job shifts, career changes, or upskilling opportunities.

A Certificate in Human Values, Ethics, and Life Skills is more than an academic achievement — it is a **career multiplier**.

It empowers you to work smart, lead ethically, grow responsibly, and live meaningfully

For Course -Curriculum- Go to College Website

<https://rlacollege.edu.in/pdf/Human-Values.pdf>



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Convener

Center for Human Values, Ethics and Life Skills