

Course name- Holistic Education & Universal Human Values

Course Code- ADD-SC-07

Year-2020-21

Objectives

- Cultivate moral values and ethics among the students.
- Strengthen self-confidence of the students.
- Educating students for avoiding procrastination behaviour.
- Make the students familiar with different strategies of stress management.
- Students get achievement motivation.
- Students get skills in problem-solving.
- Students realize the significance of time-management and money-management.
- Students get study habits among the students.
- Students equip to face interview and group discussion with confidence
- Students understand group dynamics and effectiveness
- students assertive to face all challenges in this multi-faceted society.
- Educate the students on the problems of using mobile phone, Internet and other social media.
- Students get reproductive health awareness.
- Students get awareness on Sexually Transmitted Diseases.
- Familiarize the importance of adjustment to the hostel life.
- Prevent from sexual abuse
- Improvement of teacher student relationship
- Guiding students to choose the right career path for job of interest, higher studies, entrepreneurship etc.
- Addressing conflicts in attitudes, habits and knowledge of the students towards learning practises.
- Inculcating discipline, punctuality and motivation among the students.
Students get therapeutic support for the needy students.
- Analyse situations that causes stress among the students.
- Students get positive mental health.
- Students get to understand about the pandemic and contagious diseases
- Students understand behaviour modification and overall development.

FIRST YEAR DEGREE STUDENTS

Values	Topic	Hours	Date
Personal & Spiritual values	Module 1 Unit 1: Spiritual & moral values Qualities of a student S: Systematic, sincere, sensible T: Tolerance, Truthful, Talented U: Understanding, useful, uniqueness D: Dream, Dedication, Determination E: Energetic, enthusiastic, empathetic N: Neatness. Natural, Novelty T: Trustworthiness, Time management, Thankful	2 hrs	01/01 /2021
	Unit 2: Study habits-make a study plan, avoid procrastination & managing distractions, objective based learning, cooperative learning,	2hrs	
	Unit 3: Practicum: Preparation of daily 24 hours, weekly and monthly time table	2hrs	
	Unit 4: write two most inspiring contexts from the book autobiography of Gandhiji		
Personal	Module2 Goal Setting Unit 5: Overcoming the blocks of learning -procrastination -addictions -lack of focus -lack of confidence -fear of failure Unit 6: -Need of planning- how to plan Motivation, Phases of goal setting	2 hrs	08/01
	Unit 7 : Practicum: worksheet for goal setting – plan for short and long term goals-1 month,6 months,1 year, 3 years,5 years, 10 years	2hrs	

Health (mental health & hygiene)	<p>Module 3</p> <p>Unit 8:</p> <ul style="list-style-type: none"> Stress management Strategies- Mental health ,causes of stress, prevention and remedies Unit 9: Maladjustment : family, school/college/ society , Suicidal tendency Unit 10: Intrinsic extrinsic & achievement motivation- Unit 11: <p>•Conflicts: approach-approach, approach-avoidance, and avoidance-avoidance.</p> <p>Unit 12: Defence mechanisms:</p> <p>Unit 13: practicum : Write 2 defence mechanisms with your own experience as examples</p> <p>Unit 14: Deep breathing exercise; yoga, meditation</p>	2hrs 2hrs	08/01 & 15/01
Health (physical)	<p>Module 4</p> <p>Unit 15: Substance abuse, impacts of alcoholism, smoking, drugs- health hazards, preventive measures, rehabilitation,</p> <p>Unit 15: Sexually Transmitted diseases, HIV, Pandemic Disease- Covid 19</p> <p>Unit 16: Safety measures- first aids, Girls safety, road safety measures</p> <p>Unit 17: Practicum: watch Malayalam movie Spirit and write an appreciation</p> <p>Visit of a deaddiction centre,</p>	2hrs 2hrs	15/01
Social Values	<p>Module 5</p> <p>Unit 18: Cyber crimes-Phishing scams. practice of a cybercriminal or hacker attempting to obtain sensitive or personal information from a computer user, Online Harassment, Cyberstalking, Invasion of privacy.</p> <p>Unit 19 : Practicum: Make an album on impacts cyber crime with footnote</p>	2 hrs 2hrs	12/02
Social Values	<p>Module 6</p> <p>Unit 20:</p> <ul style="list-style-type: none"> Positive attitude, transactional analysis <p>Unit 21</p> <ul style="list-style-type: none"> Gender equity, gender sensitisation, safety measures for girls <p>Unit 22: Practicum: Write any five positives of your family members... intimate friend, a person you don't likeStreet play on harassment of women</p>	2hrs	12/02
Interpersonal values	<p>Module 7</p> <p>Unit 23: Leadership : styles –</p> <p>Autocratic Style</p> <ul style="list-style-type: none"> Authoritative Style Democratic Style Laissez-Faire Style 	2 hours 2hrs	19/02

	Practicum: Group Activity, Jigsaw method	2 hours	
Love of nature	Module8 Unit 24: Need for Eco-friendly attitude- need for NO PLASTIC, Global warming, bio-magnification, e-wastes, biofertilizers, biological control of pesticides, waste management Unit 25: Practicum: Make a Waste recycling plant in college and house	2 hours 2hrs	20/02
		34 hours	

