

## SEMESTER – I/II

### UVEDA22 – VALUE EDUCATION

Year:I Sem: I/II	Course Code UVEDA22	Title of the Course Value Education	Course Type Theory	Course Category	H/W 1	Credits -	Marks -
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#### Course Objectives:

1. To understand good manners and etiquette
2. To identify their goals in life
3. Able to differentiate between love and infatuation

#### Course Outcomes

1. To develop good manners and learn to respect others.
2. To improve self-esteem and to set goals.
3. To enhance their emotional intelligence and to know about their importance.
4. To identify true friendship and differentiate between love and infatuation.
5. To acquire knowledge on counseling.

#### Course Syllabus

##### Unit I: Good Manners, Etiquette and Self Esteem

- 1.1 Introduction – Good Manners.
- 1.2 Respecting others – In Public Places, at Public Functions.
- 1.3 Cell Phone Etiquette
- 1.4 Self-Image and Self Esteem.
- 1.5 Basic Patterns of Self Esteem.
- 1.6 Impact of Self Esteem.

##### Unit II: Self Esteem and Goal Setting

- 2.1 Steps to improve Self Esteem.
- 2.2 Introduction to Goal Setting.
- 2.3 Seven Deadly Mistakes in Goal Setting.
- 2.4 Helpful Guidelines for Goal Setting.
- 2.5 The Three Steps for Setting Goals.
- 2.6 Steps to achieve Goals

##### Unit III: Emotional Intelligence

- 3.1 Introduction to Emotional Intelligence – The way to act and re-act.
- 3.2 Vital importance of EI.
- 3.3 Personal Competencies

- 3.4 Social Competencies.
- 3.5 Important Clarification on EQ and IQ.
- 3.6 Handling negative emotions.

#### **Unit IV: Friendships and Love**

- 4.1 Introduction – Friendships and Adolescence.
- 4.2 Dangerous Friendships – Right Friendships.
- 4.3 Characteristics of True Friendships.
- 4.4 Rules for Friendship
- 4.5 Introduction to Love and Infatuation – Understanding ‘Falling in Love’.
- 4.6 Infatuation vs Love

#### **Unit V: Infatuation and Counseling**

- 5.1 Dealing with Infatuation.
- 5.2 Dealing with attraction – Pursuing an attraction.
- 5.3 Counseling – Aims of counseling.
- 5.4 Types of counseling – Necessity of Counseling
- 5.5 Different Issues helped by Counselors.
- 5.6 Common concerns of Students –Counseling as a Help

#### **Books for study:**

Contribution from Team of Experts and edited by M.A. Joe Antony, SJ, Young and Happy: Values for life, Auxilium Publications, Vellore (2013)

#### **Books for reference:**

George Elizabeth FMA, Sebastian Elizabeth, FMA and Annie Lolia, FMA, Youthrill : A youth resource book for FMA Youth Animators, Volume 1, Youth Pastoral Sector, FMA India (2011)

Adukanil Mathew, SDB Runway to Success: A guide to success in studies, career and life, Arumbu Publications, Kilpauk, Chennai (2005)

Maurus J., Make the most of your Time, Better yourself Books, Bandra, Mumbai (1992)

Shinn George, The Miracle of Motivation: The Action Guide to Happiness and Success, Better yourself Books, Bandra, Mumbai (1985)

Furey J.Robert, Your are Good Enough: overcoming Feelings of inadequacy, Better yourself Books, Bandra, Mumbai (2002)

Youth Ministry – 2, Reconciliation, The way to the Father, DBYA Publications, New Delhi (1996)

Varkey C.P. SJ, Are you a winner or a loser?: Psychology for the young and the old, Better yourself Books, Bandra, Mumbai (2006)

Kopmeyer M.R., Here’s Help, Universal Book Stall, New Delhi (1992)

## SEMESTER – III/IV

### UVEDA22 – VALUE EDUCATION

Year: II Sem: III/IV	Course Code UVEDA22	Title of the Course Value Education	Course Type Theory	Course Category	H/W 1	Credits -	Marks -
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#### Course Objectives:

1. To identify and apply the strategies to solve conflicts.
2. To understand the sources of stress and management.
3. To develop leadership and time management skills.
4. To understand the social responsibility that benefits the society.
5. To understand the human impact on nature and to protect the ecosystem.

#### Course Outcomes:

1. Understand the reasons of conflict and how to respond to conflicts.
2. Acquire the knowledge of Media and its safe usage.
3. Develop the ability to handle stress in various situations.
4. Understand the importance of managing time for a successful career.
5. Develop various leadership skills to work together and achieve goals.
6. Gaining knowledge about social responsibility and to fulfill the civic duties to benefit the society.
7. Analyse the environmental influences on our day to day living and to care for the environment.

#### Unit I: Conflict Management

- 1.1 Introduction - Reasons for Conflict
- 1.2 Nature of Conflicts
- 1.3 Conflict Management – Conflict Management Styles
- 1.4 Responses to Conflict Situations
- 1.5 Conflict Resolution Strategies

#### Unit II: Stress and Media Management

- 2.1 Meaning of Stress– Symptoms of Stress
- 2.2 Hidden Causes of Stress
- 2.3 Steps to manage Stress
- 2.4 Introduction – Media in India
- 2.5 Understanding Mass Media - Managing Media

#### Unit III: Leadership and Time Management

- 3.1 Introduction to Leadership
- 3.2 Traits of Good Leaders

- 3.3 Creating Personal Leadership Plans
- 3.4 Introduction to Time Management
- 3.5 Five steps to successful Time Management

#### **Unit IV: Social Responsibility**

- 4.1 Components of Justice - Five types of Justice
- 4.2 Issues connected to Social Justice – In the world – In India
- 4.3 Social Analysis - Agents of Social Transformation
- 4.4 Strategies to be adopted for Social Justice
- 4.5 Social Justice as an Inter Religious Project

#### **Unit V: Caring for Nature**

- 5.1 Introduction
- 5.2 Ecological Crisis
- 5.3 Caring for Environment
- 5.4 Experience Nature
- 5.5 Steps to care for nature – as Individuals, as groups

#### **Books for study:**

Contribution from Team of Experts and edited by M.A. Joe Antony, SJ, Young and Happy: Values for life, Auxilium Publications, Vellore (2013)

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George Elizabeth, FMA, Sebastian Elizabeth, FMA and Annie Lolia, FMA, Youthrill : A youth resource book for FMA Youth Animators, Volume 1, Youth Pastoral Sector, FMA India (2011)

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Youth Ministry – 2, Reconciliation, The way to the Father, DBYA Publications, New Delhi (1996)

Varkey C.P. SJ, Are you a winner or a loser?: Psychology for the young and the old, Better yourself Books, Bandra, Mumbai (2006)

Koikara Felix, Heal the World: Sessions on Justice and Peace, Better Yourself Books, Bandra, Mumbai (2002)

All rights for all: sessions for Human Rights Education, Margaret Mathai, FMA & Felix Koikara, SDB, Better Yourself Books, Bandra, Mumbai (2008)

## SEMESTER – V/VI

### UVEDA22 – VALUE EDUCATION

Year:III Sem: V/VI	Course Code UVEDA22	Title of the Course Value Education	Course Type Theory	Course Category	H/W 1	Credits -	Marks -
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#### Course Objective

1. To impart the knowledge of sexuality and awareness of its Pros and Cons.
2. To give the students the understanding of marriage, family life and its challenges.
3. To create awareness of women's' health and its importance.
4. To familiarize women about their rights and to know their responsibilities.
5. To enhance the students to experience quality happiness and the essence of spirituality.

#### Course Outcome

1. To get a clear idea about sexuality
2. To understand about the importance of marriage and family life.
3. To become conscious about their health and to practice healthy habits.
4. To be aware about the rights and responsibilities of women.
5. To know the beauty of happiness and to taste the love of God and practice inter- religious harmony.

#### Unit I

- 1.1 Introduction of Sexuality – Difference of male and female hormones
- 1.2 Sexual Organs – Reproductive system
- 1.3 Child birth – Sexual activity
- 1.4 Introduction to Marriage – Types of Marriages
- 1.5 Need for successful marriage
- 1.6 Tips for marriage to be successful

#### Unit II

- 2.1 Reasons for failure in marriages
- 2.2 Increase in divorce rates – Dowry
- 2.3 Introduction to families – Major functions of families
- 2.4 Kinds of families – Family stages and tasks
- 2.5 Bringing up children
- 2.6 Effective parenting – Family planning

#### Unit III

- 3.1 Introduction –Health problems during adolescence
- 3.2 Healthy habits of teenagers – Health tips
- 3.3 Signs and Symptoms of anemia in teens
- 3.4 Premenstrual Syndrome
- 3.5 Uterine Fibroids
- 3.6 Breast cancer – Cervical cancer

## **Unit IV**

- 4.1 Introduction – The constitution of India
- 4.2 Legal provisions
- 4.3 Special initiatives for women
- 4.4 Women in India today
- 4.5 Marriage – child marriage – dowry – divorce – inheritance
- 4.6 Responsibility of educated women in India

## **Unit V**

- 5.1 Introduction to happiness – Beauty of happiness
- 5.2 Reason for importance of happiness
- 5.3 Causes for real happiness – Major factors contribute to happiness
- 5.4 Introduction to Religion – Inter-religious dialogue
- 5.5 Forms of dialogue
- 5.6 Reflection – means of nurturing Inter-religious harmony

### **Books for study:**

Contribution from Team of Experts and edited by M.A. Joe Antony, SJ, Young and Happy: Values for life, Auxilium Publications, Vellore (2013)

### **Books for reference:**

Smalley, Cary, The joy of Committed Love: A Handbook for wives, Better yourself Books, Bandra, Mumbai(2003)

Fisher, Cart Kathleen and Hart N. Thomas, Early Years of Marriage: Foundations for a life together, Bettter Yourself Books, Bandra, Mumbai(1999)

George, Elizabeth,FMA, Sebastian Elizabeth, FMA and Annie Lolia, FMA, Youthrill : A youth resource book for FMA Youth Animators, Volume 1, Youth Pastoral Sector, FMA India (2011)

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Margaret Mathai, FMA & Felix Koikra, SDB. All rights for all: sessions for Human Rights Education, Better Yourself Books, Bandra, Mumbai (2008)