

**PROGRAMME: BACHELORS IN COMPUTER APPLICATIONS****Semester IV****COURSE: UNIVERSAL VALUES BASED ON GANDHIAN PHILOSOPHY (based on UGC approved life skills development course)****Duration: 15 hours of instruction + 15hrs of student activities = 30 hours****Objectives:**

- To study the importance and help improve Life skills
- To enhance one's ability to be fully self-aware by helping oneself to overcome all fears and insecurities and to grow fully from inside out and outside in.
- To help enhance one's knowledge and awareness of emotional competency
- To develop an improved holistic outlook towards life

**Outcomes:**

At the end of the programme learners will be able to:

- Gain Self Competency and Confidence
- Practice Emotional Competency
- Gain Intellectual Competence
- Aim for higher sense of Social Competency
- Be an integral Human Being.

Code No.	Course	TC	Th C	Pr /tuts C	Int	Ext	Total
	<b>LIFE SKILLS DEVELOPMENT- Universal Values Based On Gandhian Values</b>	<b>1</b>	<b>1</b>	<b>-</b>	<b>50</b>	<b>-</b>	<b>50</b>

Module No.	Objective	Content	Internal Evaluation
<b>1</b>	<p>The student will learn how to:</p> <p>foster self-esteem and confidence through learning to accept and respect oneself understand how positive thinking is integral to the growth of personality</p> <p>be aware of one's strengths and limitations and create a willingness to work on these to the best of one's abilities</p> <p><b>To help students to</b></p>	<p>Intrapersonal Relationships (Self-awareness, self-esteem, self-confidence, positive thinking, character-building)</p> <p>Excerpts dealing with early Gandhi – the person not yet a <i>Mahatma</i>, will be used to facilitate better understanding of oneself, and to identify ways to work on oneself.</p>	<p>Classroom activities</p> <p>Group discussions</p> <p>Reading and reflections</p> <p>10 Mks</p> <p>Roleplay and</p>

	2	<p>learn essential skills that influence and motivate others. Inculcate emotional and social intelligence and develop integrative thinking for effective Leadership Create an effective and motivated team to work for the society. Make students understand the importance of personal values and apply ethical principles in professional and social contexts.</p>	<p>Ethics and Integrity -Importance of ethics</p> <ul style="list-style-type: none"> <li>• Ethical decision making</li> <li>• Personal and professional moral codes of conduct</li> <li>• Creating a harmonious life</li> </ul>	<p>Debates 15Mks</p>
	3	<p>To make learners: Understand the significance of Team Skills and help them in acquiring them To help them design, develop and adapt to situations as an individual and as a team.</p>	<p>Trust and Collaboration- Explain the importance of trust in creating a collaborative team Agree to Disagree and Disagree to Agree Spirit of Team work</p> <ul style="list-style-type: none"> <li>• Understanding fear of being judged and strategies to overcome fear</li> </ul>	<p>Trust games and Debates 10mks</p>
	4	<p>To help students understand the need of understanding and practising non-violence. To understand the effects of violence (physical-emotional torture) on an individual with special reference to social media and its influence</p>	<p>Non-Violence and Peace</p> <ul style="list-style-type: none"> <li>• Introduction: What is non-violence? Its need. Love, compassion, empathy sympathy for others as prerequisites for non-violence</li> <li>• Ahimsa as non-violence and non-killing</li> <li>• Individuals and organisations that are known for their commitment to non-violence</li> <li>• Narratives and anecdotes about non-violence from history, and literature including local folklore</li> <li>• Practicing non-violence: What will learners learn/gain if they practice non-violence? What will learners lose if they don't practice it?</li> <li>• Sharing learner's individual and/or group experience(s) about non-violence</li> <li>• Simulated situations</li> <li>• Case studies</li> </ul>	<p>Film reviews 15mks</p>

**INTERNAL EVALUATION:**

1) On Four Modules of 50 marks

**REFERENCE BOOKS:**

- Patra, Avinash (2012), *The Spiritual Life and Culture of India*, Oxford University Press
- Shantikumar Ghosh,(2004)*Universal Values*. The Ramakrishna Mission, Kolkata.
- Joshi Rokeach (1973). *The Nature of Human Values*. New York: The Free Press
- Gandhiji's autobiography: *My Experiments with Truth*.
- Hepworth, M. (2017). *The Gandhian Experiment: Teaching our teenagers how to become global citizens*. Rupa Publications: New Delhi.
- Kumar, A. (2009). *The Mahatma and the Monkeys: What Gandhiji Did, What Gandhiji Said*. Hachette India.
- Kumarappa, B. (1995). *The Story of My Life*. Navjivan Publishing House: Ahmedabad.
- <https://www.youtube.com/watch?v=3Syd-HU12IQ>
- <https://www.youtube.com/watch?v=A48WNbue-PE>
- <https://www.wapinda.in/music/the-making-of-the-mahatma-full-movie.html>