

**CENTRAL UNIVERSITY  
OF GUJARAT**  
गुजरात केन्द्रीय विश्वविद्यालय



गुजरात केन्द्रीय विश्वविद्यालय  
CENTRAL UNIVERSITY OF GUJARAT

**HOLISTIC EDUCATION**  
**Compulsory Course for all UG Level**  
**(I Semester)**  
**Holistic Development under NEP 2020**

# **COURSE TITLE: CULTURE, VALUES AND TRADITIONS IN INDIA**

**End Sem Marks-50**

**Duration of Examination- 3 Hours**

**Type: Non-Credit Compulsory**

## **Objectives of the Course:**

- To acquaint with the civilizational values of India
- To restore the forgotten rich human values of Indian culture.
- To focus on professional ethics which are broader indicators of desirable actions vis-à-vis undesirable actions.
- To lay down broader guidelines of values for all the stakeholders.
- To suggest operational guidelines for value-based and ethical practices in the higher educational institutions leading to implementation and monitoring

## **Course Outcome:**

The primary outcome of this endeavor is to make the present and successive generation of students aware of about their own traditional cultural value and ethics. Secondly, to make efforts to create institutions with traditional Indian values and ethics. That ultimately would lead to the growth of physical infrastructure, psychological infrastructure, knowledge infrastructure and financial infrastructure with Indian values and ethical practices.

## **UNIT- I:**

### **INTRODUCTION TO INDIAN PHILOSOPHY AND WAY OF LIFE**

- Ashramas or Four Stages of Life: Brahmacharya, Garhastya, Vanaprastha and Sanyasa
- Purusharthas or Aims of Life: Dharma, Artha, Kama, Moksha
- Self-Realization and Actualization of Self
- Truth, Commitment, Honesty and Integrity, Forgiveness and Love, Empathy and ability to sacrifice
- Inclusiveness and the idea of Vasudeiva Kutumbakam (the whole world is one family)

## UNIT-II:

### BHARATIYA VALUE SYSTEM

- Value Education-Definition, Purpose and Significance in the present world – Value System (Contribution of Pt. Madan Mohan Malviya)
- Balancing Body and Mind: Duties and Responsibilities
- Education, National Integration and Social Consciousness: Readings from Swami Vivekananda
- The Foundation of Indian Culture: Shree Aurobindo
- Pluralism, Diversity and Compositeness of Indian Society
- National Integration, Peace and Non-violence – Dr. A P J Kalam's ten points for enlightened citizenship – Social Values and Welfare of the citizen

#### **Suggested Readings:**

1. [Tanu Shukla](#), [Anupam Yadav](#) & [Gajendra Singh Chauhan](#) (2017) 'Human Values and Professional Ethics' Cengage India Private Limited, New Delhi
2. R. S. Naagarazan, (2006) 'A Text Book on Professional Ethics and Human Values' New Age International PVT. Ltd, New Delhi
3. [R.R. Gaur](#), [R. Sangal](#) & [G.P. Bagaria](#) (2010) 'A Foundation Course in Human Values and Professional Ethics' Excel Books, New Delhi
4. [A. Alavudeen](#), [R. Kalil Rahman](#) & [M. Jayakumaran](#) (2015), 'Professional Ethics and Human Values', Laxmi Publications, New Delhi
5. *Values and Ethics (Others, Paperback, NIKHIL KULSHRESTHA\* SANDEEP SHARMA\*SHWETA DUTT, 2011*
6. *A Textbook on Professional Ethics and Human Values- R.S.Naagrazan- New Age International Publishers, 2006*
7. *The Complete Works of Swami Vivekananda, Volume 7: Inspired Talks (1895), Conversations and Dialogues, Translation of Writings, Notes of Class Talks ... Notes of Lectures, Epistles - Third Series Paperback – Import, 1 March 2019*
8. *The Unity of India -Dr. Rajendra Prasad, Edition: 1, 2016*
9. *Human Values 3Ed Paperback – A N Tripathi , 2019*
10. *Education and Human Values Reconciling Talent with an Ethics of Care- Michael Slote- Routledge , 2012*
11. *Human Values New Essays on Ethics and Natural Law : Editors: Oderberg, D., Chappell, T. (Eds.) , 2004*
12. *वेदों में पर्यावरणीय चेतना (Environmental Consciousness in Vedas) - Dr. UPENDRA KUMAR TRIPATHI, 2019*
13. *Sant-Vani - Hindi Edition - Hanuman Prasad Poddar , 2015*
14. *Swami Vivekananda, Lectures from Colombo to Almora: Calcutta: Ramkrishan Mission, Prabhat Prakashan, 2020*
15. *Shree Aurobindo, The Foundation of Indian Culture, Chennai: Auroville.*
16. *Radhakrishnan, S., Hindu View of Life. Element ,2014*

**CENTRAL UNIVERSITY  
OF GUJARAT**  
गुजरात केन्द्रीय विश्वविद्यालय



गुजरात केन्द्रीय विश्वविद्यालय  
CENTRAL UNIVERSITY OF GUJARAT

**HOLISTIC EDUCATION**  
**Compulsory Course for all UG Level**  
**(II Semester)**  
**Holistic Development under NEP 2020**

## **COURSE TITLE: PERSONALITY DEVELOPMENT, YOGA AND STRESS MANAGEMENT**

**End Sem Marks-50**

**Duration of Examination- 3 Hours**

**Type: Non-Credit Compulsory**

### **Objectives of Course:**

- To enable the students to build-in self-discipline and self-control leading to immense amount of awareness, concentration and higher level of consciousness.
- To develop the spiritual-cum-scientific personality of the students.
- To develop an understanding about stress and the inner relationship between mind & Body and acquire the knowledge and skill of mental, physical and emotional balance
- To Understand the knowledge and skill of Yoga to lead a healthy and happy life

### **Course Outcome:**

It will help the students to lead a happy life with physical, mental and emotional balance. It will also enable the students to lead a stress-free life in a highly materialist and consumerist world. It will create well trained Yoga professionals who will spread the awareness about Yoga and its benefits throughout India and the world by imparting Yoga training to the masses.

### **UNIT-I**

#### **PERSONALITY DEVELOPMENT**

- Self-Analysis: Who am I, Attributes, Importance of Self Confidence, Self Esteem
- Creativity: Out of box thinking, Lateral Thinking
- Attitude: Factors influencing Attitude, Challenges and lessons from Attitude, Etiquette
- Motivation: Factors of Motivation, Self-talk, Intrinsic and Extrinsic Motivators
- Goal Setting: Wish list, SMART Goals, Blueprint for success, Short Term, Long Term, Life time goals
- Time Management: Value of Time, Diagnosing Time Management, Weekly planner, Prioritizing work

### **UNIT-II**

#### **YOGA AND STRESS MANGEMENT**

- Meaning of Yoga, History, Various Schools of Yoga

- Astanga Yoga: Eight Limbs
- Concept of Asana, Pranayam & Satkarmas as per Hathyoga
- Yogic Concept of Physical and Mental Disease
- Meaning, Types and Characteristics of Stress and its Reasons
- Strategy for Coping Stress
- Stress Management through Yoga

### **Practical**

- Joint Movement Exercises
- Asanas and Surya Namaskar
- Pranayam: Anulom Vilom, Bhramari, Shitali & Shitkari
- Shatkarma: Jal Neti & Kapalbhathi
- International Yoga Day Protocol

### **Reading List**

1. *Common Yoga Protocol by Ministry of AYUSH*
2. *Swami Satyanand Sarawasti- Asanas Pranayama Mudra Bandh- Yoga Pub. Trust Munger, Bihar*
3. *Swami Mukti Bodhananda - Hath Yoga Pradipika - Yoga Pub. Trust Munger, Bihar*
4. *Swami Satyanand Sarawasti- Suryanamaskar - Yoga Pub. Trust Munger, Bihar*
5. *Nagendra H.R.- Stress Management through Yoga, SVYASA, Bangaluru*
6. *Arun Kumar Singh- Abnormal Psychology, Motilal Banarasidas, New Delhi*
7. *Yoga Darshan- Gita Press Gorakhpur*
8. *Gore M. M – Anatomy and Physiology of yogic practices- Kanchan Prakshan Lonavala – 2003*
9. *Patanjali Yoga Sutra – Gita Press Gorakhpur*
10. *Postonjee D. M- Stress and coping the Indian Experience- Sage Publication, New Delhi*
11. *Yogi Adityanath- Hathyoga: Swaroop evam sadhna - Prabhat Prakashan, New Delhi*
12. *Common Yoga Protocol by Ministry of AYUSH*
13. *Swami Satyanand Sarawasti- Asanas Pranayama Mudra Bandh- Yoga Pub. Trust Munger, Bihar.*
14. *Swami Mukti Bodhananda - Hath Yoga Pradipika - Yoga Pub. Trust Munger, Bihar.*
15. *Swami Satyanand Sarawasti- Suryanamaskar - Yoga Pub. Trust Munger, Bihar.*
16. *Yoga Darshan- Gitapress Gorakhpur.*
17. *Muni Kishanlal- Yogic Exercises- Pub. JVBI, Ladnun, Rajshthan.*
18. *P. D. Mishra & Mishra V – Prakartik Chikitsya Sidhant evam Vayavahar- Uttar Pradesh Hindi, Sansthan Lucknow.*
19. *Yogi Adityanath- Rajyoga: Swaroop evam sadhna - Prabhat Prakashan, New Delhi.*
20. *Swami Ramdev- Yoga Sadhana evam Yoga Chikitsa Rahasya- Divya Prakashan. Patanjali Yogpeeth, Haridwar.*
21. *Dr. Sadhna Danoriya- Jain Yoga Sadhana-- Prabhat Prakashan, New Delhi.*