



**Sanctuary
Value Based Education**

Semester –IV Credits - 2

**Subject Code:
VBE42101**

Lectures: 30

Course learning outcomes:

At the end of this course, learners will be able to:

- Understand the role of values in their lives, personal behavior and social interactions.
- Demonstrate traits as proactive citizens and empathetic human beings.
- Develop a sense of diversity and co-existence.

Course Content:

Unit 1: Character building through Values

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- Moral values illustrated through the lives of the great heroes of humanity such as Discipline, Honesty and integrity, Ethical code of conduct, Compassion, Forgiveness, Service, Respect, Humility, Gratitude, Simplicity, Faith

Unit 2: Inculcating Social Citizenship

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- Awareness of Human Rights
- Awareness of Environmental Issues

Unit 3: Reverence for all religions and all forms of life

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- Lives of Saints of all religions
- Vegetarianism and love for all animals

Unit 4: Life Skills

6

- Self awareness, Meditation, Yoga, Stress Management. Anger Management, Decision making, Interpersonal relationships, cultivating positive thinking

Recommended Books:

- Vaswani J. P., 2002. Sadhu Vaswani, *His Life and Teachings*.
- Vaswani J.P., 2000, *Snacks for the Soul*
- Vaswani J.P., 2000, *More Snacks for the Soul*
- Krishna Kumari, 1998, *Life and Message of Dada J. P. Vaswani*
- T. L. Vaswani, 1971, *Awakeners of Humanity*
- East & West Series, monthly journal published by Sadhu Vaswani Mission

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Board of Studies	Name	Signature
Chairperson	Dr. Vaishali Joshi	

Course Coordinator



St. Mira's College for Girls, Pune
All S.Y Streams (2021-2024)

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Board of Studies	Name	Signature
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