

**Sanctuary
Value Based Education**

Semester III & IV

Subject Code: VBE

Lectures:

Objectives:

- To help students understand the role of values in their lives, personal behavior and social interactions.
- To help students evolve as proactive citizens and empathetic human beings.
- To assist students in self-improvement and self-knowledge.

Unit 1: Character building through Values

- 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

- Awareness of Human Rights
- Awareness of Environmental Issues

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

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

Unit 4: Life Skills

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

Methodology

This course is not a quick fix: it can have some immediate impact, but it is a subtle and growing approach, therefore its true impact is seen over time. It establishes a parallel system of student achievement based on their values and behaviour, complementing the more limited assessment of academic attainment.



Following methods will be used for this course –

- Sanctuary Talks
- Screening of videos and documentaries
- Role plays and skits
- Practical exercises
- Students participation in Social Outreach Programme
- Celebration of all religious festivals
- Celebration of important national days

Recommended Books:

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

