



B.M.S. COLLEGE OF ENGINEERING, BENGALURU-19
Autonomous Institute, Affiliated to VTU
DEPARTMENT OF MATHEMATICS & HUMANITIES

SYLLABUS (2020 - 2021)

FIRST YEAR – (Common to all Branches)

Course Title	UNIVERSAL HUMAN VALUES	Course Code	20HS1NCUHV 20HS2NCUHV
Credits	00	L – T – P	1 – 0 – 0
Contact hours	12 hours		

Course Objectives: To develop a holistic perspective based on self-exploration about themselves (human being), family, society and nature/existence. Understanding (or developing clarity) of the harmony in the human being, family, society and nature/existence.

UNIT-1

INTRODUCTION TO SELF & SELF UNDERSTANDING: [02 hours]

The role of Yoga in harmony between Body & Mind. The process of identifying your aspirations.

UNIT-2

UNDERSTANDING YOUR BELIEF SYSTEM: [02 hours]

The importance of belief your life. The secret of breath in achieving the goals. Developing the value of happiness.

UNIT-3

THE ROLE OF HAPPINESS IN OUR LIFE: [02 hours]

Types of identifying happiness. The techniques of being in presentence & its importance in today's life. The role of yoga in enhancing your happiness & harmony in your Mind set.

UNIT-4

TRAVEL TOWARDS THE HOLISTIC PROSPERITY OF LIFE: [03 hours]

Factors like right understanding, relationship & physical facilities determining the state of happiness & unhappiness.

UNIT-5

**KNOWING THE ENERGY OF ICHCHHA SHAKTHI, KRIYA SHAKTHI &
JNANA SHAKTHI: [03 hours]**

Role of yoga in creating SANYAMA by using Stress Management & Emotion Management techniques. Bonding of relationship & value of relationship.



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On completion of the course, student will have the ability to:

Course Code	CO #	COURSE OUTCOME (CO)	PO
20HS1ICUHV 20HS2ICUHV	CO 1	They would have better critical ability. They would also become sensitive to their commitment towards what they have understood (human values, human relationship and human society).	8
	CO2	It is hoped that they would be able to apply what they have learnt to their own self in different day-to-day settings in real life, at least a beginning would be made in this direction.	3
	CO3	The students identify the importance of human values and skills for sustained happiness.	6

Text Books:

1. **A Foundation Course in Human Values and Professional Ethics** by R.R. Gaur (Author), R. Sangal (Author), G.P. Bagaria (Author)

Reference Books

1. The power of Positive Thinking by Norman Vincent Peale
2. The power of Now by Eckhart Tolle
3. Mindfulness Yoga by Frank Jude Boccio

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Case Studies:

1. “aif.org/a-happiness-education-a-case-study-in-resilience-and-wellbeing”

CIE format	
Type of Assessment	Marks
AAT-1	5 Marks
AAT-2	5 Marks
Test 1,2,3 (Online Test)	20 Marks
Multiple Choice Questions	20 Marks
	20 Marks
