

# Aggarwal College Ballabgarh

A Post Graduate Co-educational College  
(Affiliated to M. D. University, Rohtak)  
NAAC Accredited 'A' Grade (CGPA: 3.40)

Certificate Program in LIFE with specialization in Human Values & Ethics

## Program 1: Certificate Program in LIFE with specialization in Human Values & Ethics.

### Objective:

The program consider the following dimensions in context to self and workplace awareness

- Set personal and work-related goals and achieve them
- Exhibit self discipline, commitment, courtesy and integrity
- To understand meaning of happiness
- To develop trust & respect as the foundational values
- To build EQ (Emotional Quotient) & HQ(Happiness Quotient) levels in life
- To develop natural acceptance of human values

### Benefit:

The 70 hour life skills programs with specializations are interactive learning programs which serves the basic purpose of catalyzing a transformation from functional behavior to improve effectiveness and efficiency. The programs includes concepts related to 'ME' as an individual, 'ME-YOU' as colleagues and 'US' as a community.

### Duration: 70 Hrs

### Examination:

Pen & Paper test will be conducted on completion of the course

### Course Content & Syllabus

#### Human Values & Ethics – Paper 1

1. Understanding the need
2. Self-exploration–what is it?
3. Continuous happiness and prosperity- a look at basic human aspirations
4. Right understanding, relationship and physical facilities



5. Understanding happiness and prosperity correctly-
6. Understanding and living in **harmony** at various levels
7. Understanding human being as a co-existence of the sentient 'i' and the material 'body'
8. Understanding the needs of self ('i') and 'body'
9. Understanding the body as an instrument of 'i' (I being the doer, seer and enjoyer)
10. Understanding the characteristics and activities of 'i' and harmony in 'i'
11. Life Skills Part - 1

#### **Understanding Harmony – Paper 2**

1. Understanding the harmony of i with the body
2. Understanding harmony in the family – the basic unit of human interaction
3. Understanding values in human-human relationship
4. Difference between intention and competence
5. Difference between respect and differentiation; the other salient values in relationship
6. Understanding the harmony in the society (society being an extension of family)
7. Understanding the harmony in the nature
8. Natural acceptance of human values
9. Definitiveness of ethical human conduct
10. Basis for humanistic education, humanistic constitution and humanistic universal order
11. Life Skills Part - 2

#### **Project – 10 Hrs**

#### **Certification:**

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