

**CENTER FOR HUMAN EXCELLENCE
JAMAL MOHAMED COLLEGE (AUTONOMOUS)
TIRUCHIRAPPALLI- 620 020**

ABILITY ENHANCEMENT COURSE-I

VALUE EDUCATION FOR MEN

Course Code : 20UCN1VE

Hours/ Week : 2

Credits : 2

Max. Marks : 100

Instruction : 5 hrs

Activity : 25 hrs

Unit –I

(6-hrs)

VALUES IN LIFE: Purpose and philosophy of life – Need for values –five fold moral culture- Imbibing values: truth, loyalty, integrity, humility, trustworthy, considerate, not being greedy, clean habits and character building.

Unit –II

(6-hrs)

PERSONAL WELLBEING: Social responsibility - taming a healthy mind and body – personal hygiene - Balanced diet – meditation – yoga - positive thinking – introspection - a passion for Nature- Win-win strategy.

Unit –III

(6-hrs)

ROLE OF MEN IN FAMILY: As a responsible student – committed employee - loyal husband - dedicated father – fatherhood- sacrificing human – considerate true friend.

Unit –IV

(6-hrs)

MAN A SOCIAL BEING: A friendly neighbor - living a life with definite motives –emotions and moral desire- uncompromising will power- puberty- secondary sexual characters- marriage: Purpose – marital life- Harmony with spouse- fidelity towards spouse.

Unit –V

(6-hrs)

PROFESSIONAL VALUES: More of a giver than a taker - being compassionate – patriotism - respecting culture - dependence on God – avoiding worry- professional ethics.

References:

1. Value Education for health, Happiness and harmony, the world community service centre, Vethathri Publications
2. N. Venkataiah, Value Education, APH Publishing Corporation, New Delhi, 1998
3. K.R. Lakshminarayanan and M. Umamageshwari, Value Education, Nalnilam Publication, Chennai.

Web References:

<https://www.slideshare.net/humandakakayilongranger/values-education-35866000>

<https://www.ananda.org/blog/5-secrets-to-a-harmonious-marriage/>

<https://www.un.org/esa/socdev/family/docs/men-in-families.pdf>

Activity: I

- Assignments –Titles on Values to be identified by teachers (scripts not less than 20 Pages)
- Elocution- (Speech on Manners and good Habits for 3 to 5 minutes)
- Case Studies / Field Visit / Highlighting day today issues seen or heard
- Debating / Report Submission - Evils in Society
- Debating - Inspirational Talk -YouTube links.

Activity: II

SUBMISSION OF REPORT / PRESENTATION / VIDEO DOCUMENT PREPARATION

- Celebrating National Days
- Drug abuse & illicit trafficking
- Independence Day, Secularism
- Respecting Teachers (Teachers Day)
- National Youth Awakening Day (15th October)
- Father's Day / Mother's Day

Activity: III

- Album making -A clean environment, evils of pollution
- Poster presentation - Proper use of e-gadgets, Cyber ethics / Social media

Activity: IV

- Preparation for Multiple Choice Questions / Quiz
- Attending family counselling and report submission

EVALUATION COMPONENT:

Component I : (25 marks)

Assignment-5 marks + Elocution-5 marks + Debating- 5 marks + Case Study- 10 marks

Component II: (25 marks)

Celebration of National days - submission of report / presentation / video document preparation for two events, each event 12.5 marks

Component III: (25 marks)

Album Making- 15 marks + Poster Presentation -10 marks

Component IV: (25 marks)

Multiple choice questions / Quiz - 20 marks + Family counselling Report submission- 5 marks

TOTAL : 100 marks

CENTER FOR HUMAN EXCELLENCE

JAMAL MOHAMED COLLEGE (AUTONOMOUS)

TIRUCHIRAPPALLI- 620 020

ABILITY ENHANCEMENT COURSE-I

VALUE EDUCATION FOR WOMEN

Course Code : 20UCN1VE

Hours/ Week : 2

Credits : 2

Max. Marks : 100

Instruction : 5 hrs

Activity : 25 hrs

Unit –I (6-hrs)

VALUES IN LIFE: Purpose and philosophy of life – Need for values –five fold moral culture - Imbibing values: truth, loyalty, integrity, humility, trustworthy, considerate, not being greedy, clean habits and character building.

Unit –II (6-hrs)

FAMILY: Nuclear – cluster – significance - social functions - changing trend - role of women in family - obedient daughter - purposeful youth- dedicated wife - caring mother.

Unit –III (6-hrs)

PUBERTY: Need of knowledge of menstruation- menstrual symptoms – handling – menstrual disorder - maintaining good personal hygiene - motherhood- Stages of pregnancy- post pregnancy care.

Unit –IV (6-hrs)

MARRIAGE: Types of marriage - purpose of marriage- love and infatuation – need for marital preparation - pre and post marital counseling - conflicts in marital life – divorce / single parenthood.

Unit –V (6-hrs)

HARMONY WITH SPOUSE: Husband and wife relationship - fidelity towards spouse-relationship among the family members. Tenets of bride for healthy family – kindness, respect, patience, care, love.

References:

1. Value Education for health, Happiness and harmony, the world community service centre, Vethathri Publications
2. N. Venkataiah, Value Education, APH Publishing Corporation, New Delhi, 1998
3. Betty, Carten and Meg Goldric, The Changing family life style - A Framework for Family Therapy, 2nd Edition, 2000.
4. Marie, Madearentas, Family Life Education, CREST-Centre for research education service training for family promotion, Bangalore, 1999.

Web References:

<https://www.slideshare.net/humandakakayilongranger/values-education-35866000>

<https://www.ananda.org/blog/5-secrets-to-a-harmonious-marriage/>

<https://www.nap.edu/read/2225/chapter/14>

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Component IV: (25 marks)

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TOTAL : 100 marks