

BHARATHIDASAN UNIVERSITY, TIRUCHIRAPPALLI 24
UNDER GRADUATE DEGREE PROGRAMMES
SECOND SEMESTER
PART – IV - VALUE EDUCATION - SYLLABUS

Weekly hours : 2

Credits : 2

UNIT – I : PHILOSOPHY OF LIFE

Human Life on Earth (Kural 629), Purpose of Life (Kural 46) Meaning and Philosophy of Life(Kural 131, 226) The Law of Nature (Kural 374) Glorifying All form of Life in this Universe (Kural 322, 327) – Protecting Nature /Universe (Kural 16, 20, 1038)

UNIT II: INDIVIDUAL QUALITIES

Basic Culture (Kural 72, 431) Thought Analysis (Kural 282, 467, 666) Regulating desire (Kural 367), Guarding against anger (Kural 158, 305, 306, 314), To get rid of Anxiety (Kural 629), The Rewards of Blessing (Kural 3), Benevolence of Friendship (Kural 786), Love and Charity (Kural 76), Self – tranquility/Peace (Kural 318)

UNIT III : SOCIAL VALUES (INDIVIDUAL AND SOCIAL WELFARE)

Family (Kural 45), Peace in Family (Kural 1025), Society (Kural 446), The Law of Life (Kural 952), Brotherhood (Kural 807) , The Pride of Womanhood (Kural 56) Five responsibilities/duties of Man : - a) to himself, b) to his family, c) to his environment, d) to his society, e) to the Universe in his lives (Kural 43, 981), Thriftness (Thrift)/Economics (Kural 754), Health (Kural 298), Education (Kural 400), Governance (Kural 691), People's responsibility/ duties of the community (Kural 37), World peace (Kural 572)

UNIT IV: MIND CULTURE

Mind Culture (Kural 457) Life and Mind - Bio - magnetism, Universal Magnetism (God – Realization and Self Realization) - Genetic Centre – Thought Action – Short term Memory – Expansiveness – Thought – Waves, Channelising the Mind, Stages - Meditation (Kural 261, 266, 270), Spiritual Value (Kural 423)

UNIT V: - TENDING PERSONAL HEALTH

Structure of the body, the three forces of the body, life body relation, natural causes and unnatural causes for diseases (Kural 941), Methods in Curing diseases (Kural 948, 949)

The Five units, simple physical exercises

REFERENCE:

1. Value Education for Health, Happiness and Harmony, The World Community Service Centre Vethathiri Publications Rs 35/- (**for All Units**)
2. Philosophy of Universal Magnetism (Bio - magnetism, Universal Magnetism) The World Community Service Centre Vethathiri Publications (**for Unit IV**)
3. Thirukkural with English Translation of Rev. Dr. G.U. Pope, Uma Publication, 156, Serfoji Nagar, Medical College Road, Thanjavur 613 004 (**for All Units**)
4. திருக்குறள் - ஜி.யு.போப் - ஆங்கில மொழியாக்கத்துடன் உமா நூல் வெளியீட்டகம், தஞ்சாவூர்.
5. தாழிசையில் தமிழ்மன்ற (திருக்குறள்) புலவர் மு. செல்வராசு, பைந்தமிழ் பதிப்பகம், 33, காமாட்சி இல்லம், முருகன் நகர், எடமலைப்பட்ட புதூர், திருச்சி-12.