


**V.V.VANNIAPERUMAL COLLEGE FOR WOMEN**

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

 Reaccredited with 'A++' Grade (4<sup>th</sup> Cycle) by NAAC

**VIRUDHUNAGAR**

Quality Education with Wisdom and Values

**VALUE EDUCATION**

(For those who joined in 2023- 2024)

<b>Semester V</b>	<b>VALUE EDUCATION</b>	<b>Hours/Week:2</b>	
		<b>Credits:2</b>	
<b>Course Code</b> <b>23UGVE51</b>		<b>Internal</b> <b>100</b>	<b>External</b> <b>-</b>

**COURSE OUTCOMES**

On completion of the course, the students will be able to

CO1: state the values of life, values for individual welfare, values for familial welfare, values for social welfare/peace and values for spiritual welfare/prosperity. [K1]

CO2: describe the importance of upholding human values for individual welfare, familial welfare, social welfare/peace and spiritual welfare/prosperity. [K1]

CO3: explain the steps to be taken for upholding human values and human rights. [K2]

CO4: uphold the values of life for individual welfare, familial welfare, social welfare/peace and spiritual welfare/prosperity. [K2]

CO5: practise and apply human values and human rights in real life environment. [K3]

**UNIT I**

**Values of Life: An Introduction:** Definition of Human Values - Significance of Human Values - Classification of Human Values – Value Education – Meaning- Aims and Objectives.

(6 Hours)

**UNIT II**

**Values for Individual Welfare:** Honesty and Integrity- Punctuality- Positive Thinking - Commitment at the Workplace.

(6 Hours)

**UNIT III**

**Values for Familial Welfare:** Family Value - Importance of Family values - Respect and Love for Elders - Strength of Elders - Truthfulness - Harmonious Relationship -Role of Parents in Achieving Harmonious Relationship. (6 Hours)

**UNIT IV**

**Values for Social Welfare/Peace:** Patriotism - Non-violence - Human Rights – Women’s Rights. (6 Hours)

**UNIT V**

**Values for Spiritual Welfare/Prosperity:** Faith in God - Yoga and Meditation-Purity-Self Surrender. (6 Hours including 2 Practical Yoga Hours)

**Assignment**

Performing any five Yogasanas from the prescribed list of Yogasanas.

1. Headstand (Ardha Sirasasana)
2. Shoulders stand (Sarvangasana)
3. Plough (Halasana)
4. Fish (Matsyasana)
5. Sitting Forward Bend (Paschimothasana)
6. Cobra (Bhujangasana)
7. Locust (Salbhasana)
8. Bow (Dhanurasana)
9. Half Spinal twist (Ardha Matsyendrasana).
10. Crow (Kakasana)
11. Standing Forward Bend (Pada Hasthasana).
12. Triangle (Trikonasana).

**TEXT BOOK**

Ponnien Selvi. M, Vijayarani. D & Malarvizhi. P (2025). Value Education, in Press.

**REFERENCE BOOKS**

1. Maithili.B, Thilakam.C *et al.* (2014). *Value Education*. Chennai: New Century Book House (P) Ltd.
2. Nagarajan et al., (2024). *Values and Peace Education*. Chennai: Sriram Publishers
3. Pope.G, et al., (1982). *Tirukkural English Translation and Commentary*. Madras: The South India Saiva Siddhantha Works Publishing Society
4. Krishna Iyer. V. R. (2018). *The Dialectics and Dynamics of Human Rights in India*. (Yesterday, Today and Tomorrow). Calcutta: Eastern Law House.
5. Iyengar.B.K.S. (2014). *Light on the Yoga Sutras of Patanjali*. Harper Collins Publishers India Pvt. Ltd.

**WEB REFERENCES**

<https://www.vedantu.com/english/speech-on-importance-of-family-values>

<https://www.drishtiias.com/to-the-points/paper4/role-of-family-society-and-educational-institutions-in-inculcating-values>

Course Code <b>23UGVE51</b>	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	3	2	-	-	1	-	3
CO 2	3	2	-	-	1	-	3
CO 3	3	2	-	-	1	-	3
CO 4	3	2	-	-	3	3	3
CO 5	3	2	-	-	1	3	3

Dr. M. Babyrani  
**Head of the Department**

Dr. M. Ponnien Selvi  
Dr. D. Vijayarani  
Dr. P. Malarvizhi  
**Course Designers**