



SHARDA
UNIVERSITY
Beyond Boundaries



**SHARDA SCHOOL OF
HUMANITIES &
SOCIAL SCIENCES**



COURSE

**Mulyappravah:
Human Values and
Ethics for Life**
(Nv86010)

VALUE ADDED
COURSE BROCHURE-30 HRS
2026-27

ABOUT THE UNIVERSITY

Sharda University is a leading Educational institution based out of Greater Noida, Delhi NCR. A venture of the renowned Sharda Group of Institutions (SGI), The University has established itself as a high quality education provider with prime focus on holistic learning and imbining competitive abilities in students.

ABOUT THE SCHOOL

The **Sharda School of Humanities and Social Sciences (SSHSS)** plays a crucial role in providing students with an ambience that is helpful in developing an understanding of modern social issues through science, technology and management with an interdisciplinary approach. SHSS has a unique and unique role of providing a creative educational programmer that focuses on overall understanding of complexities of life with an emphasis on Indian cultural values and ethics.

The academic programs are specially designed in accordance with the best global practices. We combine the best practices of teaching and classroom learning and complements them with practical training and experiential learning. The school is equipped with modern facilities for the students and supported by a state-of-the-art library having large collections of books, journals, audio-visual aids and other learning materials.

KEY HIGHLIGHTS

SSHSS adopts the interdisciplinary and integrative pedagogical approach to systematically impart training for diverse languages, literature, histories and cultures. SHSS at Sharda University takes the global learning environment to a new level with cultural, creative and academic activities.

The school is equipped with a language lab with access to Pearson Global English Software; Wi- Fi enabled spacious classrooms with projectors and other audio-visual aids. SHSS has emerged as the epicenter of cultural, creative and academic activity at Sharda University with students from all over the world creating a multi-cultural environment and a vibrant global network of students.

Department of Humanities and Social Sciences

The Department of Humanities and Social Sciences offers various courses that encourage the spirit of enquiry and critical analysis of new categories of thought that connects individual experience to the wider social life.

Committed to the pursuit of excellence in higher education, the department offers degrees at Bachelor, Masters and PhD levels in English Literature, Political Science, History, Psychology and Sociology. The department also offers various short term courses in language proficiency. It offers special "bridge" courses and Communicative English Programs to students seeking to improve their language skills. The Remedial English course we offer to university students is always in demand and is found useful by a wide range of students from various disciplines.

VISION, MISSION OF THE UNIVERSITY

Vision: To serve the society by being a global University of higher learning in pursuit of academic excellence, innovation and nurturing entrepreneurship.

- Mission:**
1. Transformative educational experience
 2. Enriched by educational initiatives that encourage global outlook
 3. Develop research, support disruptive innovations and accelerate entrepreneurship
 4. Seeking beyond boundaries

CORE VALUES

Core Values: • Integrity • Leadership • Diversity • Community

VISION, MISSION OF THE SCHOOL

Vision: To become one of the leading schools of humanities and social sciences by setting global standards of excellence in ingenious curriculum, teaching-learning methods, professional development, and cross-cultural understanding.

- Mission:**
- M1. To promote learning and employability skills among students.
 - M2. To promote study of humankind and its manifestation.
 - M3. To help students succeed in their academic and professional lives.
 - M4. To encourage research and promote knowledge creation.

CORE VALUES

Core Values: • Integrity • Leadership • Diversity • Community

ABOUT THE COURSE

This course introduces students to Indian Ethos, human values, professional ethics, and constitutional principles as foundations for holistic development and responsible citizenship. It emphasizes self-reflection, ethical decision-making, justice, equity, and social responsibility while exploring India's cultural legacy and contemporary social challenges. The course enables students to develop inner potential, critically analyze emerging social patterns, and apply ethical values in personal, social, and professional contexts to contribute towards a just and equitable society.

PROFILE

Dr. Prachi Priyanka, Assistant Professor, SSHSS

Dr Prachi Priyanka (PhD English) has several research articles and chapters published in prestigious edited volumes like Routledge, Lexington publications and reputed Scopus-indexed journals. She is a dedicated professional with experience and expertise in teaching English to undergraduate, postgraduate, and International students. She is committed to academic excellence with a focus on promoting critical thinking and fostering student engagement. Books Published (5). Kintsugi (2025), Wo Jo Tha Khwaab Sa (2023), Wabi Sabi (2021), Caste, Class and Gender in Modern Indian Literature (2021), Thistle and Weeds (2016)

COURSE SCHEDULE

Week	Content	Duration Hrs.
1	Introduction to Indian Ethos	2
2	Meaning of ethos and cultural essence of India Scriptures as the base of the Indian Knowledge System (IKS)	2
3	Integrating the two methodologies: interiorization process for self-exploration, and exterior scientific pursuit for the prosperity of world The Law of Karma and Nishkama Karma (The Law of action and selfless action)	2
4	Practical : Five hours of Yoga practice per week, Ethics through Music and Indian Poetry, Community Engagement	2
5	• Knowing the Self and the universal values that we stand for. This is self enquiry & self discovery • Background conversations and deep listening, recognizing the assumptions that we make, the biases we have, and the implications for ethical action.	2
6	• Self-identity: distinguishing and embracing oneself (and others) four profiles (inner potential, social, professional, personality) • Distinguish ideology, perspectives, beliefs from embodying values.	2
7	• Practical : Self discovery, self enquiry and Mindfulness , Yama & Niyama of Ashtanga Yoga	2
8	Constitutional Values and Global Citizenship	2
9	• Values embedded in the Preamble of the Indian Constitution Integration of Human Rights and duties • Directive principles and responsibilities as citizens of India	2
10	• Sensibility and responsibilities towards global environment, Loksangraha and Vasudhaiva Kutumbakam.	2
11	• Practical : Debates and Theatre on diversity and plurality, research on similarities and differences in the ethos of different countries .	2
12	Integrated Personality and Well-being	2
13	• The three gunas (qualities of sattva—purity and harmony, rajas —activity and passion, tamas - darkness and chaos), the four antah-karanas (inner instruments), and panch kosha (five sheaths). • Stress management: meditated personality and agitated personality.	2
14	• Oneness, non-duality, and equanimity • Physical, mental, social, and spiritual well-being	2
15	• Practical: Talks on the importance of the Ayurveda concept of wellbeing and nutrition, sports activities	2
Total		30 hrs

School: SSHSS Course: Mulyapravah Module: I Branch: All Domains SSHSS Batch : 2026-27 Current Academic Year: 2026-27 Semester: III		
1. Course Code	NV86010	
2. Course Title	Mulyapravah: Human Values and Ethics for Life	
3		
. Credits	Value Added Course (Audit)	
4. Contact Hours	30 Hours	
Course Type	Value Added Course (Audit)	
5. Course Objective	1. To reinstate India's rich cultural legacy and human values of which we are the custodians. 2. To focus on professional ethics, which help citizens to discern desirable and undesirable actions. 3. To re-emphasize constitutional values, universal values, and holistic education to create integrated citizens. 4. To lay down broader guidelines of human values and ethics for internal and external stakeholders.	
6. Course Outcomes	On successful completion of the course, students will be able to: CO1: Recall the principles of Indian Ethos for holistic development. CO2: Explain the importance of self-reflection in identifying and developing inner potential. CO3: Apply inner potential and ethical values to promote justice and equity in actions and decision-making. CO4: Analyze emerging social patterns and critically examine their impact on society. CO5: Evaluate the significance of systemic, cultural, economic, and social transformation through equitable actions. CO6: Design innovative approaches for building a just and equitable world for all.	
7. Course Description	This course introduces students to Indian Ethos, human values, professional ethics, and constitutional principles as foundations for holistic development and responsible citizenship. It emphasizes self-reflection, ethical decision-making, justice, equity, and social responsibility while exploring India's cultural legacy and contemporary social challenges. The course enables students to develop inner potential, critically analyze emerging social patterns, and apply ethical values in personal, social, and professional contexts to contribute towards a just and equitable society.	
8. Outline syllabus		CO Mapping
Unit 1	Unit 1: Introduction to Indian Ethos	
A	- Meaning of ethos and cultural essence of India - Scriptures as the base of the Indian Knowledge System (IKS)	CO1
B	- Integrating the two methodologies: interiorization process for self-exploration, and exterior scientific pursuit for the prosperity of world - The Law of Karma and Nishkama Karma (The Law of action and selfless action)	CO1
C	Practical : Five hours of Yoga practice per week, Ethics through Music and Indian Poetry, Community Engagement	CO1, CO2
Unit 2	Human Values and Ethics	
A	- Knowing the Self and the universal values that we stand for. This is self enquiry& self discovery - Background conversations and deep listening, recognizing the assumptions that we make, the biases we have, and the implications for ethical action.	CO2
B	- Self-identity: distinguishing and embracing oneself (and others) four profiles (inner potential, social, professional, personality) - Distinguish ideology, perspectives, beliefs from embodying values.	CO2
C	Practical : Self discovery, self enquiry and Mindfulness , Yama &Niyama of Ashtanga Yoga	CO2, CO3
Unit 3	Constitutional Values and Global Citizenship	
A	- Values embedded in the Preamble of the Indian ConstitutionIntegration of Human Rights and duties - Directive principles and responsibilities as citizens of India	CO3
B	Sensibility and responsibilities towards global environment, Loksangraha and VasudhaivaKutumbakam.	CO3
C	Practical : Debates and Theatre on diversity and plurality, research on similarities and differences in the ethos of different countries.	CO3, CO4
Unit 4	Values and Skills for Youth	
A	- Designing to make a difference through strategies using the Conscious Full Spectrum Response model - Listening for commitment behind complaints to transform contentious arguments and create a space for listening and change	CO4
B	- Distinguishing judgement from discernment - Being assertive and confident (assertiveness incorporates self-confidence)	CO4
C	Practical : Development of concentration among students through music, fine arts, mathematics, sports, yoga and mindfulness	CO4, CO5
Unit 5	Integrated Personality and Well-being	
A	- The three gunas (qualities of sattva—purity and harmony, rajas —activity and passion, tamas —darkness and chaos), the four antah-karanas (inner instruments), and panch kosha (five sheaths). - Stress management: meditated personality and agitated personality.	CO5
B	- Oneness, non-duality, and equanimity - Physical, mental, social, and spiritual well-being	CO5, CO6
C	Practical: Talks on the importance of the Ayurveda concept of wellbeing and nutrition, sports activities	CO6
Mode of examination	Assignments; Quiz; Viva	
Readings Text book/s*	Blanchard, Kenneth and Peale, Norman Vincent. 1988. The Power of Ethical Management. New York: William Morrow and Company, Inc. Gandhi, Mohandas Karamchand. 1971. Pathway to God compiled by MS Deshpande. Ahmedabad: NavajivanMudranalaya, Navjivan Trust.	