

# MADHYA PRADESH BHOJ (OPEN)UNIVERSITY BHOPAL

## PG Diploma in Values Education& Spirituality

### SYLLABUS

#### *PAPER- 1 : Methods of Meditation and Rajyoga*

MAX-100  
TERMEND-70  
ASSIANMENT-30

**Unit** :1. Meditation Process, Purposes of Meditation

**Unit** :2Jnana Yoga, Bhakti Yoga

**Unit** :3Astanga Yoga-1,Astanga Yoga-2

**Unit** :4 Different schools of Meditation

**Unit** :5 Physical arrangements and stages of Rajyoga, Benefits of Rajyoga Meditation

#### *PAPER 2 : Values for Meaningful Living*

MAX-100  
TERMEND-70  
ASSIANMENT-30

**Unit** :1 Definition and hierarchy of values Unit : Types of values

**Unit** :2 Exploring “knowledge” , Exploring “purity”

**Unit** :3 Exploring“peace” , Exploring “love”

**Unit** :4 Exploring “bliss”, Exploring “Powers” and “Happiness”

#### *PAPER3 : Exploring spirituality*

MAX-100  
TERMEND-70  
ASSIANMENT-30

**Unit** :1 The power and effects of thoughts

**Unit** :2 Churning knowledge, Know thyself

**Unit** :3 Self progress, Self empowerment

**Unit** :4 Karma yoga, Nurturing relationships

**Unit** :5 Types of personality and personality transformation, The timeless dimension

**PAPER4 :Soft Skills social Behavior**

**MAX-100  
TERMEND-70  
ASSIANMENT-30**

**Unit- 1** :Understanding Yourself,Expressing Yourself,Presenting Yourself,Developing Self and Others

**Unit - 2** :Interpersonal Skills,Stress Management

**Unit - 3** :Self and Social Processes,Self, Society and Attitudes

**Unit - 4** :Self, Groups and Social Influence

**PAPER5 :Environmental Awareness & Quality Living**

**MAX-100  
TERMEND-70  
ASSIANMENT-30**

**Unit-1** : Environmental degradation, Non-sustainability and role of uno

**Unit -2**: Land pollution and remedial actions, Water pollution and remedial actions

**Unit-3**: Air pollution and remedial actions, Noise pollution and remedial actions

**Unit-4** : Global warming and its effects

**Unit-5** : Solutions to problems, Remedial actions

**PAPER 6: Values for Successful Living Principles of Purposeful Living**

**MAX-100  
TERMEND-70  
ASSIANMENT-30**

**Unit-1** : Introspection,Acceptance,Patience,Responsibility

**Unit-2** :Discipline,Determination,Respect,Freedom,Contentment

**Unit-3** :Nothing in the world exists for itself ,You can't actually own anything, you can just use it,Mere possession of material objects does not lead to happiness

**Unit-4**: Fortune and happiness depend on accumulated good karma,Matter is a good servant but a bad master,Value based life style

**Unit-5** : Purpose of living, The attraction of spirituality, Laws of life

**Practical - Personal Progress**