

18CUL501 CULTURAL EDUCATION 2002

Objective: *Love is the substratum of life and spirituality. If love is absent life becomes meaningless. In the present world if love is used as the string to connect the beads of values, life becomes precious, rare and beautiful like a fragrant blossom. Values are not to be learned alone. They have to be imbibed into the inner spirit and put into practice. This should happen at the right time when you have vitality and strength, when your hearts are open. The present course in value education is a humble experience based effort to lead and metamorphosis the students through the process of transformation of their inner self towards achieving the best. Amma's nectarous words of wisdom and acts of love are our guiding principles. Amma's philosophy provides an insight into the vision of our optimistic future.*

1. Invocation, Satsang and Question - Answers
2. Values - What are they? Definition, Guiding Principles with examples Sharing own experiences
3. Values - Key to meaningful life. Values in different contexts
4. Personality - Mind, Soul and Consciousness - Q and A. Body-Mind-Intellect and the Inner psyche Experience sharing
5. Psychological Significance of samskara (with eg. From Epics)
6. Indian Heritage and Contribution and Q and A; Indian Ethos and Culture
7. Self Discipline (Evolution and Practice) – Q and A
8. Human Development and Spiritual Growth - Q and A
9. Purpose of Life plus Q and A
10. Cultivating self Development
11. Self effort and Divine Grace - their roles – Q and A; - Vedanta and Creation - Understanding a spiritual Master
12. Dimensions of Spiritual Education; Need for change Lecture – 1; Need for Perfection Lecture - 2
13. How to help others who have achieved less - Man and Nature Q and A, Sharing of experiences

REFERENCES:

1. Swami AmritaswaroopanandaPuri - *Awaken Children (Volume VII and VIII)*
2. Swami AmritaswaroopanandaPuri - *Amma's Heart*
3. Swami RamakrishnandaPuri - *Rising Along the Razor's Edge*
4. Deepak Chopra - *Book 1: Quantum Healing; Book 2: Alpha and Omega of God; Book 3: Seven Spiritual Rules for Success*
5. Dr. A. P. J. Abdul Kalam - *1. Ignited Minds 2. Talks (CD)*
6. Swami RamakrishnandaPuri - *Ultimate Success*
7. Swami JnanamritanandaPuri - *Upadesamritham (Trans: Malayalam)*
8. Vedanta Kesari Publication - *Values - Key to a meaningful life*
9. Swami Ranganathananda - *Eternal values for a changing society*
10. David Megginson and Vivien Whitaker - *Cultivating Self Development*
11. Elizabeth B. Hurlock - *Personality Development, Tata McGraw Hill*
12. Swami Jagatatananda - *Learn to Live (Vol.1 and 2), RK Ashram, Mylapore*