

Course Title: Enabling Morals and Values

Duration: 16 hours

Level: First Year

Delivery Mode: Interactive lectures, group discussion, reflection-based activities, and film-based learning.

Course Objectives:

- Understand the importance of values in personal and community life.
- Reflect on aspirations and align them with moral action.
- Cultivate virtues such as integrity, discipline, respect, service, and fidelity.
- Develop tools for reflection, self-awareness, and ethical decision-making.

Syllabus Outline (16 hrs)

Module 1: Vision and Aspiration (2 hours)

- Understanding aspirations, dreams, and life goals
- Clarity of vision: aligning personal dreams with purpose
- Activity: Vision board creation

Module 2: Motivation and Effort (2 hours)

- Motivation, perseverance, and self-organization
- Discernment: making wise choices
- Effort and commitment as lifelong habits
- Activity: Personal goal map

Module 3: Cultivating Inner Commitment (2 hours)

- Commitment to reflection: journaling and awareness
- Commitment to respect: others, diversity, boundaries
- Commitment to remembrance: learning from history and personal experience
- Reflection exercise: Moments that shaped me

Module 4: Values in Relationships (2 hours)

- Caring as a moral value
- Fidelity: loyalty and trust in relationships
- Sharing and empathy in community
- Group discussion: Practicing care in daily life

Module 5: Communication and Self-Control (2 hours)

- Honest and respectful communication
- Listening as a moral act
- Self-control and discipline as inner strength
- Activity: Role-play on difficult conversations

Module 6: Integrity, Reverence, and Service (2 hours)

- What is integrity? Being whole and truthful
- Reverence: for life, nature, others
- Service: selfless action and responsibility
- Activity: Planning a service initiative

Module 7: Real-Life Stories and Guided Reflection (2 hours)

Theme: *Turning Points – Lessons from Real Life*

Storytelling Session (1 hour)

- **Narratives of Change:** Share selected short stories, TED Talk clips, or inspirational real-life accounts (e.g. Dr. APJ Abdul Kalam or local changemakers) that highlight:
 - Pursuing dreams against odds
 - The power of perseverance
 - Importance of mentors in personal growth
 - Inner struggles and overcoming self-doubt

Module 8: Integration and Reflection (2 hours)

- Recap of values learned

- Guided reflection: “Which values do I live by?”
- Sharing circles / self-assessment
- Creation of a personal “Values Statement”

Assessment and Activities:

- Reflection journal (weekly entries or summary)
- Group participation
- Final personal Values Statement or poster
- Optional: Service action plan or storytelling presentation