

राष्ट्रीय प्रौद्योगिकी संस्थान रायपुर
NATIONAL INSTITUTE OF TECHNOLOGY RAIPUR
(An Institute of National Importance)
DEPARTMENT OF HUMANITIES & SOCIAL SCIENCES

1.	Department proposing the course	Humanities and Social Sciences
2.	Course Title	Happiness Based on Co-existential Living
3.	L-T-P Structure	3-0-0
4.	Credits / # of period	03
5.	Course number (Code)	
6.	Status (Core/Elective)	Elective
7.	Pre-requisites (course no./title)	
8.	Frequency of offer	6 th Semester
9.	Course Objectives (CO): 1. The course aims to teach the student how to overcome the harmful effects of Stress while maintaining life's quality and vitality. 2. To develop right evaluation, self-confidence and inculcate human values based decision-making ability 3. To help students understand the meaning of happiness and prosperity for a human being. 4. Developing an understanding of the complaint-free relationship in the human-human relationships.	
10.	Course Syllabus: Unit 1. Understanding how to live a happy life 1.1. What is Co-existential living? (Four orders) 1.2. How to live a happy life through co-existential living 1.3. What is happiness? Source of happiness Unit2. Understanding the Human being 2.1. Definition of Human being, beautiful human being 2.2. Deference between Respect and Happiness and Physical facility. 2.3. Jeevan Kriya part-2 (Activities of the conscious atom), Unit3. Understanding the Human values, Family and Relationship 3.1. Importance of Human Values, Three Wrong Evaluations, Right evaluation 3.2. Happy and successful family and marriage relationship, Improve awareness 3.3. Deference between Temporary and Continuous Happiness Unit4. Understanding the mental health and mental wellbeing 4.1. Problems in Relationships and their Solution, Types of fear and their Solution. 4.2. Complaint free relationship, Healthy body, Systematic routine 4.3. Sources of misunderstanding, Wrong assumptions and Solution.	
11.	Text Books: - 1. Nagraj A., Manav Vyvahar Darshan, Divya Path Sansthan, Amarkantak. English translation. 2003, 2015 2. Nagraj A., Karma Darshan, Divya Path Sansthan, Amarkantak, 2004. 2017 3. R R Gaur, R Sangal, G P Bagaria, A Foundation Course in Human Values and professional ethics. 2010. 4. H. Chawda, Madhyasth Darshan Sah-Astitvawad Adharit Chetna Vikash Mulya Shiksha, Lulu Publication United States, 2019	

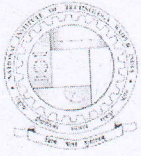
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12 Reference Books :-

- 1 Nagraj A., Manav Sanchetnavadi Manovigyan, Divya Path Sansthan, Amarkantak. 2008.
- 2 Nagraj A., Manav Anubhav Darshan, Divya Path Sansthan, Amarkantak. 2015
- 3 Nagraj A., Paribhasha Samhita, Divya Path Sansthan Amarkantak, 2015

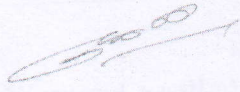
All pdf books web sitelink:


- 1- <https://madhyasth-darshan.info/browse-texts/download/#Nagraj>
- 2- <https://u.pcloud.link/publink/show?code=kZAEXckZBGWKQdvaNUhqAiLi9qGp0RC0edyV#folder=8193729088&tpl=publicfoldergrid>
- 3- <https://u.pcloud.link/publink/show?code=kZzWXckZkDCvrnL3KuuCOyRzUPU0eRT4NDQk#folder=7237891157&tpl=publicfoldergrid>
- 4- https://www.youtube.com/results?search_query=value+education+nit+raipur
- 5- <http://madhyasth-darshan-definitions.blogspot.com/>
- 6- <https://www.youtube.com/channel/UCkg9tlpvZr6-A2RHy15XcsQ/videos>
- 7- <https://u.pcloud.link/publink/show?code=VZU5C0VZVCSFX0ysBjznWhJqFSRXV4t8XiTX>


Course Instructor: Dr. Heena Chawda
Departmental Academic Committee
External Expert



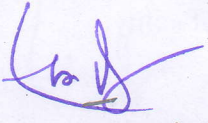
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