



Kot Bhalwal, Jammu

Model Institute of Engineering  
& Technology (Autonomous)  
Dr. Arun K. Gupta Teaching-Learning Centre

**Department of BCOM**

**Details of Lesson Plan**

<b>S.No.</b>	<b>Particulars</b>	<b>Details</b>
1.	Course Name	Universal Human Values
2.	Course Code	UGVAC-105
3.	Academic Year	2024-25
4.	Semester	1st
5.	Number of Lesson plans	24
6.	Faculty Assigned	Dr.Hemalatha Murugesan

Faculty Signature



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<b>Lesson Plan No. 5.1</b>	<b>Course Name: Universal Human Values</b>	<b>Course No.: UGVAC-105</b>
	<b>Topic: The Holistic Perception of Harmony in Existence</b>	

<b>Objectives</b>	<p>At the end of the lesson, students will be able to:</p> <ol style="list-style-type: none"> <li>Understand the concept of natural acceptance of human values.</li> <li>Recognize the importance of ethical conduct in personal and societal life.</li> <li>Reflect on the role of ethical human conduct in fostering harmony and well-being.</li> </ol>
<b>Teaching Aids (if any)</b>	ICT tools (videos on universal harmony, slides with visual representations of cosmic balance)
<b>Teaching Development</b>	<p><b>Introduction (5 minutes)</b></p> <ul style="list-style-type: none"> <li>• <b>Interactive Questioning:</b> <ul style="list-style-type: none"> <li>○ “What values do you naturally accept as being good or important in your life?”</li> <li>○ “What role do ethical actions play in maintaining social harmony and personal well-being?”</li> </ul> </li> <li>• <b>Discussion:</b> Introduce the concept of natural acceptance of human values as the instinctive recognition of values that promote human flourishing, such as truth, non-violence, love, and respect.</li> </ul> <p><b>Development (30 minutes)</b></p> <p><b>a. Defining Natural Acceptance of Human Values (10 minutes)</b></p> <ul style="list-style-type: none"> <li>• Explain natural acceptance as the innate recognition of values essential for human well-being, as opposed to values imposed externally.</li> <li>• Discuss how certain values (truth, non-violence, respect) resonate with individuals at a deep, instinctual level.</li> <li>• Emphasize the importance of aligning one’s actions with these values for personal and collective peace.</li> </ul> <p><b>b. Understanding Ethical Human Conduct (10 minutes)</b></p>



	<ul style="list-style-type: none"><li>• Define ethical conduct as behaviors that reflect moral principles and contribute to the well-being of individuals and society.</li><li>• Discuss the key components of ethical human conduct:<ul style="list-style-type: none"><li>○ Integrity (acting according to one’s values)</li><li>○ Responsibility (being accountable for one’s actions)</li><li>○ Compassion (acting with empathy and kindness)</li></ul></li><li>• Provide real-life examples of ethical conduct in various contexts, including family, workplace, and society.</li></ul> <p><b>c. The Role of Ethical Conduct in Harmony and Well-Being (10 minutes)</b></p> <ul style="list-style-type: none"><li>• Explore how ethical conduct nurtures trust and cooperation within communities.</li><li>• Discuss how it supports social and environmental sustainability.</li><li>• Emphasize that ethical human conduct promotes the unity of the self with others and with nature, leading to universal harmony.</li></ul> <p><b>Exercise (5 minutes)</b></p> <ul style="list-style-type: none"><li>• <b>Activity:</b> Ask students to write down three ethical values they hold dear and reflect on how they manifest these values in their daily conduct. Students then share their thoughts with a peer or in small groups.</li></ul>
<p><b>Closure</b></p>	<ul style="list-style-type: none"><li>• <b>Summarize Lesson Learning Outcomes:</b><ul style="list-style-type: none"><li>• Recap the concept of natural acceptance of human values and ethical conduct.</li><li>• Discuss how aligning with natural human values promotes universal harmony and well-being.</li></ul></li><li>• <b>Suggested Reading:</b><ul style="list-style-type: none"><li>• “The Art of Living” by Sri Sri Ravi Shankar.</li><li>• “Ethics for the New Millennium” by Dalai Lama.</li></ul></li><li>• <b>Homework:</b></li></ul>



	<ul style="list-style-type: none"><li>· Reflect on a recent decision or action in your life. How could applying natural human values and ethical conduct have influenced your decision-making process? Write a brief reflection.</li></ul>
<b>Evaluation</b>	<p><b>Reflective Questions (5 minutes):</b></p> <ul style="list-style-type: none"><li>• What are some examples of values that you naturally accept as good?</li><li>• How can ethical human conduct foster a harmonious society?</li><li>• How do natural acceptance and ethical conduct relate to each other?</li></ul> <p><b>Discussion:</b></p> <ul style="list-style-type: none"><li>• Students will share their ethical values and reflections on their homework in the next session.</li></ul>



<b>Lesson Plan No. 5.2</b>	<b>Course Name: Universal Human Values Topic:</b> A Basis for Humanistic Education, Humanistic Constitution, and Universal Human Order	<b>Course No.:</b> UGVAC-105
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<b>Objectives</b>	At the end of the lesson the student shall be able to: a. Understand the principles of humanistic education and how they contribute to personal and societal development. b. Explore the concept of a humanistic constitution and its role in promoting universal human order. c. Reflect on the importance of universal human order in creating a balanced and harmonious world.
<b>Teaching Aids (if any)</b>	ICT tools (presentation slides, videos) <ul style="list-style-type: none"><li>● Whiteboard/Flip chart for discussion and brainstorming</li><li>● Visual aids depicting the relationship between education, constitution, and human order</li></ul>
<b>Teaching Development</b>	<b>. Introduction (5 minutes)</b> <ul style="list-style-type: none"><li>● <b>Interactive Questioning:</b><ul style="list-style-type: none"><li>○ “What is the role of education in shaping an individual’s values and worldview?”</li><li>○ “How do you think a constitution can reflect the values of a society and ensure harmony?”</li><li>○ “What does ‘universal human order’ mean to you, and why is it important in today’s world?”</li></ul></li><li>● <b>Discussion:</b> Introduce the three key concepts: humanistic education, humanistic constitution, and universal human order, highlighting their interconnection in promoting a harmonious and just society.</li></ul> <b>Development (30 minutes)</b>



**a. Defining Humanistic Education (10 minutes)**

- Explain humanistic education as an approach that prioritizes the development of the whole person—intellectually, emotionally, and ethically.
- Discuss the following key principles:
  - The nurturing of human dignity and potential.
  - Encouragement of critical thinking, creativity, and self-awareness.
  - Fostering empathy, compassion, and a sense of responsibility toward others.
- Emphasize that humanistic education aims to create individuals who contribute positively to society and understand the interconnectedness of all beings.

**b. Understanding Humanistic Constitution (10 minutes)**

- Define a humanistic constitution as a foundational legal framework that upholds human rights, dignity, and freedoms, reflecting values that promote social justice, equality, and respect for life.
- Discuss the role of the constitution in:
  - Safeguarding universal human rights.
  - Ensuring justice and equity for all citizens.
  - Promoting social welfare and environmental sustainability.
- Explore examples of countries or frameworks where humanistic principles are embedded in their constitutions.

**c. Universal Human Order (10 minutes)**

- Introduce universal human order as the concept that all individuals, societies, and nations are interconnected, and that global harmony is achieved when the rights and responsibilities of every individual are recognized and upheld.
- Discuss how universal human order is based on values such as:
  - Unity in diversity: recognizing and respecting cultural differences while emphasizing shared humanity.
  - Justice and equality: promoting fairness in opportunities and rights for all.
  - Sustainability and peace: recognizing the interdependence of human beings with nature and working towards environmental and societal well-being.
- Explore how humanistic education and a humanistic constitution contribute to the realization of universal human order.



	<p><b>Exercise (5 minutes)</b></p> <ul style="list-style-type: none"><li>• <b>Activity:</b> Have students brainstorm in groups about how they would design a humanistic education system or a humanistic constitution for a society. What values and principles would they include to ensure the well-being of all? After brainstorming, each group shares their thoughts with the class.</li></ul>
<p><b>Closure</b></p>	<ul style="list-style-type: none"><li>• <b>Summarize Lesson Learning Outcomes:</b><ul style="list-style-type: none"><li>• Recap the concept of humanistic education, humanistic constitution, and universal human order.</li><li>• Discuss how these concepts are interconnected and essential for promoting a just, harmonious, and sustainable world.</li></ul></li><li>• <b>Suggested Reading:</b><ul style="list-style-type: none"><li>• “The Humanistic Tradition” by Gloria Fiero.</li><li>• “The Universal Declaration of Human Rights” (UN).</li><li>• “The Idea of Human Rights” by Michael Goodhart.</li></ul></li></ul>
<p><b>Evaluation</b></p>	<p><b>Reflective Questions (5 minutes):</b></p> <ul style="list-style-type: none"><li>• How does humanistic education contribute to an individual’s personal growth and societal responsibility?</li><li>• In what ways can a humanistic constitution ensure justice, equality, and social harmony?</li><li>• Why is universal human order essential for creating a sustainable and peaceful world?</li></ul> <p><b>Discussion:</b></p> <ul style="list-style-type: none"><li>• Students will share their ideas on humanistic education, constitution, and universal human order, and present their homework reflections in the next session.</li></ul> <p>Spend 5 minutes</p>



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<b>Lesson Plan No. 5.3</b>	<b>Course Name: Universal Human Values Topic:</b> Competence in Professional Ethics, Holistic Technologies	<b>Course No.:</b> UGVAC-105
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<b>Objectives</b>	At the end of the lesson the student shall be able to: <ul style="list-style-type: none"> <li>a. Understand the significance of professional ethics in various fields of work and personal development.</li> <li>b. Explore the concept of holistic technologies and their role in fostering ethical practices and sustainability.</li> <li>c. Reflect on the integration of professional ethics and holistic technologies for balanced and ethical decision-making in professional settings.</li> </ul>
<b>Teaching Aids (if any)</b>	<ul style="list-style-type: none"> <li>• ICT tools (presentation slides, videos)</li> <li>• Whiteboard/Flip chart for discussion and brainstorming</li> <li>• Case studies of current scenarios and examples of value-based actions for happiness and prosperity</li> </ul>
<b>Teaching Development</b>	<p><b>. Introduction (5 minutes)</b></p> <ul style="list-style-type: none"> <li>• <b>Interactive Questioning:</b> <ul style="list-style-type: none"> <li>○ “What does professional ethics mean in your chosen field of study or career?”</li> <li>○ “Can technology be used to promote ethical practices? If so, how?”</li> <li>○ “What does a ‘holistic’ approach to technology mean to you?”</li> </ul> </li> <li>• <b>Discussion:</b> Introduce the two main concepts: professional ethics and holistic technologies, explaining how they contribute to creating ethical, sustainable, and responsible professional environments and practices.</li> </ul> <p><b>Development (30 minutes)</b></p> <p><b>a. Defining Competence in Professional Ethics (10 minutes)</b></p> <ul style="list-style-type: none"> <li>• Explain that professional ethics refers to the moral principles and standards of behavior expected in a given profession.</li> <li>• Discuss the key aspects of professional ethics, such as:</li> </ul>



- Integrity: Adhering to moral and professional standards.
- Accountability: Being responsible for one's actions.
- Confidentiality: Maintaining privacy and respect for sensitive information.
- Fairness and justice: Ensuring equity and equal treatment in professional settings.
- Explore examples of professional ethics in various fields like healthcare, engineering, law, and business. Discuss common ethical dilemmas and decision-making processes in professional settings.

**b. Exploring Holistic Technologies (10 minutes)**

- Define holistic technologies as systems, tools, or approaches that integrate human well-being, societal impact, and environmental sustainability.
- Discuss how holistic technologies go beyond just technical functionality to consider the broader implications on health, society, and the planet. Examples include:
  - Green technologies: Renewable energy, eco-friendly manufacturing processes.
  - Digital technologies: Ethical AI, responsible data usage.
  - Health technologies: Telemedicine, mental health apps that consider holistic well-being.
- Emphasize that the adoption of holistic technologies requires a balance between innovation and responsibility, ensuring that technology serves both humanity and the environment in a sustainable manner.

**c. The Intersection of Professional Ethics and Holistic Technologies (10 minutes)**

- Discuss how professional ethics and holistic technologies intersect in modern professions.
  - Ethical use of technology: Ensuring fairness, accountability, and transparency in the design and implementation of technological solutions.
  - Sustainability: Promoting technologies that not only advance progress but also reduce harm to the environment and society.
  - Social responsibility: Professionals must consider the broader implications of their work, including the social, environmental, and economic impacts of the technology they develop or utilize.
- Example: Discuss how ethical decision-making in professions like technology, healthcare, and business ensures the responsible application of holistic technologies for the greater good of society.



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	<p><b>Exercise (5 minutes)</b></p> <ul style="list-style-type: none"><li>• <b>Activity:</b> Students break into small groups and discuss a recent technological innovation (e.g., AI, renewable energy technology, digital healthcare). They should consider the ethical implications of this technology and how it aligns with professional ethics. Each group presents their analysis and suggestions for improving the ethical application of this technology.</li></ul>
<p><b>Closure</b></p>	<ul style="list-style-type: none"><li>• <b>Summarize Lesson Learning Outcomes:</b><ul style="list-style-type: none"><li>• Recap the concepts of professional ethics and holistic technologies and their interdependence.</li><li>• Emphasize the importance of fostering ethical competence in professional environments and integrating holistic technologies for sustainable and responsible development.</li></ul></li><li>• <b>Suggested Reading:</b><ul style="list-style-type: none"><li>• “Ethics in the Information Age” by Michael J. Quinn.</li><li>• “The Innovator’s Dilemma” by Clayton Christensen (Focus on responsible innovation).</li></ul></li></ul>
<p><b>Evaluation</b></p>	<p><b>Reflective Questions (5 minutes):</b></p> <ul style="list-style-type: none"><li>• What is the importance of professional ethics in a technological-driven society?</li><li>• How can holistic technologies help address the ethical challenges faced in different professions?</li><li>• Why is it essential to integrate ethics into technology development and usage?</li></ul> <p><b>Discussion:</b></p> <ul style="list-style-type: none"><li>• Students will share their reflections and group analysis on ethical dilemmas in technology and its integration into professional ethics in the next session.</li></ul>



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	Spend 5 minutes
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<b>Lesson Plan No. 5.4</b>	<b>Course Name: Universal Human Values Topic:</b> Holistic Technologies, Production Systems, and Management Models – Typical Case Studies	<b>Course No.:</b> UGVAC-105
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<b>Objectives</b>	<p>At the end of the lesson the student shall be able to:</p> <ul style="list-style-type: none"> <li>aa. Understand the concept of holistic technologies and how they can be integrated into production systems.</li> <li>b. Explore the relationship between holistic technologies, sustainable production systems, and management models.</li> <li>c. Analyze typical case studies where holistic approaches have been implemented in production systems and management models, assessing their impact.</li> </ul>
<b>Teaching Aids (if any)</b>	<ul style="list-style-type: none"> <li>• ICT tools (videos and case studies on holistic technologies and sustainable management models)</li> <li>• Whiteboard/Markers for brainstorming</li> <li>• Visual aids showing examples of successful implementation of holistic technologies in businesses.</li> </ul>
<b>Teaching Development</b>	<p><b>. Introduction (5 minutes)</b></p> <ul style="list-style-type: none"> <li>• <b>Interactive Questioning:</b> <ul style="list-style-type: none"> <li>○ “What do you understand by the term ‘holistic technologies’? Can you think of any technologies that consider the entire system rather than isolated components?”</li> <li>○ “How can production systems benefit from holistic technologies?”</li> <li>○ “What is the role of management models in ensuring that sustainable practices are adopted in businesses?”</li> </ul> </li> <li>• <b>Discussion:</b> Introduce the key concepts: holistic technologies, production systems, and management models. Explain how these elements interact to create more sustainable, efficient, and ethically responsible business practices.</li> </ul> <hr/>

**Development (30 minutes)****a. Defining Holistic Technologies (10 minutes)**

- Explain that holistic technologies refer to systems or innovations that take into account the broader implications—environmental, social, and economic—of their use, rather than focusing solely on functionality or profit.
- Discuss examples of holistic technologies:
  - **Renewable energy technologies:** Solar panels, wind turbines, and other eco-friendly energy sources.
  - **Sustainable manufacturing processes:** Technologies that reduce waste, use renewable materials, and ensure lower environmental impact.
  - **Circular economy models:** Technologies that focus on recycling and reusing materials to minimize waste and resource consumption.
- Emphasize the importance of considering the whole system (environment, society, economy) in technological development.

**b. Understanding Production Systems and Their Integration with Holistic Technologies (10 minutes)**

- Define production systems as the processes and methods used to produce goods and services.
- Discuss how holistic technologies are integrated into production systems to enhance efficiency, sustainability, and responsibility:
  - **Lean production:** Minimizing waste while maximizing value to the customer.
  - **Just-in-time (JIT) systems:** Reducing waste and improving efficiency by producing goods only when needed.
  - **Sustainable production:** Incorporating eco-friendly materials and reducing the carbon footprint in the production process.
- Provide examples of companies that have successfully integrated holistic technologies into their production systems, such as Tesla (electric vehicles), Patagonia (sustainable manufacturing), and Interface (sustainable flooring).

**c. Exploring Management Models for Holistic Production (10 minutes)**

- Discuss management models that support the adoption of holistic technologies and sustainable production systems:
  - **Triple Bottom Line (TBL):** A business model that measures success based on three criteria—people (social impact), planet (environmental impact), and profit (economic



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	success).
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	<ul style="list-style-type: none"><li>○ <b>Corporate Social Responsibility (CSR):</b> A framework for companies to ensure they are operating in a socially responsible and ethical manner.</li><li>○ <b>Sustainable Development Goals (SDGs):</b> Using the UN's SDGs as a guide for creating strategies that align business practices with global sustainability targets.</li><li>• Discuss how leadership and organizational culture play a role in integrating these management models with holistic technologies for long-term success.</li></ul> <hr/> <p><b>Case Study Analysis (10 minutes)</b></p> <ul style="list-style-type: none"><li>• <b>Activity:</b> Present a case study of a company or industry that has successfully integrated holistic technologies into its production systems. This could be:<ul style="list-style-type: none"><li>○ <b>Tesla</b> and its sustainable manufacturing and clean energy products.</li><li>○ <b>Patagonia</b> and its use of eco-friendly materials in production and its commitment to ethical business practices.</li><li>○ <b>Unilever</b> and its use of sustainable sourcing and production practices.</li></ul></li><li>• Have students analyze the case, identifying the holistic technologies, production systems, and management models used.</li><li>• <b>Discussion Questions:</b><ul style="list-style-type: none"><li>○ How did the company integrate holistic technologies into its production system?</li><li>○ What management model did the company adopt to ensure sustainability?</li><li>○ What challenges did the company face, and how did it overcome them?</li></ul></li></ul>
<p><b>Closure</b></p>	<ul style="list-style-type: none"><li>• <b>Summarize Lesson Learning Outcomes:</b><ul style="list-style-type: none"><li>• Recap the role of holistic technologies in production systems and the importance of integrating them into business practices.</li><li>• Highlight the key management models (TBL, CSR, SDGs) that support sustainability and ethical production.</li></ul></li><li>• <b>Suggested Reading:</b></li></ul>



	<ul style="list-style-type: none"><li>• “The Lean Startup” by Eric Ries (focus on sustainable innovation in production).</li><li>• “The Triple Bottom Line: Does It All Add Up?” by Adrian Henriques and Julie Richardson.</li></ul>
<b>Evaluation</b>	<p><b>Reflective Questions (5 minutes):</b></p> <ul style="list-style-type: none"><li>• What are holistic technologies, and how do they contribute to sustainable production systems?</li><li>• How can management models like TBL, CSR, and SDGs help companies adopt more ethical and sustainable practices?</li><li>• Can you think of any other industries that could benefit from implementing holistic technologies and management models?</li></ul> <p><b>Discussion:</b></p> <ul style="list-style-type: none"><li>• Students will share their reports on companies using holistic technologies and sustainable practices in the next session. They will also discuss their ideas on how other industries can adopt these practices.</li></ul> <p>Spend 5 minutes</p>



<b>Lesson Plan No. 5.5</b>	<b>Course Name: Universal Human Values Topic:</b> Strategies for Transition Towards Value-Based Life and Profession	<b>Course No.:</b> UGVAC-105
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<b>Objectives</b>	<p>At the end of the lesson the student shall be able to:</p> <ol style="list-style-type: none"> <li>Understand the importance of transitioning to a value- based life in both personal and professional contexts.</li> <li>Explore practical strategies for integrating universal human values into everyday life and career choices.</li> <li>Reflect on the role of self-awareness, ethical decision- making, and continuous learning in fostering a value-based life and profession.</li> </ol>
<b>Teaching Aids (if any)</b>	<ul style="list-style-type: none"> <li>ICT tools (presentation slides, videos)</li> <li>Whiteboard/Flip chart for discussion and brainstorming</li> <li>Case studies of current scenarios and examples of value-based actions for happiness and prosperity</li> </ul>
<b>Teaching Development</b>	<p><b>. Introduction (5 minutes)</b></p> <ul style="list-style-type: none"> <li><b>Interactive Questioning:</b> <ul style="list-style-type: none"> <li>“What does living a value-based life mean to you?”</li> <li>“How do values influence your decisions, both in personal life and in your professional career?”</li> <li>“Why is it important to integrate values into your profession, and what might that look like?”</li> </ul> </li> <li><b>Discussion:</b> Introduce the concept of value-based living, emphasizing that values such as integrity, responsibility, compassion, and fairness guide actions in every aspect of life, including personal relationships, work, and society.</li> </ul> <hr/> <p><b>Development (30 minutes)</b></p>



**a. Understanding the Importance of Transitioning to a Value-Based Life (10 minutes)**

- Define a value-based life as one in which an individual's actions and decisions are guided by universal human values, contributing to their well-being and that of society.
- Discuss the benefits of living a value-based life, such as:
  - Greater personal fulfillment and inner peace.
  - Stronger relationships with others built on trust, respect, and empathy.
  - More ethical and responsible decisions in the workplace and society.
- Explore common challenges in transitioning to a value-based life, such as societal pressures, personal desires, and external expectations.

**b. Strategies for Transitioning to a Value-Based Life (10 minutes)**

- **Self-Awareness and Reflection:**  
Encourage students to engage in self-reflection to understand their core values and how they align with their current life and professional choices.
  - Activity: Students can write down 3-5 values they hold most dear (e.g., honesty, compassion, fairness), and analyze how these values are reflected in their actions.
- **Setting Intentions and Goals:**  
Discuss how setting clear intentions for aligning one's life with these values can help in making consistent choices. For example:
  - Setting goals to act with more integrity in personal relationships or professionalism.
  - Practicing active listening and empathy in professional interactions.
- **Continuous Learning and Adaptability:**  
Emphasize the importance of continual learning and being adaptable to new information and experiences that help grow and live out one's values more effectively.
  - Suggest reading books, attending workshops, and seeking mentorship in areas like leadership, ethics, and self-awareness.

**c. Strategies for Transitioning to a Value-Based Profession (10 minutes)**

- **Choosing a Value-Centric Career:**  
Explain how individuals can align their career choices with their



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	<p>such as pursuing professions in sustainability, social justice, healthcare, or education.</p> <ul style="list-style-type: none"><li>○ Activity: Students brainstorm professions or career paths that align with their personal values, such as teaching for those who value empowerment or healthcare for those who value compassion.</li><li>● <b>Integrating Ethics into Professional Life:</b> Discuss how professionals can ensure their work aligns with universal values by:<ul style="list-style-type: none"><li>○ Upholding integrity and transparency in decision-making.</li><li>○ Promoting fairness, equality, and diversity in the workplace.</li><li>○ Taking responsibility for the social and environmental impact of their professional actions.</li></ul></li><li>● <b>Ethical Decision-Making Frameworks:</b> Introduce frameworks for making ethical decisions in a professional setting, such as:<ul style="list-style-type: none"><li>○ The utilitarian approach (maximizing the greatest good for the greatest number).</li><li>○ The rights-based approach (ensuring actions respect individual rights and freedoms).</li><li>○ The virtue ethics approach (acting according to virtues like honesty, courage, and fairness).</li></ul></li></ul> <hr/> <p><b>Exercise (5 minutes)</b></p> <ul style="list-style-type: none"><li>● <b>Activity:</b> Students will work in pairs to discuss one professional or personal situation in which they made a decision that could have been more aligned with their values. They will explore what value-based decisions could have been taken in that situation.</li></ul>
<p><b>Closure</b></p>	<ul style="list-style-type: none"><li>● <b>Summarize Lesson Learning Outcomes:</b><ul style="list-style-type: none"><li>● Recap the importance of transitioning to a value-based life and profession, emphasizing that values guide decisions and actions for personal fulfillment and societal harmony.</li></ul></li></ul>



	<ul style="list-style-type: none"><li>• Highlight the key strategies for integrating values into personal and professional life, such as self-awareness, goal-setting, continuous learning, and ethical decision-making.</li><li>• <b>Suggested Reading:</b><ul style="list-style-type: none"><li>• “The Seven Habits of Highly Effective People” by Stephen R. Covey (Focus on values and principles).</li><li>• “The Ethical Brain” by Michael S. Gazzaniga.</li></ul></li></ul>
<b>Evaluation</b>	<b>Reflective Questions (5 minutes):</b> <ul style="list-style-type: none"><li>• How do values influence your decision-making process in both personal and professional life?</li><li>• What are the challenges you face in transitioning to a value-based life and profession?</li><li>• How can you incorporate continuous learning to strengthen your value-based approach in life and work?</li></ul> <b>Discussion:</b> <ul style="list-style-type: none"><li>• Students will share their reflections and discuss their strategies for transitioning to a value-based life and profession in the next session.</li></ul> <p>Spend 5 minutes</p>