

**SARDAR PATEL UNIVERSITY**  
**Programme: MHRM**  
**Semester: II**  
**Syllabus with effect from: June 2011**

<b>Paper Code:</b> PA02SHRM01	<b>Total Credits: 2</b>
<b>Title Of Paper:</b> Soft Skill (Life Enrichment)	

Unit	Description in detail	Weightage (%)
<b>1</b>	<b>Integral Life:</b> Evolution and Human Life; Indian and Western Perspective of Life; Life and Yoga; Science and Spirituality; and Future of Humanity.	25 %
<b>2</b>	<b>Integral Education:</b> Science and Living; Physical Education; Mental Education; Vital Education; and Psychic Education.	25 %
<b>3</b>	<b>Integral Health:</b> Sariram Khalu Dharma Sadhanam; Swasthya and Arogya; An Integral View of Health, Disease, Treatment, Cure, Birth, Death, Synthesis of Various Health Sciences; and Psychological Health – An Overview.	25 %
<b>4</b>	<b>Integral Studies, Self Learning:</b> Exercises to develop an integral view of the main subject of one's study. Workshops – True, Success, Spirituality at Work, Intuition and Other Life-enriching Aspects. Self/assisted study of some of the reference books of the first four units. a) On Education, b) Four Austerities and Four Liberations, c) Life Beautiful, d) Chalo Jivanne Madhur Banviea	25 %

**Basic Text & Reference Books:**

- Vaishnav, BS et al (eds), Life Enrichment: Textbook for a Short term Credit Postgraduate Course for Humanities and Social Sciences, Sardar Patel University, Vols I to III, Sri Aurobindo Chair of Integral Studies, Sardar Patel University, Vallabh Vidyanagar, January, 2011.

**Note:**

- Links to these books in Pdf format are available on the Home page on the University Website.

