

# 15HSS01 - SCIENCE OF CREATIVITY AND PROFESSIONAL ETHICS

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ASSESSMENT : THEORY

## COURSE OUTCOME

Students will be able to,

- CO1 : Describe the principles of karma yoga and functioning of mind and consciousness.
- CO2 : Hypothesize the evolution of Universe and living beings in a global and societal context
- CO3 : Infer the principles of Yoga to practice it and know the value of health.
- CO4 : Interpret the philosophy of introspection procedures for better living
- CO5 : Assess, take personal responsibility and follow professional ethics for sustained growth in career and life.

## LIFE FORCE, MIND AND CONSCIOUSNESS

Science of Creativity and Personality Development - Objectives - Principles of Karma Yoga - Duty Consciousness - Communism and Capitalism - Law of Nature - Life Force - Origin - Potentiality of the Life Force - Premordial State - Wave Theory - Consciousness - Pancha Thanmatras - Secret of Revelations - Mind - Biomagnetism - Physical Transformation of Biomagnetism. (7)

## EVOLUTION OF THE UNIVERSE AND LIVING BEINGS

Evolution of the Universe: Creation Theory - Evolution Theory - Theory of Permanence - Theory of Mithya - Evolution of Living Beings: Absolute Space and Force - Plants Experience Pain - Two Eyes and Two Ears - Seven Constituent Layers in the Body. (5)

## YOGA AND ITS BENEFITS

Simple and Safe Yoga - Upa Yoga Practices: Yoga for Peace - Yoga for Health - Yoga for Joy - Yoga for Love - Yoga for Well-being - Yoga for Success. Physical Exercise - Meditation - Seven Centers of Meditation - Benefits - Effect of Good Vibrations - Cause and Effect System - Food and Health. (6)

## INTROSPECTION

Attachment, Detachment and Moderation in Enjoyment - Imaginary Expectations - Harmony in Life: Self, Family, Society and Nature - Introspection: Analysis of Thought, Moralization of Desire, Neutralization of Anger, Eradication of Worries and Self Realization. (6)

## HUMAN VALUES

Morals, Values and Ethics - Integrity - Work Ethics - Service Learning - Virtues - Respect for Others - Living Peacefully - Caring - Sharing - Honesty - Courage - Valuing Time - Co-operation - Commitment - Empathy - Self Confidence - Challenges in Work Place - Impact of cyberspace on individuals. (6)

TOTAL : 30

## TEXT BOOKS

1. Yogiraj Vethathri Maharishi, "Karma Yoga - The Holistic Unity", Vethathri Publications, IV Edition, 2009. (Chapters 1-7, 10-12)
2. R.S.Naagarazan, "A Textbook on Professional Ethics and Human Values", New Age International Publishers, New Delhi, 2011.

## REFERENCE BOOKS

1. Sadhguru, "Body the Greatest Gadget and Mind is your Business", Diamond Pocket Books Pvt. Ltd, Isha Foundations, 2013.
2. Swami Vivekananda and Swami Nikhilananda, "Karma Yoga and Bhakti Yoga", II Edition, Ramakrishna Vivekananda Publications, 2008.
3. Henry Dreyfuss, "The Measure of Man and Woman: Human Factors in Design", John Wiley and Sons Publications, 2012.
4. Mike W. Martin and Roland Schinzinger, "Ethics in Engineering", IV Edition, McGraw Hill, New York, 2005.
5. M. Govindarajan, S. Natarajan, V.S. Senthilkumar, "Engineering Ethics", I Edition, Prentice Hall of India, 2009.