



Value-Added Course

Human Values and Holistic Development

MBA Batch 2025-27, First Year

VAC-024

Dr. Anupam Mehrotra

Assistant Professor

A handwritten signature in blue ink, appearing to read 'Dr. Anupam Mehrotra', written over a blue circular stamp.

Registrar

IIHMR University
1, Prabhu Dayal Marg, Near
Sanganer Airport, Jaipur-302029



IIHMR University, Prabhu Dayal Marg, Near Sanganer Airport, Jaipur – 302029

Date: 27-01-2026

CIRCULAR

All the students are hereby informed that IIHMR University, Jaipur, is offering a Value-Added Course (VAC-024) titled **“Human Values and Holistic Development.”** This course aims to develop a holistic understanding of human values and their application in personal and professional life.

The course is designed to develop a comprehensive understanding of **human values, ethical conduct, emotional intelligence, and holistic personal development**, enabling students to build a balanced and responsible professional and personal life.

Interested students are required to complete the registration process with the respective **Course Coordinator/Program Office**.

The course will focus on:

- Understanding human values and ethical decision-making
- Self-awareness and emotional intelligence
- Empathy, leadership, and social responsibility
- Holistic development, mindfulness, and life management

Course Code: VAC-024

Course Credits: 1.5

The course will be conducted as per university norms, with the duration and session timings as per university norms.

All eligible students are encouraged to enrol and enhance their skills in **value-based living, personal growth, and responsible citizenship**.

Registrar's Office


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Course Information

1. Course Title: Human Values and Holistic Development

Course Credit: 1.5

Course Instructor(s): Dr. Anupam Mehrotra

2. Course Description

In today's dynamic and competitive world, professional success must be complemented by personal integrity, ethical conduct, emotional well-being, and social responsibility. This course aims to develop a holistic understanding of human values and their application in personal, professional, and societal contexts. The course explores self-awareness, emotional intelligence, ethical decision-making, mindfulness, leadership, and sustainable living practices. Through experiential learning, reflective exercises, discussions, and community-oriented activities, students will cultivate a balanced personality, responsible citizenship, and lifelong values essential for meaningful and successful lives.

3. Course Objectives

The primary objective of this course is to enable students to:

- Understand the importance of human values in personal and professional life.
- Develop self-awareness, emotional intelligence, and ethical reasoning.
- Foster positive attitudes, empathy, and social responsibility.
- Enhance interpersonal relationships and leadership capabilities.
- Promote holistic development through balanced physical, emotional, intellectual, and spiritual growth.

4. Course Outcomes

After completing the course, students should be able to:

CO	Course Outcome
CO1	Explain the significance of human values and their role in holistic development.
CO2	Demonstrate self-awareness, emotional intelligence, and ethical decision-making skills.
CO3	Apply principles of empathy, compassion, and social responsibility in everyday life.
CO4	Develop effective interpersonal relationships and leadership qualities.
CO5	Create a personal development plan for lifelong learning, well-being, and responsible citizenship.

5. Course Pedagogy

The course will be delivered through:

- Interactive lectures
- Reflective learning exercises
- Group discussions
- Case studies
- Role plays


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- Meditation and mindfulness activities
- Experiential learning
- Community engagement activities
- Presentations and self-assessment exercises

6. Course Requirement

Students are expected to actively participate in discussions, self-reflection exercises, value-based activities, and community-oriented projects. Regular attendance and engagement in experiential learning activities are essential for successful completion of the course.

7. Course Syllabus

Unit	Content / Topics	CO	Bloom's Learning Levels
Unit 1	Understanding Human Values: Universal values, personal values, professional values, importance of value-based living	CO1	1,2,3
Unit 2	Self-Awareness and Emotional Intelligence: Self-reflection, self-management, emotional intelligence, resilience and well-being	CO2	1,2,3,4
Unit 3	Ethics, Empathy and Social Responsibility: Ethical decision-making, compassion, inclusiveness, responsible citizenship	CO3	1,2,3,4,5
Unit 4	Interpersonal Relationships and Leadership: Communication, teamwork, conflict resolution, servant leadership, trust building	CO4	1,2,3,4,5
Unit 5	Holistic Development and Life Management: Mindfulness, work-life balance, sustainable living, personal growth planning	CO5	1,2,3,4,5,6

Bloom's Taxonomy Levels:

BL1: Remember | BL2: Understand | BL3: Apply | BL4: Analyze | BL5: Evaluate | BL6: Create

8. Course Policies

The course follows university academic regulations regarding attendance, assessment, and classroom conduct. Students are encouraged to demonstrate respect, inclusiveness, and active participation throughout the course.

9. Course Assessment

Internal Assessment (50%)

Continuous Internal Assessment (30%)

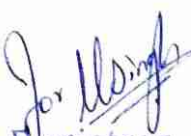
- Reflective Journal – 10%
- Value-Based Case Analysis – 10%
- Group Presentation/Community Project – 10%

Mid-Term Examination (20%)

- Objective and Subjective Assessment

End-Term Examination (50%)

Comprehensive examination covering all units.


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10. CO and Assessment Alignment Matrix

Activity	CO1	CO2	CO3	CO4	CO5
Reflective Journal	✓	✓			✓
Value-Based Case Study	✓	✓	✓		
Group Discussion	✓	✓	✓	✓	✓
Community Engagement Project			✓	✓	✓
Presentation		✓	✓	✓	✓
Class Participation	✓	✓	✓	✓	✓
Mid-Term Examination	✓	✓	✓	✓	✓
End-Term Examination	✓	✓	✓	✓	✓

11. Session Plan (5 Days)

Day 1	Introduction to Human Values	Universal and Professional Values	Self-Reflection Activity	Group Discussion
Day 2	Self-Awareness and Personal Growth	Emotional Intelligence	Stress Management and Resilience	Reflective Exercise
Day 3	Ethics and Social Responsibility	Empathy and Compassion	Ethical Dilemma Case Studies	Group Activity
Day 4	Communication and Relationships	Teamwork and Conflict Resolution	Leadership and Trust Building	Role Play
Day 5	Holistic Development and Well-being	Mindfulness and Work-Life Balance	Personal Development Planning	Group Presentations and Assessment

12. Readings

1. Rokeach, M. *The Nature of Human Values*.
2. Goleman, D. *Emotional Intelligence*.
3. Covey, S. R. *The 7 Habits of Highly Effective People*.
4. Vivekananda, S. *Lectures on Character Building and Human Values*.
5. Kalam, A. P. J. Abdul. *Ignited Minds*.
6. UNESCO. *Learning: The Treasure Within*.
7. NCERT. *Human Values and Professional Ethics*.
8. Relevant articles on ethics, emotional intelligence, leadership, and holistic development.


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Value Added Course
MBA & MPH Batch- 2025-27, First Year (Academic Year- 2025-26)
Apr 13-17, 2026
Student Attendance
VAC-024 Human Values and Holistic Development

Registration ID	Name	Total Sessions Scheduled	Sessions Attended	Present Percentage
IIHMR-U/01/2025-27/2119	Abhijit Bir	20	20	100.00
IIHMR-U/01/2025-27/2124	ADITHYA K S	20	19	95.00
IIHMR-U/01/2025-27/2146	ANKITA SELAH	20	20	100.00
IIHMR-U/01/2025-27/2150	Anson Theodore Edwin	20	16	80.00
IIHMR-U/01/2025-27/2188	DIVA MATHUR	20	20	100.00
IIHMR-U/01/2025-27/2206	Harsh jhamtani	20	16	80.00
IIHMR-U/01/2025-27/2237	Koulik Debnath	20	19	95.00
IIHMR-U/01/2025-27/2257	Navya Jain	20	20	100.00
IIHMR-U/01/2025-27/2267	Palak jain	20	19	95.00
IIHMR-U/01/2025-27/2278	Pooja Yadav	20	19	95.00
IIHMR-U/01/2025-27/2281	Prachi thakur	20	16	80.00
IIHMR-U/01/2025-27/2287	Priyanka sharma	20	17	85.00
IIHMR-U/01/2025-27/2291	Rashmita Pal	20	20	100.00
IIHMR-U/01/2025-27/2296	Sakshi tanwar	20	17	85.00
IIHMR-U/01/2025-27/2299	Samriddhi Bhattacharjee	20	17	85.00
IIHMR-U/01/2025-27/2302	Saptak Banerjee	20	19	95.00
IIHMR-U/01/2025-27/2313	Shipra singh	20	15	75
IIHMR-U/01/2025-27/2320	Astha Singh	20	15	75
IIHMR-U/01/2025-27/2324	SRISHTI SHARMA	20	19	95.00
IIHMR-U/01/2025-27/2329	Swetha S	20	20	100.00
IIHMR-U/01/2025-27/2330	Tanisha gera	20	19	95.00
IIHMR-U/01/2025-27/2344	Vishakha	20	15	75
IIHMR-U/01/2025-27/2348	Vungarala Jagadeesh	20	20	100.00
IIHMR-U/01/2025-27/2350	Yash Choudhary	20	20	100.00
IIHMR-U/01/2025-27/2352	Yashika Rajawat	20	16	80.00
IIHMR-U/01/2025-27/2354	Yuyutsa Vats	20	15	75
IIHMR-U/02/2025-27/0730	Aishwarya P Nair	20	20	100.00
IIHMR-U/02/2025-27/0759	Harikishore Athreya K	20	15	75
IIHMR-U/02/2025-27/0778	Lopamudra Lenka	20	15	75
IIHMR-U/02/2025-27/0783	Mathukumalli Sai RaviTeja	20	20	100.00
IIHMR-U/02/2025-27/0793	Tawale Nidhi Prakash	20	16	80.00
IIHMR-U/02/2025-27/0813	Rahul Raj	20	15	75
IIHMR-U/02/2025-27/0842	Sonar Prathamesh Nilesh	20	20	100.00
IIHMR-U/02/2025-27/0855	Vrinda Menon	20	15	75
IIHMR-U/02/2025-27/0858	Yash Rohil	20	15	75

IIHMR-U/18/2025-27/0041	Arpita Singh	20	16	80.00
IIHMR-U/18/2025-27/0048	Daksh Kriplani	20	20	100.00
IIHMR-U/18/2025-27/0049	Devi prasad patro	20	20	100.00
IIHMR-U/18/2025-27/0052	Gouraju Rajitha	20	20	100.00
IIHMR-U/18/2025-27/0053	Harsh jangid	20	16	80.00
IIHMR-U/18/2025-27/0056	Himani Tripathi	20	20	100.00
IIHMR-U/18/2025-27/0058	Jagaran Ghosh	20	20	100.00
IIHMR-U/18/2025-27/0063	Krishnapal Mewada	20	16	80.00
IIHMR-U/18/2025-27/0064	Dimple Ashish Malviya	20	20	100.00
IIHMR-U/18/2025-27/0066	Merneedi Lokesh	20	20	100.00
IIHMR-U/18/2025-27/0068	Nitish Kumar Yadav	20	16	80.00
IIHMR-U/18/2025-27/0069	Oli Mondal	20	20	100.00
IIHMR-U/18/2025-27/0072	Rashika Dixit	20	16	80.00
IIHMR-U/18/2025-27/0076	SAKSHI SHARMA	20	20	100.00
IIHMR-U/18/2025-27/0088	Geeta Harishchandra Usendi	20	20	100.00
IIHMR-U/20/2025-27/0003	Arpana Kurwati	20	20	100.00
IIHMR-U/20/2025-27/0004	Christina Maria	20	20	100.00
IIHMR-U/20/2025-27/0005	Ilham Mecci	20	20	100.00
IIHMR-U/20/2025-27/0006	Jyotishmita bora	20	15	75
IIHMR-U/20/2025-27/0012	Patel Harshana Jayendrabhai	20	20	100.00
IIHMR-U/20/2025-27/0022	Thejaswini K J	20	15	75


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Certification of Completion

This certifies that

Abhijit Bir

**Master of Business Administration (Hospital and Health Management)
2025-27**

has successfully completed Value Added Course (VAC) on

Human Values and Holistic Development

Conducted during **April 13-17, 2026**, accumulating a total of 30 hours

with Grade A+

Dr. Himadri Sinha
Professor and Coordinator (VAC)

Dr. P.R. Sodani
President

Date of issue: April 30, 2026

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Certification of Completion

This certifies that

Palak Jain

**Master of Business Administration (Hospital and Health Management)
2025-27**

has successfully completed Value Added Course (VAC) on

Human Values and Holistic Development

Conducted during **April 13-17, 2026**, accumulating a total of 30 hours
with **Grade A**

Dr. Himadri Sinha
Professor and Coordinator (VAC)

Dr. P.R. Sodani
President

Date of issue: April 30, 2026

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Certification of Completion

This certifies that

Rashmita Pal

**Master of Business Administration (Hospital and Health Management)
2025-27**

has successfully completed Value Added Course (VAC) on

Human Values and Holistic Development

Conducted during **April 13-17, 2026**, accumulating a total of 30 hours
with **Grade B+**

Dr. Himadri Sinha
Professor and Coordinator (VAC)

Dr. P.R. Sodani
President

Date of issue: April 30, 2026

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Certification of Completion

This certifies that

Vishakha

**Master of Business Administration (Hospital and Health Management)
2025-27**

has successfully completed Value Added Course (VAC) on

Human Values and Holistic Development

Conducted during **April 13-17, 2026**, accumulating a total of 30 hours
with **Grade B+**

Dr. Himadri Sinha
Professor and Coordinator (VAC)

Date of issue: April 30, 2026

Dr. P.R. Sodani
President

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Certification of Completion

This certifies that

Yuyutsa Vats

**Master of Business Administration (Hospital and Health Management)
2025-27**

has successfully completed Value Added Course (VAC) on

Human Values and Holistic Development

Conducted during **April 13-17, 2026**, accumulating a total of 30 hours
with **Grade B+**

Dr. Himadri Sinha
Professor and Coordinator (VAC)

Dr. P.R. Sodani
President

Registrar

Date of issue: April 30, 2026

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