

One-week Online Certificate Course

VALUE EDUCATION, PEACE AND HARMONY

A practical journey from understanding values to apply them in life

Course offered by
International School for Jain Studies



Structure of the course

Duration
7 days

Mode
Online

**Everyday
Session**
One hour/day*

Total Session
7

Target Group

School/college
teachers, educators,
youth, social
workers

* 1 hour (30 min lecture/case study+ 15 min discussion +15 min participants activity)

What is Value Education

- Lifelong journey of understanding, practising, and embodying human, ethical, and spiritual values.
- Shapes our thoughts, choices, relationships, and actions.
- Builds self-awareness and guides responsible decision-making.
- Promotes well-being, social harmony, and care for nature.
- Transforms wisdom into practice and practice into harmony.

Objective of the Course

- Understand “Who am I?”
- Recognizing how my beliefs and attitudes influence my behaviour and interactions.
- Manage desires and emotions to minimize conflicts and feeling of low.
- Develop self-awareness, emotional balance and contentment.
- Develop better understanding of others

VALUE EDUCATION COURSE

What You Will Gain



1
Know themselves
better



2
Understand
their emotions



3
Relate to others
with greater empathy



4
Handle conflict
more constructively



5
Develop self-discipline
and responsibility



6
Make more
conscious choices



7
Discover the connection
between inner well-being
and responsible action



8
Be a happier and
a better human being



Values shape us. Choices define us. Actions transform the world.

Live well. Lead well. Leave a positive impact.

Day Wise Activities: Lectures and Discussion

DAYS	TOPICS
DAY 1	Inauguration
DAY 2	Who am I?
DAY 3	Today's Global Scenario: Challenges and Concerns of Teachers
DAY 4	Managing Stress & Fear with our reaction to response
DAY 5	Understanding Others: Respect, Empathy & Emotional Intelligence (EI)
DAY 6	From "Me to We": Creating a Culture of Peace
DAY 7	Workshop on "How values guide our lives: from inner peace to social harmony" and discuss the pilot project for future.
	Valedictory Session

Suggested Learning Activities

Methodology

Self-reflection exercises



Case studies



Short videos and documentaries



Role plays



Group discussions



Meri Bhavana practice



Reflection journal



Value & Peace Action Plan





We shall overcome someday



thank you