



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A++' Accredited by NAAC

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Value Added Course

Peace and Non-Violence


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MAHATMA GANDHI MISSION

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MGM School of Physiotherapy

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Value Added Course

Peace & Nonviolence

*Peace as a pursuit of life;
Nonviolence as a way of Living*

Course Co-ordinator :

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Course Instructor :

Dr. John Chelladurai

HoD, Gandhian Studies, MGM

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MGM SCHOOL OF PHYSIOTHERAPY

Chh. Sambhajinagar (Aurangabad) - 431003

Unit – 1 Concept of Peace

CONTENT	DESCRIPTION
Concept of Peace	Introduction to Peace, Perspectives and Fundamentals, Indicators of Peace.
Context	To Exist / Live (purpose) in the context of Individual, Family, Society.
Conditions : Basic need fulfilment (sustenance) Social / Neighbourhood relationship (Means) Values / Human Rights / Nonviolence (ethics governing the means) Creative conduct of Life/conflict (Productivity)	<ol style="list-style-type: none"> 1. Physical Conditions : Need Fulfilment 2. Social Conditions : Neighbourhood Relations 3. Cognitive Conditions : knowledge, Consciousness Values / Human Rights. 4. Ecological Conditions : Eco Consciousness, Conformity with larger life, Compatibility with Nature/Society 5. Structural Conditions : Infrastructures and Service providers.
Constituents	Justice, Liberty, Equality, Opportunity, Identity, Mutuality and fraternity for / from every individual and in the performance of System and Practices of the State and Society.
Approaches	Individual / Collective approaches, Political, Economic, Ecological approaches, Human Rights, Development, Struggle, Campaign, Lobby, Ethical and Inclusive Approaches, Systems, structures and culture.
Introduction to Values : Worth of self /other	Self, Value Perspectives of Relationship, Nonviolence as a way of life.
Individual and Society : Mutual indispensability, Concentric	Relationship, Multiple Neighbourhoods.
Introduction to Peace Processes	<p>Peace Making : Confidence Building, Reconciliation, Resolution, Restoration and other remedial actions.</p> <p>Peace Keeping : Enhanced Consciousness, Peace Vigilance, social Positioning.</p> <p>Peace Building : Removal of Structural negations, Trust Building, Positive Energizer, building progressive social structures.</p> <p>Peace Living : Emanating peace aspiration in everyday life activity.</p>

Unit 2 : Nonviolence

CONTENT	DESCRIPTION
Concept	Brain Storming <ol style="list-style-type: none"> 1. Exploring Nonviolence 2. Connotations - Literal, Social & Philosophical 3. Fundamentals of Nonviolence 4. Law of the Universe (Order) 5. Law of the Species 6. Central Principle : Life
Structure	<ol style="list-style-type: none"> 1. Perspectives of Nonviolence 2. Nonviolation as Nonviolence 3. Violation as Inevitable 4. Nonviolative Aggression 5. Optimization 6. Self - Regulation and self - Governance 7. Pairs of opposite : Ends and means rights and duties. 8. Holistic Nonviolence
Application	<ol style="list-style-type: none"> 1. Functional Nonviolence 2. Social Nonviolence : Justice and equality 3. Economy of Nonviolence : Opportunities 4. Politics of Nonviolence : Liberty and Democracy. 5. Ecological Nonviolence : Sustainability

Unit 3 : Social Fabric Analysis

CONTENT	DESCRIPTION
Exercise I : Exploring Self	Who Am I <ol style="list-style-type: none"> 1. Physiological Self 2. Cognitive and Emotive Self 3. Social Self 4. Macro self / Exterior self
Exercise II : Exploring Society	<ol style="list-style-type: none"> 1. Members 2. Structures 3. Systems
Exercise III : Social Fabric	<ol style="list-style-type: none"> 1. Economic Fabric 2. Socio Political Fabric 3. Ecological Fabric 4. Cosmic Fabric

Exercise IV : Individual and Society	1. Dual Relationship 2. Non-dual relationship 3. Organic oneness and Plurality (Dual - Non - Duality)
Eligibility : All the students of MGMIHS.	
Time Table	Hours Distribution : 18 hours Timing : 9:00 AM To 5:00 PM (Saturday)
Mode	Physical
Pattern of Evaluation	Multiple Choice based Question
Feedback Collection	At the end of Course
Value added course certificate given after successful completion.	

Peace & Nonviolence

Peace as a pursuit of life;
Nonviolence as a way of Living