

Curriculum on Life Skills (Jeevan Kaushal) 2.0

INTRODUCTION

In today's rapidly changing and perceptually evolving world, academic excellence alone is no longer adequate to ensure personal success and professional advancement. Recognizing the need of paradigm shift, the University Grants Commission (UGC) has introduced Life Skills (Jeevan Kaushal) 2.0. It is a progressive and transformative initiative designed to nurture a holistic development like well rounded, resilient, and socially responsible individuals. This forward-thinking curriculum places emphasis on core competencies such as self-awareness, communication, emotional intelligence, and ethical leadership which empower students to navigate life's complexities with confidence and clarity at both personal and professional spheres.

The Jeevan Kaushal (Life Skills) 2.0 curriculum introduced by the University Grants Commission (UGC) is designed to equip students with essential life skills that go beyond academic learning. It focuses on holistic development through the following four core skill domains:

1. Communication Skills

Emphasizes verbal and non-verbal communication, presentation skills, listening skills, and public speaking.

Aims to improve clarity in expression, interpersonal effectiveness, and the ability to connect with diverse audiences.

2. Professional Skills

Focuses on goal setting, decision making, time management, teamwork, and leadership.

Equips students with competencies required for workplace success and career advancement.

3. Leadership and Management Skills

Covers areas like conflict resolution, negotiation, emotional intelligence, and influencing skills.

Develops the ability to lead ethically, manage change, and inspire collaboration within teams and communities

4. Universal Human Values

Promotes values such as truth, peace, love, non-violence, and righteous conduct.

Encourages students to reflect on their purpose in life, build empathy, and contribute to social harmony and nation-building.

St Aloysius (Deemed to University) Mangaluru, has been a renowned institution for its integrated and transformative initiative with commitment and innovation align with vision and purpose. By embedding life skills 2.0 with its academic framework, the university fosters not just intellectual growth but also emotional resilience, civic engagement career readiness. This article delves into the integration process, the outcomes witnessed among students, and potential strategies for further enriching the programme offering a glimpse into an educational journey that shapes character beyond classroom and builds competence.

COMMUNICATION SKILLS

At the heart of the Life Skills (Jeevan Kaushal) 2.0 curriculum lies the vital component of Communication Skills, which serves as a foundational requirement for academic success, personal growth, and professional preparedness. The curriculum encourages competency in the four key language skills—Listening, Speaking, Reading, and Writing—along with a strong emphasis on Digital Literacy, empowering learners to interact effectively and ethically in diverse communication contexts.

St Aloysius (Deemed to be University), Mangaluru integrates these skill domains across its academic programs and experiential platforms, fostering both functional and expressive communication capacities. The university's interdisciplinary and practice-oriented approach ensures that students develop the linguistic fluency, critical thinking, and technological acumen essential for effective participation in academic, professional, and civic life.

Integration of Communication Skills at St Aloysius (Deemed to be University), Mangalore

1. Listening Skills Development

Listening is cultivated as an intentional learning outcome across departments through both academic training and immersive practice. In Media & Journalism, courses like Broadcast Communication, Radio Production, and Film Appreciation train students in analytical and empathetic listening by evaluating speech delivery, tone modulation, and audience engagement.

In Psychology and MSW, practicum and fieldwork in counseling sessions, community outreach, and therapeutic communication require active listening, observation of non-verbal cues, and reflective feedback.

Language and Literature classrooms include dialogues, peer critique sessions, and seminar participation that foster comprehension, inference, and responsive listening.

In Management and Corporate Programs, Gavel Sessions and Executive Communication modules promote critical listening during debates, negotiations, and group deliberations.

These initiatives collectively enhance auditory discernment, cultural sensitivity, and interpretive depth—cornerstones of intelligent communication.

2. Speaking Skills Development

Speaking is emphasized across programs with a focus on fluency, purpose-driven articulation, and audience-centric expression.

TEDxSAC, an independently organized TEDx event hosted by the university, brings together thinkers and changemakers to share ideas worth spreading, inspiring dialogue and innovation.

In Media Programmes, students gain extensive experience in TV anchoring, voice modulation, podcasting, and public speaking through modules such as Broadcast & Communication, Online Audio-Visual Production, and Radio Journalism.

Psychology and Corporate Training sessions include interpersonal skills labs that provide structured training in dialogue delivery, conflict resolution, and empathetic verbal interaction, reinforcing emotional intelligence.

MBA and Commerce Programs include modules in Executive Communication, Leadership in Business, and Corporate Etiquette, which hone presentation skills, negotiation techniques, and verbal reporting.

MA English and ELT offer focused sessions on pronunciation, discourse skills, and classroom speaking, preparing students for teaching and academic interaction.

The university hosts about 40 Associations and Clubs, which conduct regular group activities, seminars, guest talks, and cultural events, providing platforms for students to enhance their speaking skills.

Radio Sarang, the community radio station of the university, broadcasts in Tulu, Kannada, Konkani, and Beary, offering students hands-on experience through internships.

Forum – The Speakers Club conducts public speaking exercises and activities to enhance students' confidence and command over language.

Real-time assessments, voice evaluations, and peer-led discussions further strengthen clarity, spontaneity, and confidence in oral communication.

3. Reading Skills Development

Reading is nurtured to support critical engagement, textual analysis, and comprehension across academic disciplines.

In English Literature and Linguistics, courses like Literary Theories, Cultural Studies, and Postcolonial Literature deepen interpretative skills through analytical reading and conceptual critique.

Media Studies involve critical reading of newspapers, magazines, law documents, and digital texts, enabling students to decode bias, editorial framing, and ideological positioning.

Social Sciences—including Sociology, Political Science, and Development Studies—use case documents, policy reviews, and academic journals to foster analytical reading.

In Commerce and Economics, students engage with market reports, economic policies, and research papers to extract data, interpret trends, and understand argumentative structures.

This approach fosters deep comprehension, intertextual analysis, and the ability to critique diverse texts in context.

4. Writing Skills Development

Writing is emphasized through discipline-specific outputs and formal instruction.

In Journalism and Media, modules in Advanced Reporting, Magazine Journalism, Travel Journalism, and Digital Content Creation train students in writing reports, blogs, editorials, features, and creative scripts.

MA English and ELT focus on academic writing, lesson plans, and syntactical accuracy to develop scholarly expression.

MBA and M.Com students engage in professional writing, including reports, proposals, business letters, and emails through courses like Executive Communication and Strategic Management.

MSW and Psychology programs include fieldwork reports, research summaries, and case files, encouraging structured and reflective writing.

MCA and IT Disciplines involve technical documentation, instructional writing, and UI/UX content scripting in line with industry standards.

The emphasis on editing, formatting, and content coherence enables students to adapt their writing to various purposes, platforms, and audiences.

5. Digital Literacy and Media Communication

With the growing demand for digital fluency, the university equips students with competencies in technology-enhanced communication and ethical media usage.

In Digital Journalism and Media Marketing, students learn to manage blogs, social media platforms, and web content, while using SEO, analytics, and campaign tools to study audience behavior.

Audio-Visual and Online Production modules teach multimedia scripting, podcasting, video editing, and webinar hosting.

MCA and Computer Science courses offer training in content management systems (e.g., WordPress, Joomla), collaborative tools (Google Suite, MS Teams), and presentation software.

Academic projects across disciplines increasingly use e-reports, digital poster presentations, and collaborative documentation, ensuring that communication is effectively integrated with digital tools.

This enhances students' ability to communicate in virtual spaces, practice digital citizenship, and utilize technology for professional engagement.

Institutional Strategies and Pedagogical Approaches

To ensure holistic communication skill development, the university employs the following approaches:

- **Experiential Learning:** Roleplays, mock interviews, voice labs, field reports, and peer assessments simulate real-world speaking and writing environments.
- **Blended Learning:** Digital platforms like Moodle, Google Docs, and YouTube tutorials reinforce language modules.
- **Assessment Formats:** Oral presentations, podcasts, written portfolios, and peer editing emphasize both process and product.
- **Skill-Based Internships:** Compulsory internships require students to interact with clients, write reports, and present outcomes.
- **Workshops and Language Support:** Regular sessions on communication for employment, creative writing, and research communication are conducted via placement and language labs.

Conclusion

St Aloysius (Deemed to be University), Mangalore, has deeply embedded the Communication Skills framework of the Life Skills (Jeevan Kaushal 2.0) curriculum into

its academic fabric. The university's multi-layered approach ensures that every student gains:

- Functional Communication for the workplace
- Expressive Skills for social and academic articulation
- Digital Literacy for technological engagement
- Ethical Language Use in personal and professional settings

This comprehensive integration produces graduates who are not only skilled communicators but also responsible digital citizens, capable of contributing meaningfully to organizations, communities, and global platforms.

APPLICATION OF LIFE SKILLS – LEADERSHIP AND MANAGEMENT SKILLS IN THE CURRICULUM OF ST ALOYSIUS DEEMED TO BE UNIVERSITY

Introduction

Leadership and management skills are essential life competencies that empower individuals to navigate complex environments, make informed decisions, inspire others, and drive meaningful change. These skills are not only crucial in organizational contexts but also in everyday life, where effective leadership can influence personal growth, community development, and societal transformation. Recognizing their significance, the University Grants Commission (UGC) introduced the *Jeevan Kaushal* (Life Skills) curriculum, advocating for the integration of such competencies into higher education across India.

At St Aloysius Deemed to be University, Mangaluru, the cultivation of leadership and management skills is woven into the fabric of academic and co-curricular life. True to its Jesuit ethos of forming “men and women for others,” the university takes a holistic approach to education that transcends the traditional classroom. Leadership is nurtured through academic rigor, value-based learning, participatory governance, and experiential opportunities that allow students to reflect, act, and grow.

The university not only integrates leadership themes into undergraduate and postgraduate curricula but also contributes to the academic discourse on leadership through research and mentorship. Faculty members, including recognized PhD supervisors, guide doctoral research in the areas of leadership, human resource development, and organizational behavior. Through these efforts, the institution affirms its commitment to developing ethical, competent, and visionary leaders who are equipped to respond to contemporary global challenges.

Incorporation in the Curriculum

The university has systematically integrated leadership and management skills into various undergraduate and postgraduate programs. For instance, the School of Business and Management emphasizes developing leadership qualities to contribute to organizational and global development. The curriculum is designed to enhance analytical and critical thinking abilities, preparing students for data-based decision-making and effective leadership roles.

Moreover, the Department of Business Administration focuses on cultivating leadership alongside managerial skills that positively impact the economy. The department's mission includes transforming society through social entrepreneurship and fostering a professional environment by developing organizational skills within a creative framework.

In the MBA, M.Com program and other postgraduate offerings, courses are designed to encourage collaboration, decision-making, and project leadership, ensuring that students gain hands-on experience with strategic thinking and team dynamics.

Modes and Methods of Implementation

Leadership and management skills are imparted through a blend of academic instruction and experiential learning:

- **Student Leadership Opportunities:** Students are encouraged to take on leadership roles in various student bodies, clubs, and associations such as the

AICUF and other departmental forums. These platforms provide practical experiences in organizing events, managing teams, and making strategic decisions.

- **Cultural and Co-curricular Activities:** The university hosts numerous cultural events, fests, and competitions throughout the academic year. These vibrant activities offer students the opportunity to plan, lead, and participate in large-scale events, sharpening their event management and collaboration skills while fostering creativity and self-confidence.
- **Rural Exposure Programs:** As part of their social responsibility, students engage in rural immersion camps where they interact with local communities. These camps focus on leadership in action—managing resources, conducting awareness campaigns, and initiating development activities in rural settings—helping students build empathy and grassroots leadership experience.
- **Green Campus Initiative:** The university’s commitment to environmental sustainability is evident through initiatives like the establishment of *AL-VANA*, a 1.5-acre arboretum housing around 150 plant species, including rare and endangered ones. Students actively participate in conservation activities such as vermicomposting, solar energy usage, and biodiversity documentation, developing leadership in sustainability practices.
- **Workshops and Expert Talks:** Regular sessions on conflict resolution, public speaking, negotiation, time management, and team building are organized by the university. Industry professionals and leadership coaches are invited to provide students with real-world insights and practical skills.
- **Global Exposure:** The university’s international collaborations, such as the *Erasmus+ program* and partnership with Santa Clara University, USA, give students cross-cultural exposure and leadership learning on a global scale. These programs enhance their adaptability and global competencies.

Impact and Benefits Experienced by Students

The integration of leadership and management skills into the curriculum has led to tangible benefits for students:

- **Enhanced Self-Confidence:** Students develop the ability to articulate their ideas, manage teams, and lead initiatives with clarity and assurance.
- **Improved Employability:** Leadership development directly enhances students' professional readiness and makes them more attractive to potential employers.
- **Entrepreneurial Mindset:** Exposure to leadership principles encourages innovative thinking and entrepreneurial aspirations.
- **Social Responsibility:** Participation in rural and community programs instills a sense of responsibility and commitment to inclusive development.
- **Global Competence:** International opportunities foster adaptability, intercultural sensitivity, and leadership potential in diverse settings.

Suggestions for Further Enhancement

To further strengthen leadership development efforts, the following strategies may be adopted:

- **Introduction of Elective Courses:** Specialized electives on emerging leadership themes like ethical leadership, digital transformation, and change management would add significant value.
- **Establishment of Leadership Labs:** Dedicated labs for case-based simulations and role-play activities could offer students hands-on learning experiences in problem-solving and decision-making.
- **Faculty Development Programs:** Regular training for faculty on innovative teaching practices will ensure a more engaging approach to leadership education.
- **Outcome Tracking Mechanisms:** Systematic tracking of leadership development outcomes through portfolios, self-assessments, and alumni feedback can improve program effectiveness.

Conclusion

St Aloysius Deemed to be University has demonstrated a steadfast and evolving commitment to nurturing leadership and management skills among its students. By embedding these competencies into curricular structures and supplementing them with

experiential learning, the university ensures that leadership development is not an abstract ideal but a lived, tangible experience. Students are provided with opportunities to lead, reflect, collaborate, and innovate—traits that are increasingly demanded in a fast-changing, interconnected world.

Beyond preparing students for individual success, the university's approach fosters a sense of ethical responsibility and community-oriented leadership. The focus on sustainability through initiatives like AL-VANA, the emphasis on community engagement through rural camps, and the encouragement of participation in global academic programs illustrate the university's vision of leadership as service. Moreover, by actively guiding PhD research in leadership and related fields, the university contributes to advancing knowledge and evidence-based practices in leadership education.

As higher education institutions strive to remain relevant in the 21st century, the example set by St Aloysius Deemed to be University in cultivating life skills such as leadership and management serves as a model of academic and ethical excellence. Its integrated, multi-dimensional approach ensures that graduates are not only career-ready but also mission-driven leaders poised to make a positive impact on the world.

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PROFESSIONAL SKILL DEVELOPMENT AT ST ALOYSIUS DEEMED TO BE UNIVERSITY

St Aloysius Deemed to be University stands as a beacon of academic excellence, deeply committed to nurturing the professional capabilities of its students through a unique blend of theory, practice, and value-based education. With a legacy of over 145 years, the institution has consistently aimed to deliver quality education that meets global standards while ensuring that students are well-equipped with the necessary skills to navigate and excel in their professional lives.

Integrating Practical Competence Across Programmes

The University offers a wide spectrum of programmes—including **B.Sc. (Physics, Chemistry, Biotechnology, Computer Science, etc.)**, **B.C.A.**, **B.Voc.**, and allied postgraduate courses, designed to equip students with job-relevant skills. One of the most distinctive aspects of these programmes is the **emphasis on hands-on, laboratory-based learning**. For instance:

B.Sc. and B.Voc. students undergo extensive lab training, handling advanced instruments, engaging in experimental setups, and analyzing real-time data.

The **Department of Physics** ensures students are adept in logical reasoning and technical sensitivity through equipment-based freehand training, fostering independence and accountability.

B.Voc. programmes in Software Development, Food Processing, and Renewable Energy combine classroom theory with field-level exposure and industry internships, ensuring workplace-readiness.

*This immersion in practical learning enhances students' analytical capabilities, preparing them to navigate complex challenges across scientific and industrial domains, **Enhancing Professional Skills Across Disciplines***

Professional skill development is inclusive at St Aloysius. Students from **non-practical and humanities streams** such as **BA, BBA, B.Com, MA, MSW, M.Com**, and others also receive structured exposure to essential workplace competencies:

Internships (organized through Placement and Career Guidance Cells) allow students to apply theoretical knowledge in corporate, NGO, or governmental settings.

Communication Skills Workshops, Public Speaking Labs, and Soft Skills Training are routinely conducted to strengthen articulation, emotional intelligence, and leadership.

The **B.A. English and Journalism programmes** incorporate courses in media writing, creative thinking, and presentation strategies, aligning with industry standards.

These interventions are complemented by **faculty mentorship**, where individual skill sets and interests are nurtured through personalized guidance and project-based learning.

Experiential and Research-Based Learning

Task-based pedagogy is a hallmark of the university's teaching philosophy. Through **case studies, group discussions, field surveys, and student-led research**, learners are encouraged to engage critically with their subjects. Departments like **Social Work, Psychology, Political Science, and Business Administration** emphasize experiential learning:

MSW students undertake concurrent fieldwork and block placements in reputed institutions.

Commerce and Management students engage in industry-linked live projects and entrepreneurial ventures.

Political Science and Sociology students carry out community-based research, fostering a deep understanding of grassroots realities.

These experiences cultivate higher-order thinking skills and broaden students' problem-solving abilities.

Technology-Driven Learning Ecosystem

To stay aligned with the evolving digital ecosystem, St Aloysius University has integrated advanced technology into the teaching-learning process:

Smart Classrooms with interactive boards and multimedia tools support immersive learning.

Virtual Labs and Simulations are used in science and computer-based disciplines to supplement hands-on training.

Students and faculty engage with **AI-powered platforms**, digital resource repositories, and **LMS portals** to facilitate blended learning.

Such innovation ensures that learners are not only tech-savvy but also adaptable to digital transformation in their future careers.

Achievements and Impact

The outcomes of this holistic approach are evident in the **global success of the University's alumni**. Graduates occupy key positions in academia, multinational corporations, scientific research, civil services, and social enterprises. Their journey reflects the high degree of professionalism, leadership, and ethical grounding instilled during their education.

Moreover, the University's Placement Cell, in collaboration with national and international organizations, has recorded **high placement rates** across disciplines. Employers consistently recognize Aloysian graduates for their **well-rounded personality, domain knowledge, and commitment to excellence**.

The freehand training model adopted by the university further encourages students to become independent learners and thinkers. By working directly with equipment and apparatus, students cultivate a deeper understanding of the subject matter. This hands-on approach fosters a sense of responsibility as students learn the importance of properly handling and maintaining scientific instruments. The direct engagement with tools and technology enhances their sensitivity towards delicate apparatus, thereby promoting meticulousness and care—qualities that translate well into any professional setting.

In addition to technical competence, the university places a strong emphasis on professional ethics. Through every practical session, students are not only guided in skill acquisition but are also taught to appreciate the ethical dimensions of their work. Whether it is maintaining accuracy in data reporting, respecting intellectual property, or ensuring safety protocols, the ethical training ingrained in the curriculum helps students develop into conscientious professionals. This ethical grounding is further reinforced through value education, a core element of the university's ethos. Students are encouraged to cultivate compassion, integrity, and emotional resilience—traits that contribute to their overall well-being and help them maintain a balanced outlook even under professional pressure.

St Aloysius Deemed to be University ensures that students from non-practical streams are not left behind in the journey of professional skill development. Students enrolled in courses that are more theoretical in nature are provided with ample opportunities to develop a wide range of transferable skills. Through internship programmes, computer-based laboratories, and communication skills training, these students also receive a platform to enhance their professional capabilities. The internships offer real-time industry exposure, allowing students to apply their theoretical knowledge in practical contexts, while computer labs ensure they are well-versed in essential digital tools and platforms.

Furthermore, the emphasis on communication and interpersonal skills prepares students to effectively express their ideas, collaborate in teams, and present themselves professionally in interviews and workplace settings. The university recognizes that in today's interconnected global environment, being technically proficient is not enough, students must also be articulate, emotionally intelligent, and adaptable. Communication workshops, group activities, public speaking sessions, and role-plays are regularly conducted to nurture these vital competencies. Another notable strength of the university is its commitment to task-oriented and experiential learning. Activities such as case studies, project work, group discussions, and research assignments foster an environment where students engage in critical thinking and collaborative problem

solving. These experiences contribute significantly to the cognitive development of students, sharpening their reasoning abilities and expanding their capacity to think beyond textbook knowledge. The ability to analyze complex problems, propose innovative solutions, and respond effectively to challenges is central to professional success, and these skills are thoroughly cultivated at St Aloysius.

The university also believes in customized development, where each student's interests and potential are taken into account. Faculties and mentors guide students in choosing skill-building activities and projects that align with their career aspirations. Whether it is pursuing a mini-research project, participating in national-level competitions, or undertaking community outreach, students are continuously encouraged to go beyond the syllabus and explore their full potential. Over the years, this holistic approach to skill development has enabled students of St Aloysius Deemed to be University to rise to prestigious positions across various sectors globally. Alumni of the university have excelled in academia, research, industry, entrepreneurship, and public service, carrying forward the institution's legacy with pride and purpose. This widespread success is a testament to the high standards of commitment, discipline, and capability instilled in them during their academic journey. To support the dynamic nature of education and skill development, the university has also integrated technological advancements into its curriculum. Smart classrooms, virtual labs, e-learning platforms, and AI-assisted tools provide students with a futuristic learning environment. These innovations not only make learning more engaging but also prepare students to work comfortably with evolving digital trends in their future workplaces.

In conclusion, St Aloysius Deemed to be University provides a comprehensive framework for professional skill development that goes beyond the conventional boundaries of academic instruction. By integrating practical training, ethical grounding, communication enhancement, and technology-driven learning, the university molds students into confident, capable, and compassionate professionals. Whether from practical or non-practical streams, every student is given the tools and opportunities to thrive in the fast-changing global landscape. With a proud heritage of academic

excellence and a forward-thinking vision, the university continues to empower generations of learners who are not just job-ready but also life-ready.

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UNIVERSAL HUMAN VALUES

At the core of the Life skills (Jeevan Kaushal) 2.0 curriculum is the essential component of Universal Human Values which designed to cultivate compassionate and sense of ethics, empathy, and global citizenship among students. Values such as peace, love, truth, non-violence, righteous conduct, and integrity serve as guiding principles that transcend cultural, religious and social boundaries, fostering mutual respect their roles, commitment and responsibilities within society

St Aloysius (Deemed to University) Mangaluru, integrates these values into its academic and co-curricular framework through interactive classroom discussions, experimental learning, reflective practices and active engagement. Students are encouraged to introspect on their purpose, deepen interpersonal relationship, embrace social responsibility. This holistic approach enables them to align their academic journey with personal growth and a meaningful commitment to serve and doing good for personal and welfare of the society.

At **St Aloysius (Deemed to be University), Mangalore**, the integration of **Human Values and Rights** is deeply rooted in its Jesuit ethos and educational philosophy, which emphasizes the formation of *men and women for and with others*. The university actively promotes these values through a wide range of academic, co-curricular, and community-based initiatives.

[Integration of Human Values and Rights at St Aloysius \(Deemed to be University\), Mangalore](#)

At St Aloysius (Deemed to be University), Mangalore, the integration of human values and rights is fundamental to its Jesuit ethos, which is rooted in the mission of forming compassionate, socially responsible individuals..... “men and women for and with others”. The university actively instills these values through a holistic blend of academic learning, curricular initiatives, community engagement and personal formation activities.

1. Value Education Programmes

At St Aloysius (Deemed to be University), Mangalore, Value education is vital component of the academic framework, reflecting university’s Jesuits commitment to forming conscientious, compassionate and socially responsible individuals

Value education is systematically embedded into the undergraduate curriculum across all streams with structured sessions on core principles **compassion, integrity, empathy, respect for diversity, non-violence, and social justice** . **the pedagogy is**

reflective and participatory and dialogical, encouraging students to critically engage with moral and ethical issues and concerns relevant to today's contemporary society

Special modules are designed to raise awareness and foster understanding in areas such as:

- 1. Human rights and dignity**
- 2. Gender sensitivity and equity**
- 3. Inclusivity and social harmony**
- 4. Constitutional values and civic responsibilities**

These modules explored through a combination of classroom discussions, case studies, experimental projects, and reflective assignments. This integrative approach empowers students to develop a strong moral sense of civic responsibility, equipping them to contribute meaningfully to society

2. Constitution Day and Legal Literacy

Constitution Day is marked with the reading every week of the Preamble to the Indian constitution, followed by awareness programme and engaging activities. A compulsory course on the Indian constitution is mandated for all undergraduate students to promote foundational knowledge. Additionally, many departments integrate topics such as Constitutional Law and Civic Responsibilities into their academic curricula to foster democratic values and enhance legal literacy among students

3. Gender Equity and Human Rights Courses

The university offers specialized **courses and elective courses, certificate programs on gender equity, human rights, and social justice**. These courses allow students to critically analyze structural inequalities and promote advocacy through action-based learning.

4. Outreach and Social Engagement

Departments like **Social Work, Sociology, Journalism, Psychology and Political Science** etc organize **fieldwork, rural camps, and community engagement projects** in collaboration with NGOs and government departments.

Students work directly with marginalized populations, enhancing their sense of civic duty, empathy, and social accountability.

5. SAHAYA Programmes

SAHAYA is a flagship outreach platform through which students engage in **health awareness campaigns, de-addiction rallies, environmental drives, and educational support initiatives**. Collaboration with NGO's and GO's, organisational visits integrate academic learning with **community-based transformation**, reflecting the Jesuit mission of service through action.

6. Yoga and Meditation

The university promotes **well-being and inner peace** through regular **Yoga and Meditation sessions**, particularly for first-year students.

These sessions help in managing stress, improving concentration, and cultivating mindfulness and crucial for holistic development and emotional intelligence.

7. Mandatory Cells and Committees

To uphold the rights and dignity of every stakeholder, the university has established **Mandatory Cells** such as: **Internal Complaints Committee (ICC), Anti-Ragging Cell, drug abuse awareness cell, Equal Opportunity Cell, IC, Women's Cell, SC/ST Cell, Human Wellness Forum**. These bodies not only ensure compliance but also engage in proactive awareness, grievance redressal, and sensitization programs across campus.

8. Seminars, Observances, and Public Dialogues

The University organizes seminars, expert lectures, and observance events on occasions such as Human Rights Day, World Social Justice Day, and Constitution Day. These programs feature activists, legal experts, and scholars, aligning with the Sustainable Development Goals (SDGs) to promote awareness, justice, and inclusive development. These forums stimulate student dialogue on critical issues like equality, freedom of expression, environmental justice, and global citizenship.

9. Ethics-Centered Courses and Projects

Several academic departments include **ethics modules, service-learning projects, and real-world case studies** that challenge students to reflect on dilemmas involving justice, sustainability, and community engagement.

Postgraduate students also undertake research in domains such as **minority rights, trafficking, and ethical business practices**.

10. Indian Knowledge Systems (IKS)

In line with NEP 2020, St Aloysius (Deemed to be University) actively integrates Indian

Knowledge Systems (IKS) into academics and research.

It promotes regional and classical languages like Kannada, Tulu, Konkani, Malayalam, and Sanskrit to preserve cultural heritage.

These programmes explore traditional literature, oral histories, and folk knowledge, fostering indigenous wisdom.

Such initiatives empower students to engage with sustainable development rooted in cultural authenticity.

11. Jesuit Values and Institutional Mission

Guided by Jesuit principles such as **cura personalis** (care for the whole person), **faith and justice**, and **service to the marginalized**, the university's mission goes beyond academic instruction.

It is committed to forming **individuals of conscience, competence, compassion, and commitment**, with a strong orientation towards **social transformation** and **respect for human dignity**.

CONCLUSION

The Value Education initiatives at St Aloysius (Deemed to be University), Mangalore, exemplify the institution's unwavering commitment to holistic education rooted in Jesuit principles. By embedding human values and ethical reflections into the academic framework, the university empowers students not only to excel intellectually but also to grow as empathetic, socially conscious citizens. This transformative approach ensures that graduates of the university are equipped not just with knowledge, but with the moral courage and compassion needed to lead, serve, and build a more just and humane society.

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