Recipient of the International Award for Institutional Excellence from Commonwealth of Learning Twice
'Swachh Campus Ranking 2019'awarded by ministry of Human Resource Development, New Delhi

ज्ञानगंगा घरोघरी

Yashwantrao Chavan Maharashtra Open University

NAAC Accredited 'A' Grade

Dnyangangotri Near Gangapur Dam, Govardhan, Nashik - 422 222

School of Health Science

Certificate Programme in Second Education

Programme Prospectus

Year: 2025-2026

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1. Introduction to the University

Yashwantrao Chavan Maharashtra Open University (YCMOU) was established on 1st July 1989 by an Act (XX) of (1989) of the Maharashtra State Legislature. It is the fifth Open University in India. The jurisdiction of this university is spread over the entire state of Maharashtra. YCMOU has been recognized under section 12 (B) of the University Grants Commission, New Delhi. The university is a member of various prestigious associations and academic bodies like the Association of Indian Universities (AIU), Association of Commonwealth Universities (ACU), Asian Association of Open Universities (AAOU), International Council for Open and Distance Education (ICDE) to name a few. The goal of the university is to become a Mass Varsity, reaching out to large sections of population through education and extension programs in general education, technical education and professional education which provide better prospects for the future. The University has designed and developed many academic and extension programs for diversified group of learners including farmers, rural and tribal communities. The YCMOU is currently operated through its headquarters at Nashik, 8 Regional Centers located at Amravati, Aurangabad, Mumbai, Nagpur, Nashik, Pune, Kolhapur, Nanded, region and 1711 Learner support centers (LSCs) established for 64 academic programs are spread all over the entire State of Maharashtra.

2. Introduction to the School

School of Health Science

The School of Health Sciences commenced in 2003 to offer several health related distance learning programmes. Having the advantage of distance education, flexibility in learning the programmes could be availed by learners across the State.

The School has been responding to the developmental needs of the society by offering need-based paramedical and vocational programmes to the larger segments of population, and in particular to the disadvantaged groups such as those living in remote and rural areas including working people, homemakers and other adults who wish to acquire or upgrade their knowledge through studies in various fields.

3. Programme

SECOND EDUCATION: THE SCIENCE OF SELF

Conventional or traditional education is our First Education or the "knowledge" tradition. The focus of First Education is the outer world, on science and technology, facts, events and history. This type of education embellishes us but may not transform us.

The study of the inner world is our Second Education or the "wisdom" tradition. This Second Education says that true happiness lies not in the outer world but within each of us. Not only that, it can be realized. The process of awakening to Second Education is called inner work and it works on "being"

Second Education does not give much information in the usual sense, but it empowers us. It turns a weak person into a strong one, an unhappy person into a happy one, a confused person into a person of clarity and wisdom.

In the Second Education system, you don't progress via degrees granted by universities, but by inner landmarks known only to yourself, in which you grow in wisdom and joy.

However now we are lucky to witness the eventual implementation of Second Education in our daily life.

3.1 Need for Programme

- Study of the inner world: With increasing mental health issues, integrating inner education into mainstream life is essential.
- Promoting Bhartiya way of life through the practice of meditation techniques.
- To focus on self-awareness, meditation, and inner transformation.
- Conquering depression, overcoming fear and anger and attaining happiness and self-mastery.

3.2 Objectives of the Programme

- To develop emotional intelligence by learning techniques for managing stress, fear, anger, and depression through self-awareness and inner work.
- To introduce foundational practices of Second Education, such as meditation, self-inquiry, mindfulness, and the removal of inner blocks.
- To inspire personal growth and transformation through the understanding of concepts like self-mastery, inner strength, clarity, and happiness.

3.3 Structure of the Programme

The syllabus is as follows:

Duration	Course	Credits
6 months	**CSE101** - SECOND EDUCATION- The Science of Self	2

3.4. Method of study

Students who cannot attend college every day; also, the Open University has developed a separate study method for such students who cannot be given full time to study. It contains the following components

- Self-taught textbooks.
- Guidance in contact sessions of expert professors
- Evaluation facility under study period
- Opportunity for demonstrations where necessary
- Virtual Class Room Web Radio 'Successful Availability'

This study method not only gives the student the details of the syllabus, but also provides a set of study books. These study books are offered on admission fee and can be maintained by the student himself. These self-study books are written differently than other textbooks. The textbook is divided into small sections so that it can be explained in one reading. For example, topics are arranged neatly using illustrations, pictures, etc. These books are designed for easy student study. If he can't solve any of the questions, he will want to re-read that part and get answers. Even if some of these questions cannot be answered, they should be kept on record and in the liaison session at the study center with the guidance professor.

(Counselor) Discussion can be answered. The student can choose the study center of his / her convenient location. Expert guides in this topic guide the students in these courses, which are usually held on holidays or after work hours for each course. However, this guidance is not just about lectures. The guide can get answers to students' questions / doubts discuss difficult topics - conduct seminars, the student can know about his progress through internal assessment. Therefore, the student should attend the contact sessions.

The student should utilize all the above study facilities to create his own study method. Considering the time you have, use the time you need to plan. Not only is the study done by text, it is a real practice but it is a good practice to have a clear understanding of the topics and use them in the right place. Therefore, the student is expected to study with emphasis on demonstrative practice.

3.5. Period

This programme is of 6 months duration, but it can be completed in a maximum of 3 years, registration will be terminated after 3 years.

3.6 Medium

The medium of instruction and examination in English language

3.7 Credits

A total of 2 credits have to be completed for the Online Certification Programme in Second Education.

4. Certificate Programme in Second Education

4.1 Content

Theory	
Units – 1	India: Not What You Think
Units – 2	Giants Who Learned from India
Units – 3	Lamps of Inner Light
Units – 4	Sutras in Stone
Units – 5	Places and Temples
Units – 6	Statements of Inner Realization
Units – 7	Masters of the Inner World
Units – 8	Dialogues beyond Mind
Units – 9	Shiva Process

4.2. Eligibility

- 12^{th}standard Pass.

4.3. Programme Fee Structure

Fee- 700 Rs /-

1) University Fee – 140 /-
2) Study Center Fee - 560 /-

Fees Distribution Chart (Per Student)

Sr. No.	Distribution Of Fees	Fees
(A)	**University Share**	**140**
1	Tuition Fees	140
(B)	**Study Centre Share**	**560**
	Total Fees Rs.	**700**

4.4. Evaluation process

Code	Programme	Credit Points	Examination	Mini mum	Maxi mum	Theory/ Practical
C117	Certificate Programme in Second Education	2	End Exam	20	50	50

Student will be evaluated by Online Examination. The theory and practical consist of 100 mark each. The learner has in secure at least 20 Marks in each completed for the Successful Completion of the Programme.

5. Registration process

1) Students should complete the registration process as per the online admission Procedure prescribed by the University.
2) After completing the online registration process, you should confirm your Admission by showing the receipt received at the study center.
3) http://ycmou.digitaluniversity.ac

6. Facilitation Centre

	Facilitation Centre Name & Address	National Convener
1.	Patheya Foundation, 18 New Road, Dist.-Dehradun Pin- 248001	Shri. Sudarshan Sharma, "Second Education: The Science of Self" Mobile 8979422211 Email Id: sudarshan1520@gmail.com

7. Regional Centres

Following list provide detail information about Regional Centres of the University.

Sr. No.	Name & Address of Region	District	Phone and Fax	Regional Director's Email-id
1)	**Amravati Region** YCMOU Regional Centre, V.M.V. To Valgoan Road, Post V.M.V., Amravati - 444 604	Akola Amravati Buldhana Yawatmal Washim	(0721) 2531445	rd_amravati@ycmou.digitaluniversity.ac
2)	**Aurangabad Region** YCMOU Regional Centre, Survey No.41, Near Military Hostel,Nandanwan Colony, Chhavni, Aurangabad - 431 002	Aurangabad Beed Jalna Osmanabad	(0240) 2371066, 2371077	rd_aurangabad@ycmou.digitaluniversity.ac
3)	**Mumbai Region** YCMOU Regional Centre, Jagannath Shankarsheth M.N.C. Primary Marathi School, Frear bridge(South) Nana Chowk, Grant Road (W), Mumbai 400 007	Mumbai Raigad Thane Palghar	(022) 23874186, 23826135, 23874177	rd_mumbai@ycmou.digitaluniversity.ac
4)	**Nagpur Region** YCMOU Regional Centre, Subhedar Hall, University Sports Area, Law College Campus, Ravinagar Chouk, Amravati Road, Nagpur- 440001	Bhandara Chandrapur Gadchiroli Nagpur Wardha Gondia	(0712) 2553724, 25	rd_nagpur@ycmou.digitaluniversity.ac
5)	**Nashik Region** YCMOU Regional Centre, Old Municipal Corporation Building, NewPandit Colony, Nashik - 422 002	Ahmednagar Dhule Jalgaon Nashik Nandurbar	(0253) 2317063	rd_nashik@ycmou.digitaluniversity.ac
6)	**Pune Region** YCMOU Regional Centre, Shahir Annabhau Sathe Prashala Gruha, School No. 5 (Boys), 654, SadashivPeth, KumthekarMarg, Pune 411 030	Pune Satara Solapur	(020) 24457914	rd_pune@ycmou.digitaluniversity.ac
7)	**Kolhapur Region** YCMOU Regional Centre, Near Post Office Shivaji University Campus, Kolhapur 416 004	Kolhapur Sangli Ratnagiri Sindhudurg	(0231) 2607022	rd_kolhapur@ycmou.digitaluniversity.ac
8)	**Nanded Region** YCMOU Regional Centre, SRT Marathwada University Area, Zari Road, Near Military Boy's Hostel, Nanded - 421 606	Latur Nanded Parbhani Hingoli	(02462) 229940, 283038	rd_nanded@ycmou.digitaluniversity.ac

8. Contact us

School of Health Science

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