

A REPORT ON UNIVERSAL HUMAN VALUES COURSE FOR FIRST YEAR STUDENTS 2021-2025 HELD ON 29TH NOVEMBER 2021

INTRODUCTION

The welfare of humanity lies neither in scientific or technological advancements nor in acquisition of material comforts. The main function of education is to enrich the character. What we need today more than anything else is moral leadership founded on courage, intellectual integrity and a sense of values. Since education is a powerful instrument of social change and human progress, it is also a powerful tool to cultivate values in an individual. Therefore all the educational institutes have greater responsibility to impart learning and cultivation of values through education. Value education is important to help everyone in improving the value system that he/she holds and puts it to use. The prime concern of value education is to evolve to goods, the true and the divine in man so as to establish a moral life in the world. It should essentially make a man pious, perfect and truthful.

The first year Induction programme was conducted for 6 sessions by Ar. Sunita Maganlal and Ar. Soumyashree Mohanty

AIM:

Main aim of the UHV Class: students would get an initial exposure to human values through Universal Human Values.

OBJECTIVE:

The objective of the course is:

1. Development of a holistic perspective based on self-exploration about themselves (human being), family, society and nature/existence.
2. Understanding (or developing clarity) of the harmony in the human being, family, society and nature/existence
3. Strengthening of self-reflection.
4. Development of commitment and courage to act.

INTENT:

The Intent of the course:

1. Our values define us: imbibe values from our surroundings (Family, friends, society, and culture)
2. Looking inward will help to design better.
3. A calm mind will help to be more creative.
4. A good professional has to be also a good human being.

The attainment of the learning outcomes was achieved by the following process

Step 1

- Course Introduction - Need
- Basic Guidelines,
- Content and Process for Value Education
- Human Values - Human Life.
- Universal concepts - found in all cultures & in all societies, all times.
- Consistent behaviour and measures
- Dignity, Respect and Appropriateness
- Set laws in most cases.
- People’s beliefs, feelings and attitudes towards things, situations or other people.
- Inherent energy and dynamism.
- Multiply as they are applied, used, expressed and acted out.

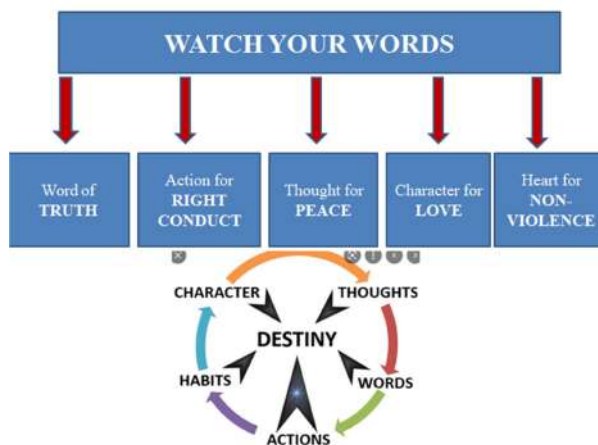
TYPES OF HUMAN VALUES

The five Human values which can be found in all cultures, all societies and in all regions are:

1. **TRUTH (Satya)**
2. **RIGHT CONDUCT (Dharma)**
3. **LOVE (Prema)**
4. **PEACE (Shanti)**
5. **NON-VIOLENCE (Ahinsa)**



Sub- Values



Step 2

- Purpose and motivation for the course
- Self-Exploration- Its content and process; ‘Natural Acceptance’ and Experiential Validation
- Continuous Happiness and Prosperity
- Right understanding, Relationship and Physical Facility- the basic requirements for fulfilment of aspirations of every human being with their correct priority
- Understanding Happiness and Prosperity correctly

Human Being	Self (I)	Body
Need	Happiness (Respect)	Physical Facility
Fulfilled by	Right Understanding & Right Feelings	Physiochemical Things
Activities	Desire, Thought, Expectation	Eating, Walking
	Knowing, Assuming, Recognizing, Fulfilling	Recognizing, Fulfilling
	Consciousness	Material

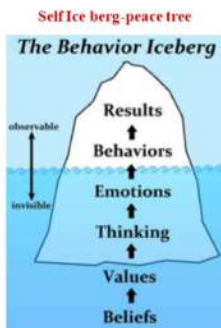
Activity:

- Spiritual Music (<https://youtu.be/LtgQJTr71Gk>)
- Sitting in Silence, Breathing & Chanting “OM”

Step 3

Understanding Harmony in the Family and Society- Harmony in Human - Human Relationship

- Relationship between I and body
- Laws of nature, Five elements of Our body
- Relationships between soul, spirit and mind.
- Self-Ice berg-peace tree



ACTIVITY:

Meditation

- A short Meditation for 15 minutes with soft background music.

Step 4

Understanding Harmony in the Nature and Existence - Whole existence as Coexistence



Step 6

Peace Education

- Peace Education and its importance
- Aim of peace education and its importance
- Teacher student relationship
- Goal of education
- Basis for Humanistic Education
- Maslow's hierarchy of needs

Teacher-Student Relationship

"If a teacher has a good relationship with students, then students will more readily accept the rules and procedures and the disciplinary actions that follow their violations."



Peace education

- Aims to help students acquire skills for nonviolent conflict resolution
- To reinforce these skills for active and responsible action

Main purposes of peace education?

- How to manage conflict without violence.
- respect all forms of life.
- Engage in social justice activities.



LEARNING OUTCOMES:

By the end of the course, students were able to

- Become more aware of themselves, and their surroundings (family, society, nature)
- More responsible in life, and in handling problems with sustainable solutions, while keeping human relationships and human nature in mind.
- Better critical ability, sensitive to their commitment towards what they have understood (human values, human relationship and human society).
- Able to apply what they have learnt to their own self in different day-to-day settings in real life, at least a beginning would be made in this direction.

