



UHV-I Session 15

Self-Evaluation and Closure Session

Prepared by NC-UHV, AICTE in collaboration with UHV Foundation
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Thanks!

This UHV orientation was a glimpse of the introductory UHV content

It was quite fulfilling for us to share it with you

We trust the orientation was useful for you, for looking at life in its entirety, and refining your perspective holistically

Following this orientation:

A faculty mentor will be associated with students in small groups. He/she will be in touch with you every week for the rest of the time you spend in this institution

A senior student buddy will be identified for small groups of students. He/she will also keep in touch with you regularly

In the second year, you may have the opportunity to attend

UHV-II: A Foundation Course in Human Values and Professional Ethics
(Understanding Harmony and Ethical Human Conduct)

For in-depth study: open electives on UHV may be available at your university

In the Long Term, Track Your Development – Common Graduate Attributes

1. **A holistic vision of life:** Understanding the broader purpose and goals of human life
2. **Social Responsibility:** Acting in ways that benefit society
3. **Environmental Responsibility:** Engaging in work that respects and protects nature
4. **Ethical Human Conduct:** Making moral and ethical decisions
5. **Health and Hygiene Awareness:** Maintaining well-being and cleanliness
6. **Respect for Excellence and Gratitude:** Recognizing the value of merit and the importance of gratitude. Working for excellence and taking guidance from those who are ahead

Self Evaluation of this Input (3-5 minutes each)

1. Your brief **introduction** (~30 sec)
2. Your **key learning** from this UHV orientation (~3-4 min)
 - Three key proposals you could verify, experiment (share a relevant incident)
 - Thoughts before and thoughts now (about happiness, prosperity, excellence, competition etc.)
3. Your **commitment** – Specific future plans related to UHV (~30 sec)

Please be mindful of the time (3-5 minutes)

Try to stick to the 3 points, above

After this session, please be sure to complete the post-UHV-I feedback and survey