



UHV-I Session 14

Sum Up and Future Program

Prepared by NC-UHV, AICTE in collaboration with UHV Foundation
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Interaction Before Main Session

Hear from participants about their exploration from previous day(s)

Q&A

Place some expected conclusions, find out if they also came to these/similar conclusions

13.1. What are some of the activities, projects, etc. you can do to contribute to the harmony in nature?

We can see that global warming and resource depletion are two major problems of the current time. Find out

- Are these natural occurrences or are they due to lack of right understanding in human being?
- Do we, human beings, have a role to play in nature?
 - To further develop the harmony in nature (at least not to disturb the harmony in nature)
 - To make right utilisation of the physical facility (after all it comes from the rest of nature)
 - To evolve a way of living in harmony with nature



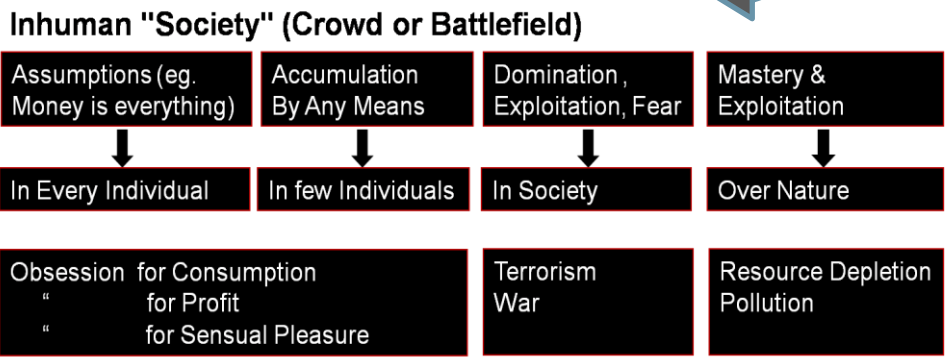
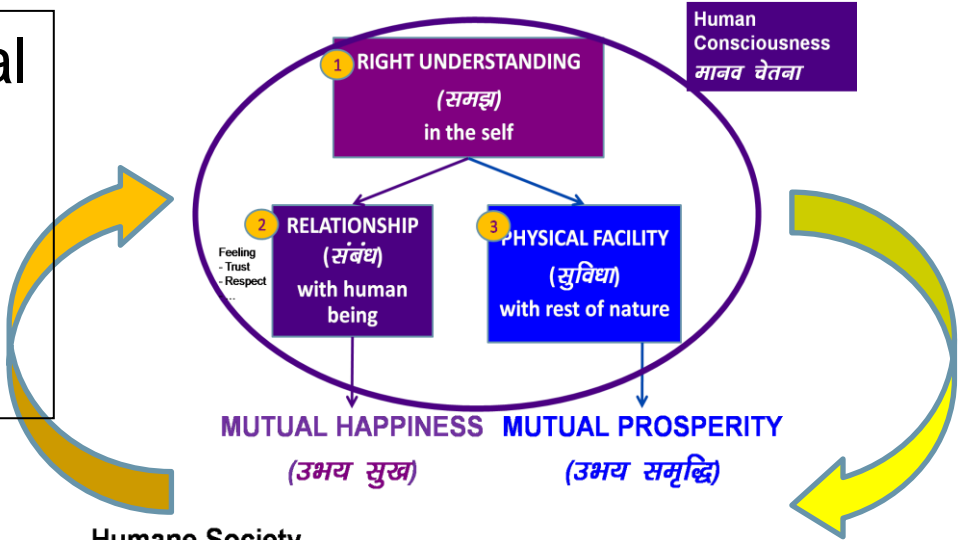
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Sum Up and Future Program

We are responsible for the realization of the human goal

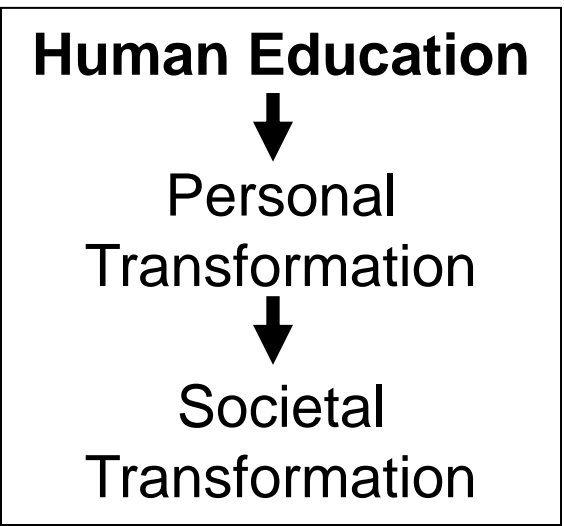
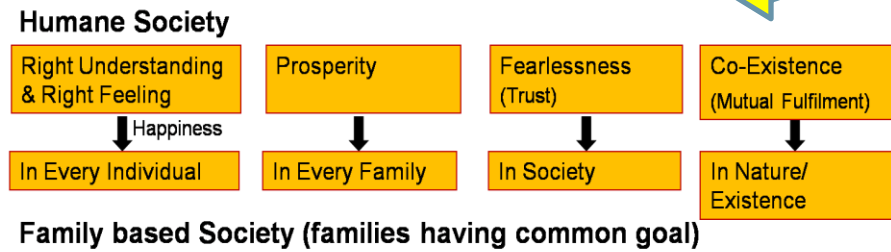
We need to understand and participate actively

- In developing ourselves
- In contributing to the development of society



Individual based (having different or opposing goals)

Transformation - Progress
संक्रमण - विकास



UHV-I: Our Journey to Understanding

Session	Title	Underlying Reality
Ind 1	Introduction <i>Welcome, course overview, getting to know each other</i>	
Ind 2	Exploring our aspirations and concerns <i>Planning for a fulfilling life by relating academic success, career... expectations of family, peers... to our basic aspiration...</i>	Basic human aspiration
Ind 3	Basic human aspiration and its fulfilment <i>Setting correct priorities in life</i>	Human consciousness
Ind 4	Program for fulfilment of basic human aspiration <i>Shifting from excitement to happiness...</i>	Understanding harmony
Ind 5	Fulfilment of aspirations at individual level <i>Distinguishing between the needs of Self and Body</i>	Harmony in human being
Ind 6	Resolution of concerns at individual level <i>Developing self-confidence, overcoming peer pressure</i>	Harmony in the Self
Ind 7	Ensuring health holistically <i>Making a definite program for health</i>	Harmony between Self and Body

UHV-I: Our Journey to Understanding

Session	Title	Underlying Reality
Ind 8	Fulfilment in relationship – Trust Resolving anger, irritation, fear...	Harmony in family
Ind 9	Fulfilment in relationship – Trust Shifting from reaction to response in relationship...	Harmony in family
Ind 10	Fulfilment in relationship – Respect Shifting from differentiation to complementarity...	Harmony in family
Ind 11	Fulfilment in relationship – Other Feelings Shifting from competition to excellence, infatuation to love...	Harmony in family
Ind 12	Understanding our role in society Contributing towards fulfilment of a common human goal in the society (institution... state... nation... world)	Harmony in society
Ind 13	Understanding our role in nature Contributing towards harmony in nature	Harmony in nature/existence
Ind 14	Sum up and Program	
Ind 15	Sharing, self-evaluation	

Universal Human Values

Human value is the participation of human being for the harmony in the larger order

- In the Self - to develop the understanding of harmony (right understanding) and feeling of harmony (feeling of relationship, i.e., right feeling) → happiness
- With the Body - to ensure health holistically, and ensure its right utilisation
- In the family - to share the feeling of harmony, and ensure prosperity
- in the society - to participate in the harmony in the society
- in nature/existence - to participate in the harmony in nature



Program of Action

Program of Action (Individual)

To **understand** harmony and to **live** in harmony

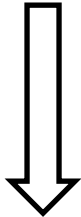
– at all levels of being (individual, family, society, nature/existence)

i.e., to develop a holistic, humane world-vision and the skills to live accordingly

Program of Action (at the level of Society)

1. People's Education Program : for adults

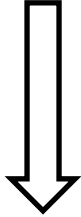
10 yrs	1
Next 10 yrs	10
100 yrs	1000 cr



People with Right Understanding & Right Feelings
- Parents - Policy Makers
- Teachers ...

2. Education-Sanskar Program : for children

20-50 yrs



People with Right Understanding & Right Feelings
- People with definite Human conduct, the competence to participate in Universal Human Order

3. Program for Humane Society

10-20 yrs

Courses in Academic Curriculum
Socially Relevant Projects
Conducive Environment

Fulfilment of Human Goal

Right Understanding
& Right Feelings

Prosperity

Fearlessness
(Trust)

Co-Existence

↓ Happiness



In Every Individual

In Every Family

In Society

In Nature/
Existence

Family – Family cluster – Village – Village cluster ... State ... Nation ... World Family

Next Steps

UHV-I will be followed with regular meetings with your faculty mentor and your student buddy

You can also do your internship in social organisations and volunteer for the efforts for society

This will help in the development in the state as well as the Nation

Next semester or next year, a full one-semester UHV course will be offered with detailed inputs

It is called UHV-II: A Foundation Course in Universal Human Values and Professional Ethics (aka Understanding Harmony and Ethical Human Conduct)

It is the next step

To **understand** harmony and to **live** in harmony

– at all levels of being (individual, family, society, nature/existence)

i.e. to develop a holistic, humane world-vision and the skills to live accordingly

Best Wishes!



Home Assignment

Prepare your Self Evaluation (3-5 minutes each)

In the next session, some of you will be requested to share

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)

You will need to be mindful of the time (3-5 minutes)

And also stick to the 3 points, above



Questions?