

FEBRUARY 2024

NEWSLETTER



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Chairman AICTE Calls for Implementing Universal Human Values Initiative across Engineering Institutions

In a significant move towards prioritizing human values in education, Prof. Sitharam, the Chairman of the All India Council for Technical Education (AICTE) has intensified efforts to incorporate Universal Human Values (UHV) into engineering institutions nationwide. Highlighting the essence of the initiative, he emphasized that economic prowess alone does not define a nation's standing, stressing the paramount importance of instilling ethical principles in students.

Since 2017, AICTE has spearheaded various measures to integrate UHV into engineering curricula. These include introducing a 3-week UHV-based Student Induction Program (SIP), a 3-credit course on UHV (UHV II), and an 18-20 credit minor degree in UHV. The council has collaborated with national committees, namely the NC-UHV and NCCIP, to develop and implement these courses effectively.

Acknowledging the pivotal role of institutions and faculty in propagating UHV, Chairman AICTE underscored the need for widespread adoption of the initiative. Over 75,000 faculty members have been oriented. Faculty volunteers are contributing pro bono to develop resources such as 16 books, 8 courses, and 12 faculty development programs. The enthusiasm for UHV education is reflected in the staggering enrolment of over 2,00,000 faculty and the appointment of UHV coordinators by over 190 universities.

In a call to action, Chairman AICTE urged institutions to embrace UHV education, prepare faculty, and champion the dissemination of Universal Human Values across the nation's educational landscape. This initiative marks a significant step towards fostering ethical citizenship and societal well-being among students.

Visvesvaraya Technological University
(State University of Govt. of Karnataka Established as per the VTU Act, 1994)
"Jnana Sangama" Belagavi- 590 018, Karnataka, India

VTU- UHV Cell
Presents Monthly Lecture Series-III
on
Exploring the potential of Universal Human Values in Technical Education
14th March, 2024, Thursday from 10:30 AM to 11:45 AM
through online mode

Speaker:  **Prof. T G Sitharam**
Hon'ble Chairman
All India Council for Technical Education,
New Delhi

Presided by:  **Prof. S Vidyashankar**
Hon'ble Vice Chancellor
VTU, Belagavi

Gracious Presence: **Dr. B E Rangaswamy** | **Dr. T N Srinivas** | **Smt. M A Sapna**
Registrar, VTU | Registrar (Eval), VTU | Finance Officer, VTU

Event Coordinator: **Dr. H R Sudarshana Reddy**
VTU- UHV Coordinator &
Regional Director (I/c), VTU Bengaluru



HOLISTIC HUMAN HEALTH

“

The WHO (World Health Organisation) has defined health as, “a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity”.

”

Health

To understand the reality of who we are as human beings and our role in this existence, we can take the help of universal health principles. These are the fundamental and universal existential principles that are based on the reality – essentially the answer to the question **“why to do”** when it comes to health.

When these principles are put before us in the form of proposals, we can explore and verify them within ourselves, on our own right. We will find that these principles are universal, rational, verifiable and lead to harmony within us and harmony in our environment.

Based on these fundamental principles are recommendations made for health – the answer to the question **“what to do”** for health.

To implement these recommendations, various practices and processes can be used that help bring them in our daily living – essentially, the **“how to do”** of health.

In other words, to stay healthy, we need to explore and understand the universal health principles and follow the recommendations by incorporating various practices and processes in our day-to-day living. The health tracker can help track/record our progress in this.

Human Being

Examples of proposals regarding the human being (derived from the universal principles of health) and recommendations based on them -

1. The reality of the human being is that it is a **co-existence of Self** (a unit of consciousness) **and the Body** (a material unit).

Thus, when we consider the health of the human being, we need to include both – the health of the Self and the health of the body.

2. The Self is central to human existence; the body is merely a tool/ instrument of the Self. Thus, the health of the Self is mandatory for keeping the body healthy – without a healthy Self, the body cannot be maintained in harmony (health).

3. The human being exists along with other units in nature – it is related to them; is interconnected and interdependent on them.

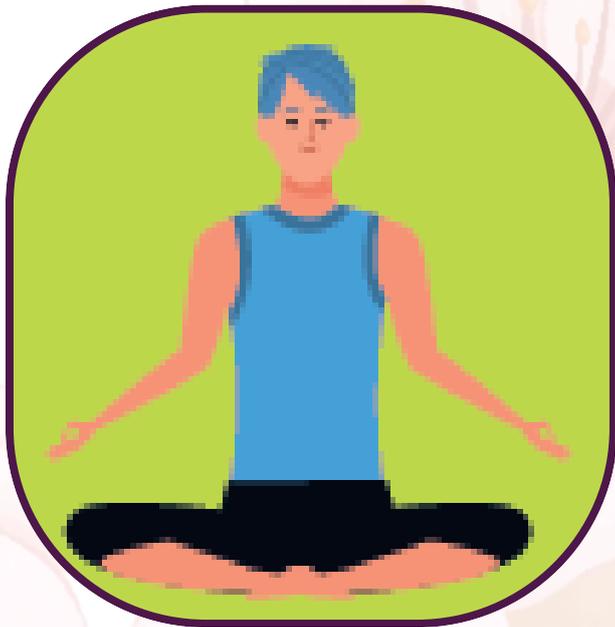
Since the human being is a part of a larger whole i.e., a member of a family, a member of society, and a part of nature, all of these need to be understood to; understand health holistically.



HOLISTIC HUMAN HEALTH

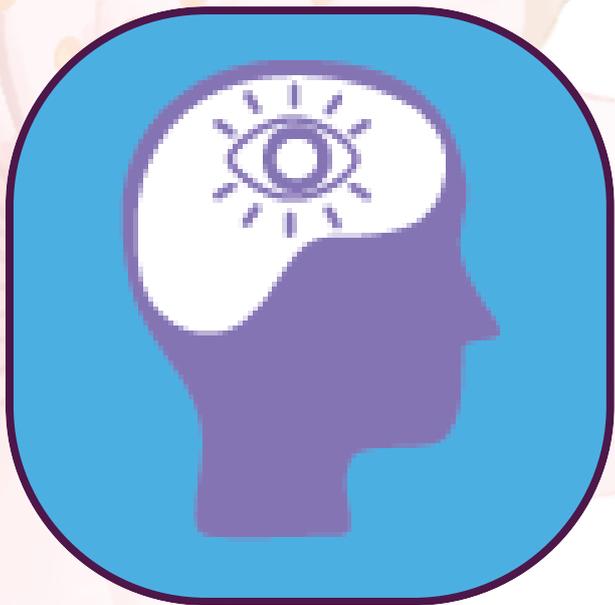
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Health of the Self



A healthy Self has the **right understanding and the right feeling** and is thus in harmony (happy) within. Being in harmony, the healthy Self has the right feeling towards the body - the feeling of **self-regulation** i.e., a feeling of responsibility towards the body to nurture it, protect it, and rightly utilise it.

On the contrary, an unhealthy Self lacks the right understanding and the right feeling. When lacking the right feeling, it is in disharmony (unhappy within) and therefore seeks happiness from outside – in the form of pleasurable sensations (like tasty food that may or may not be healthy) and in the form of favorable feelings from others (e.g. seeking the feeling of respect from others by wearing fashionable clothes). Often, the result of seeking happiness from outside is that the body may be harmed due to overindulgence, resulting in obesity and related health conditions like diabetes mellitus, hypertension, etc. In addition, this also impacts the family, society, and nature.



Holistic Human Health

A holistic perspective on health in the human being thus includes

1. Health of the Self (mental health)
2. Health of the Body
3. Health of the Environment (family, society, nature and existence)

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HOLISTIC HUMAN HEALTH

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Health of the Body

The reality of the human body is that it is a material unit that is **naturally in harmony** (evident from the fact that the majority of newborn babies are born healthy), The human body consists of trillions of cells and many more micro-organisms. All of these come together to form various tissues, organs, and organ systems. All of these work together in harmony with one another for the larger good of maintaining harmony in the body as a whole. The human body is also in **harmony with its natural environment** – other units in nature like trees, plants, soil, water, etc.

While the body is in harmony to begin with, it will continue in harmony only as long as the Self does not disrupt or interfere with this harmony. A Self with the right understanding understands this and, with a program for health, it ensures health in the body. An example of one such program for health includes-

1. **The Intake** (of food, water, air, sunlight, etc.) Intake is all that is taken into the body. Thus, the choice of food we take in should be nutritious, digestible, tasty and it's waste readily excretable (e.g., natural, less processed, fibre-rich, seasonal, plant-based, foods. Similarly, there are recommendations for the intake of air, water, sunlight, etc



2. A daily routine in synchronisation with the day-night cycle of nature (the circadian rhythm).

For example, early rising (before sunrise) when the normal waste removal processes of the body are most active and resting the body at night when the natural regeneration and repair processes take place etc. in this manner, there can be many recommendations for a routine in synchronisation with daily, seasonal and life cycle routines.

3. Labour – working with the rest of nature

4. Exercise – ensuring adequate movement of the body

5. Regulation of various organs of the body (with the help of postures etc. as in yoga)

6. Breath regulation (as with pranayama)

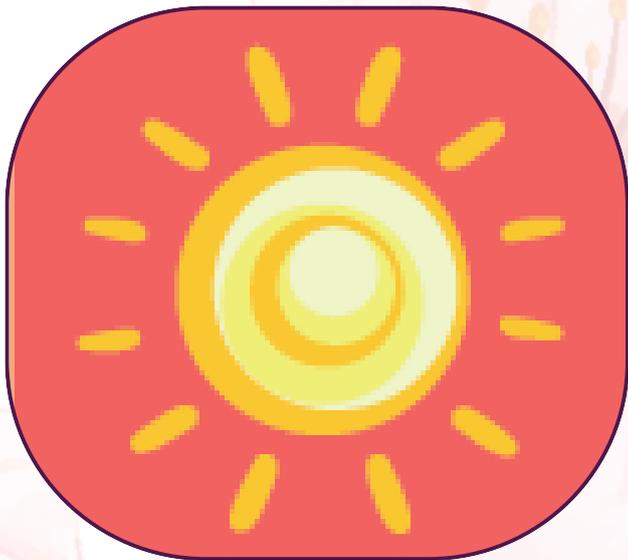
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HOLISTIC HUMAN HEALTH

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Health of the Body



Only if and when the health of the body cannot be maintained with the above and with the use of home remedies, one can then resort to seeking the help of healthcare professionals for medicine and treatment. This will also help reduce the current burden on the healthcare system (today, the responsibility for health is typically taken more by doctors and the healthcare system). What is often overlooked is the Self, which plays a crucial role in all three dimensions. Since the root of these problems is an unhealthy self (one that lacks the right understanding), there is a need to develop the right understanding and the feeling of self-regulation in the self. This healthy self can then develop and implement a program for ensuring health in the body and health in the environment.

Ultimately, it is important for every human being to realise its purpose (to develop completeness of right understanding in the Self, be in harmony and live in harmony with the environment) and to rightly utilise the healthy body for fulfilling this purpose.

Holistic Human Health

Health of the Self

Health of the Body

Health of the Environment



For more details, please refer to the textbook, "A Foundation Course in Holistic Human Health – Its Philosophy and Practice" freely downloadable from uhv.org.in.



Overwhelming Response to AKGEC's Family UHV Workshop



A family is a fundamental institution for individuals to step into the process of socialisation. Healthy families serve as the building blocks for thriving communities, forming the essential foundation upon which society is established. It provides a framework for social interaction, shared values, and collective support, shaping one's identity, opportunities, and overall well-being.

*With the above view, **VE Cell Ajay Kumar Garg Engineering College (AKGEC), Ghaziabad**, under the guidance and visionary leadership of Dr R K Agarwal, Director General & Chairperson VE Cell, organized a three-day family workshop from **14th to 16th March 2024** on 'Understanding the Relationship through Self-exploration' specifically designed for the family members of the faculty. 20 families with 31 family members attended the workshop with ages ranging from 6 to 72.*



Overwhelming Response to AKGEC's Family UHV Workshop

Continued page 7.

The sessions were meticulously designed to delve into the intricacies of relationships, ensuring meaningful discussions and valuable insights for all attendees. This initiative by VE Cell, AKGEC, underscores our commitment to societal transformation through personal development, a commitment that is also aligned with AICTE's stakeholding in NEP 2020. A group of family members who work in the software industry, including Microsoft and Expedia Group, wanted to organize a workshop for the corporate world. During the workshop, child participants shared that they were able to handle certain situations at home because they understood the difference between intention and competence of others. Senior citizens realised that they had made mistakes while raising their own children and expressed a desire to start similar workshops in schools.



A
Three-Day
Family Workshop
on
**"Understanding
Relationships
through
Self-Exploration"**
14 March to 16 March 2024



INTRODUCTORY UHV FDP (3-day, face-to-face, self-funded)



01-03 Feb 2024

Veer Madho Singh Bhandari Uttarakhand Technical University, Dehradun, UK.

Resource person | Dr. Upasana Mishra

Co-facilitator | Dr. Munshi Yadav & Mr. Dheeraj Kumar Singh

Observer | Dr. Arun Kumar Pandey

Successfully attended | 52

01-03 Feb 2024

Central University of Jharkhand, Ranchi, JK.

Resource person | Dr. Dilip Debnath

Co-facilitator | Mr. Rabindra Rout

Observer | Dr. Pankaj Kumar

Successfully attended | 15



05-07 Feb 2024

HP Technical University, Hamirpur, HP.

Resource person | Dr. Priyadarshini

Co-facilitator | Dr. Munshi Yadav

Observer | Mr. Rahul Soni

Successfully attended | 66

08-10 Feb 2024

Adi Shankara Institute of Engineering & Technology, Ernakulam, KL.

Resource person | Dr. N Sunil Kumar

Co-facilitator | Dr. Deepa G Nair

Observer | Mr. G Jayaprakash

Successfully attended | 24





INTRODUCTORY UHV FDP (3-day, face-to-face, self-funded)



08-10 Feb 2024

Jagat Guru Nanak Dev Punjab State Open University, Patiala, PB.

Resource person | Mr. R S Uppal

Co-facilitator | Mr. Ajay Pal

Co-facilitator | Dr. Priya Darshini

Successfully attended | 44

08-10 Feb 2024

Indian Institute of Carpet Technology, Bhadohi, UP.

Resource person | Mr. Dilshad Hussain

Co-facilitator | Mr. Chetan Swaroop

Observer | Mr. Gaurav Kushwaha

Successfully attended | 38



11-13 Feb 2024

Marathwada Institute of Technology Polytechnic, Chhatrapati Sambhajnagar, MH.

Resource person | Mr. Vinay Chidri

Co-facilitator | Ms. Bhagyashali Jadhav

Observer | Ms. Yogita Jadhav

Successfully attended | 62

12-14 Feb 2024

I.K.Gujral Punjab Technical University, Kapurthala, PB.

Resource person | Mr. Jitendra Narula

Co-facilitator | Ms. Ranjeet Kaur

Successfully attended | 44





INTRODUCTORY UHV FDP (3-day, face-to-face, self-funded)



14-16 Feb 2024

Dr. D. Y. Patil B-School, Pune, MH.

Resource person | Mr. Vinay Chidri

Co-facilitator | Ms. Amita Karandhikar

Observer | Ms. Vrinda S Raote

Successfully attended | 40

UHV-II FDP (5-day, face-to-face, AICTE-funded)

12-16 Feb 2024

Ajay Kumar Garg Engineering College, Ghaziabad, UP.

Resource person | Dr. Parul Verma

Co-facilitator | Dr. Gopal Babu

Observer | Dr. Jyoti Shrivastava

Successfully attended | 38



HOLISTIC HUMAN HEALTH (5-day, face-to-face, Self-funded)



23-27 Feb 2024

SRM Medical College Hospital and Research Centre, SRM Institute of Science and Technology, Chennai, TN.

Resource person | Dr. Sharmila Asthana

Co-facilitator | Mr. Rajul Asthana

Observer | Ms. Lalitha

Successfully attended | 31



UHV LDP AT ANNA UNIVERSITY, CHENNAI (1-day, face-to-face, Self-funded)



Chennai, 3 Feb 2024: Anna University's College of Engineering, Guindy (CEG) campus, in collaboration with the All India Council for Technical Education (AICTE), organized a one-day Leadership Development Program on "Universal Human Values (UHV)." The event, aimed at administrators from various universities across Tamil Nadu, took place at the Distance Education Auditorium, CEG campus, Anna University. Dr. R. Velraj, the Vice Chancellor of Anna University, along with Registrar Dr. J. Prakash and Dean of CEG campus Dr. L. Suganthi, spearheaded the event. The event was organised by Dr. J Kamala, coordinator SIP Cell, Dr. T Sridarshini, Dr. Sangeetha, and their team of vibrant student volunteers.

The inauguration ceremony was graced by [AICTE Chairman Prof. \(Dr.\) Sitharam T.G](#), who joined the event online and delivered a keynote emphasizing the importance of Universal Human Values in technical education. 150 distinguished personalities graced the occasion.



UHV LDP AT ANNA UNIVERSITY, CHENNAI (1-day, face-to-face, Self-funded)

Continued from page 12

Dignitaries included Dr. S. N. Sridhara, VC Hindusthan University, Prof. M. Sundhararajan, VC Bharath Institute of Higher Education and Research, Dr. R. Singaravel, Registrar, Annamalai University, Dr. M. Prakash, Controller of Examination, Annamalai University, Dr. S. Sendilvelan, Joint Registrar, Dr. M. G. R. Educational and Research Institute, Dr. Ravichandran A T, Dean Academics, Veltech Rangarajan, Dr. Sagubthala R&D Institute of Technology, Dr. Sivakumar, Dean, Vellore Institute of Technology, Chennai, Dr. Senthilkumar, Dean, Vellore Institute of Technology, Chennai, Dr. E. Poovammal, Associate Director Campus Life, SRM Institute of Science and technology as well as senior professors from PSNA, SIMATS, Sathyabhama and four campuses of Anna University (CEG, MIT, ACT, and SAP).

The [AICTE resource team](#) included notable figures such as Dr. Rajneesh Arora, Chairman NCC-IP, and Dr. H.D. Charan, Chairman NC-UHV, Sh. Rajul Asthana, Vice Chairman NC-UHV, and Dr. Kumar Sambhav, Director UPID (AKTU).

[Dr. RK Agarwal, Director General AKGEC, Ghaziabad](#) presented the encouraging impact of UHV at their esteemed institution. Dr. P Supraja, coordinator VE Cell, SRMIST, Kattankulathur shared the rapid UHV implementation at her university. Dr. J Kamala provided the update regarding the Student Induction Program at Anna University.

The program, which ran from 9 AM to 6 PM on a Saturday, fostered spirited dialogue and collaboration on the integration of Universal Human Values into the educational landscape.



UPCOMING UHV EVENTS



Introductory UHV FDP (5-day, online)

04-08 Mar 2024 in Hindi
11-15 Mar 2024 in English



UHV-II FDP (6-day, online)

18-23 Mar 2024 in Hindi
25-30 Mar 2024 in English

Link for registration: <https://fdp-si.aicte-india.org/verifiedProgramDetailsList.php>



Introductory UHV FDP (3-day, face-to-face, Self-funded)

01-03 Mar 2024 at Dr. Ambedkar Institute of Technology for Divyangjan, Kanpur, UP.
11-13 Mar 2024 at Meerut Institute of Technology, Meerut, UP.
15-17 Mar 2024 at Pimpri Chinchwad College of Engineering, Pune, MH.
21-23 Mar 2024 at R.M.K. Engineering College, Chennai, TN.
21-23 Mar 2024 at Panjab University, Chandigarh, PB.
28-30 Mar 2024 at Acharya Institute of Technology, Bengaluru, KA.
28-30 Mar 2024 at ATS', Sanjay Bhokare Group of Institutes, Sangli, MH.



UHV-II Student Workshop (8-day, face-to-face, Self-funded)

10-17 Mar 2024 at All India Institute of Ayurveda, Goa.
18-25 Mar 2024 at All India Institute of Ayurveda, Goa.

UHV=Universal Human Values, UHV-I=Introduction to Universal Human Values, UHV-II=Understanding Harmony and Ethical Human Conduct, AICTE=All India Council for Technical Education, NCC-IP=National Coordination Committee for Induction Program, FDP=Faculty development Program, MoU=Memorandum of Understanding, SDP=Student Development Program, MDP=Management Development Program, LDP=Leadership Development Program, RP=Resource Person, NC-UHV= National Committee for Universal Human Values

FOR MORE INFORMATION

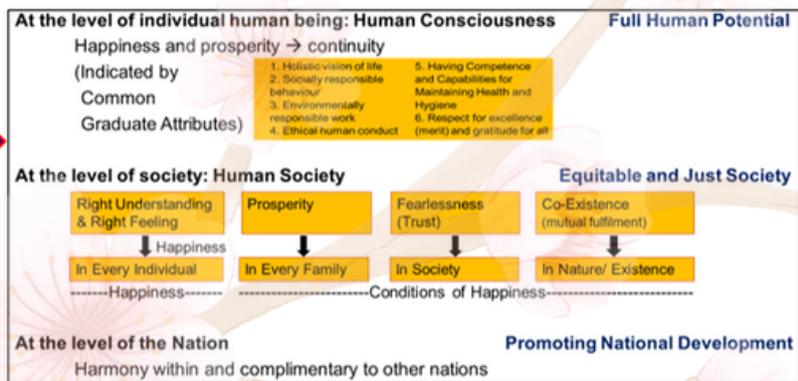
1. Vision for Holistic, Value-based Education, https://fdp-si.aicte-india.org/download/HVBE_for_NEP2020.pdf
2. UHV Website: <https://uhv.org.in/>
3. UHV YouTube: <https://www.youtube.com/c/UniversalHumanValues>
4. AICTE Website: <https://fdp-si.aicte-india.org/index.php>



Holistic Value-based Education

1. Universal Human Values
2. Indian Knowledge System
3. World-class Nature and Human Friendly Skills

Holistic Development
 * Personal Transformation
 * Societal Transformation



Inhuman "Society" (Crowd or Battlefield)			
Assumptions (eg. Money is everything)	Accumulation By Any Means	Domination, Exploitation, Fear	Mastery & Exploitation
In Every Individual	In few Individuals	In Society	Over Nature
Obsession for Consumption for Profit for Sensual Pleasure	Terrorism	War	Resource Depletion Pollution
Individual based (having different or opposing goals)			