

June 2024

NEWSLETTER



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Centre of My Being

The basic human aspiration is to Live with Continuous Fulfilment (Happiness and Prosperity)

- To live - We just need Physical Facilities.
- To live with fulfilment - We need Relationships along with Physical Facilities.
- To live with continuous fulfilment - We need all three: Right Understanding, Relationships and Physical Facilities in the correct priority.

Right understanding means understanding harmony at all the four levels of human living: Individual, Family, Society and Nature. This ensures right living and transforms our life towards a holistic development. With right understanding, we can see the whole existence as co-existence, and our role in the existence. We can see that our role in this existence is to understand relationships, harmony and co-existence, and to live accordingly.

For self-development, we need to awaken our higher-level activities of Contemplation, Understanding and Realization. Contemplation is to see the relationship, i.e. participation in the larger order. Understanding is to see the innateness - the harmony in the four orders. Realization is to see the submergence of nature in space. Awakening to higher level activities is expressed as participation in **Undivided Society, Universal Human Order and Human Tradition.**



With this vision, we all can explore into

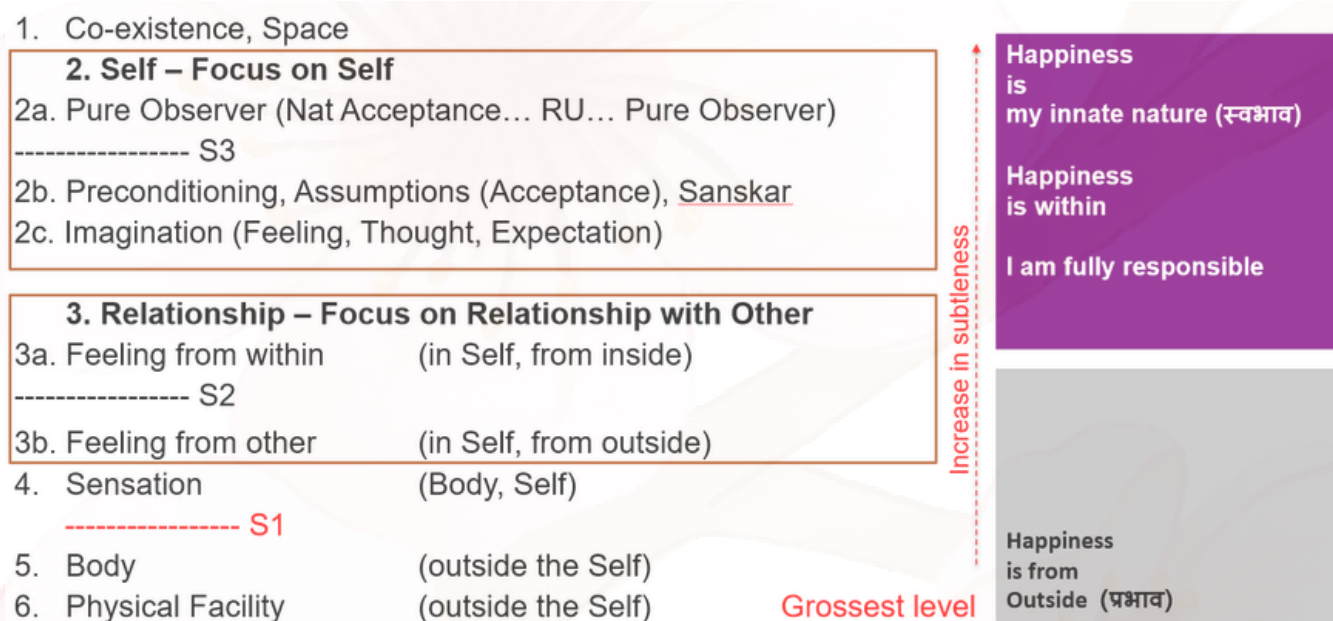
What is the centre of my being?

What is the main source of my happiness?





The centre of being can be evaluated referring to the diagram given below:



6. Focus on physical facility: This is the most gross level of being. Here the focus is on getting happiness from physical facilities by accumulating/ making profit more and more.

5. Focus on Body: At this level, the focus has a shift. The focus is on nurturing and protecting the body, and one tries to get happiness by consuming more and more for the body.

4. Focus on Sensation: The focus is on getting favorable sensations from the body for happiness. If the sensation is favorable, it leads to temporary happiness which is excitement. If the sensation is not favorable, it leads to temporary unhappiness which is again a state of excitement.

3b. Focus on Relationship (expression), **Feeling from Other:** Here the focus is on relationship with other human being and the focus is on getting favorable feelings from the other for the sake of temporary happiness. A close observation will reveal that when someone interacts with me, I taste the word/gesture conveying the feeling received from other, give meaning to it, and evaluate the feeling conveyed by which I become happy or unhappy. Then I analyze how to express the feeling, and I may react or respond.

3a. Focus on Relationship (expression), **Feeling Within:** Here my focus is on relationship with other human being; I am aware of my feeling in relationship, trying to make sure that the feeling I have is naturally acceptable. I analyze how to express the feeling, and I express my feelings to all.



2c. Focus on Imagination (Feeling, Thought, Expectation):): Here in 2 (a, b, c), my focus is on my Self. I am aware of my feeling, I evaluate the feeling – whether it is natural and leading to harmony and happiness or not. I do express my feeling, as and when required. I respond if feeling is based on natural acceptance.

2b. Focus on Preconditioning, Assumptions (Acceptance), Sanskar: My feeling is based on my sanskar, here, I am aware of my sanskar. The sanskar could be based on Right Understanding or otherwise. I am focused on purifying my sanskar, by direct observation and evaluation whether it is based on relationship, harmony, co-existence or not; further it can be purified by ensuring Right Understanding (of relationship, harmony, co-existence).

2a. Pure Observer (Natural Acceptance... Right Understanding):

I am aware at this moment, centered at pure observer, aware of my Natural Acceptance, observing the lower activities of the Self, evaluating them without reacting, leading to their purification. I do express my feeling, as and when required. **I always respond and do not react.**

1. Co-existence, Space:

From the pure observer, I am focusing on space and co-existence. When the centre of my being is co-existence, space, I am able to see myself submerged in space, I am happy in continuity, realizing the submergence, feeling related to all and feeling responsible to all.

The first significant shift takes place in My Being from '5' to '4'.

The second significant shift takes place from '3b' to '3a'.

Another significant shift is from '2b' to '2a' and finally '1'.

Keeping the above in view, we all need to evaluate our Being, and work for transformation with shift from lower levels of consciousness to higher level of consciousness.

This is the journey of the Self.



UHV activities across the country in June 2024



22nd June - 29th June 2024 (8 Days)

Teachers' Orientation Program

"Vision for Holistic Value-Based Education" - Realizing the Aspirations
Articulated in NEP- 2020

VE Cell, Ajay Kumar Garg Engineering College (AKGEC), Ghaziabad

Resource person | Dr. Manishi Mishra

& Dr. Upasana Mishra

LPC | Mr. B N Pandey

Participants Attended | 41

INTRODUCTORY UHV FDP IN JUNE (5-day, online)

17-21 Jun 2024

Language | English

Successfully attended | 439

24-28 Jun 2024

Language | Hindi

Successfully attended | 165

UHV-II FDP IN JUNE (6-day, online)

27 May-01 Jun 2024

Language | English

Successfully attended | 117

03-08 Jun 2024

Language | Hindi

Successfully attended | 68

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



INTRODUCTORY UHV FDP IN JUNE (3-day, face-to-face, Self-funded)



05-07 Jun 2024

Graphic Era Deemed University,
Dehradun, Uttarakhand

Language | Bi-lingual (Hindi-English)

Resource Person | Mr. Bihari Nandan Pandey

Co-facilitator | Dr. Manisha Shukla

Observer | Dr. Arun Kumar Pandey

Successfully attended | 44



05-07 Jun 2024

K. S. Rangaswamy College of
Technology, Namakkal, Tamil Nadu

Language | English

Resource Person | Dr. Deepa G. Nair

Co-facilitator | Mr. Deepesh A

Observer | Dr. Mythili S

Successfully attended | 60



08-10 Jun 2024

N B Navale Sinhgad College of
Engineering, Solapur,
Maharashtra

Language | Bi-lingual (Hindi-English)

Resource Person | Dr. Mahesh Tukaram Kolte

Co-facilitator | Dr. Anita Santaji Mane

Observer | Mr. Shashikant Buvasaheb Gosavi

Successfully attended | 60



13-15 Jun 2024

G.B. Pant Institute of Engineering
and Technology,

Pauri Garhwal, Uttarakhand

Language | Bi-lingual (Hindi-English)

Resource Person | Dr. Himanshu Kumar Rai

Co-facilitator | Dr. Abha Mishra

Observer | Mr. Kaushal Gupta

Successfully attended | 29



17-19 Jun 2024

MKSSS' Sitabai Nargundkar College
of Nursing, Nagpur, Maharashtra

Language | Bi-lingual (Hindi-English)

Resource Person | Ms. Aprajita Singh

Co-facilitator | Ms. Monica Seth

Observer | Dr. Hema Kale

Registered | 53



18-20 Jun 2024

KGiSL Institute of Technology,
Coimbatore, Tamil Nadu

Language | English

Resource Person | Dr. Yashwant Patil

Co-facilitator | Dr. S Ushakumari

Observer | Mr. Manilal V J

Successfully attended | 29



INTRODUCTORY UHV FDP IN JUNE (3-day, face-to-face, Self-funded)



20-22 Jun 2024

Vivekananda Global University,
Jaipur, Rajasthan.

Language | Hindi

Resource person | Dr. Piyush Sharma

Co-facilitator | Dr. B. K. Sharma

Observer | Dr. Alka Swami

Successfully attended | 43



20-22 Jun 2024

IES College of Engineering,
Thrissur, Kerala

Language | English-Malayalam

Resource person | Dr. Sunilkumar N

Co-facilitator | Mr. G Jayaprakash

Observer | Ms. M U Sreelakshmi

Successfully attended | 68



26-28 Jun 2024

Manav Rachna International
Institute of Research and Studies,
Faridabad, Haryana.

Language | Hindi

Resource person | Dr. Upasana Mishra

Co-facilitator | Dr. Piyush Sharma

Observer | Dr. Charanjeet Madan

Successfully attended | 58



26-28 Jun 2024

Bharati Vidyapeeth (Deemed to be
University) College of Engineering,
Pune.

Language | Bi-lingual (Hindi-English)

Resource person | Mr. Umesh Jadhav

Co-facilitator | Mr. Sandip Patil

Observer | Ms. Ranjeeta Ghosh

Successfully attended | 71



27-29 Jun 2024

G H Raison College of Engineering and Management,
Jalgaon, Maharashtra

Language | Bi-lingual (Hindi-English)

Resource person | Dr. Mahesh Kolte

Co-facilitator | -

Observer | Dr. Prashant Diagavane

Registered | 69



UHV-II FDP IN JUNE (8-day, face-to-face, AICTE-funded)



14-21 Jun 2024

Kalinga Institute of Industrial Technology
Deemed to be University, Bhubaneswar,
Odisha.

Language | English

Resource person | Mr. Umesh Jadhav

Co-facilitator | Dr. Dilip Debnath, Dr. Swayam
Prabha Satpathy

Observer | Mr. Rabindra Kumar Rout

Successfully attended | 64



18-25 Jun 2024

Panjab University, Chandigarh,
Chandigarh.

Language | Bi-lingual (Hindi-English)

Resource person | Mr. Jitender Narula

Co-facilitator | Ms. Rajneet Kaur

Observer | Dr. Munshi Yadav

Successfully attended | 62

(5-day, face-to-face, AICTE-funded)



11-15 Jun 2024

PSNA College of Engineering and
Technology,
Dindigul, Tamil Nadu

Language | English

Resource person | Dr. Sunilkumar N

Co-facilitator | Mr. Jayaprakash

Observer | Dr. A. Prabakaran

Successfully attended | 82



UPCOMING UHV EVENTS IN JULY 2024



UHV-III FDP (8-day, face-to-face, AICTE-funded)

06-11 Jul 2024 at IIT Kanpur, Kanpur, Uttar Pradesh.



UHV-II FDP (8-day, face-to-face, AICTE-funded)

17-24 Jul 2024 at JSPM's Rajarshi Shahu College of Engineering, Tathawade, Pune, Maharashtra.

17-24 Jul 2024 at Sri Vasavi Engineering College, West Godavari, Andhra Pradesh.

22-29 Jul 2024 at KIET group of Institutions, Ghaziabad, Uttar Pradesh.

26 Jul-02 Aug 2024 at PSNA College of Engineering, Dindigul, Tamil Nadu.

27 Jul-03 Aug 2024 at Dr. Subhash University, Junagadh, Gujarat.



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

01-03 Jul 2024 at Gharda Institute of Technology, Lavel, Khed, Ratnagiri, Maharashtra.

02-04 Jul 2024 at Datta Megha College of Engineering, Navi Mumbai, Maharashtra.

03-05 Jul 2024 at KCG College of Technology, Chennai, Tamil Nadu.

11-13 Jul 2024 at SRM Institute of Science and Technology, Chengalpattu, Tamil Nadu.

18-20 Jul 2024 at J B Institute of Technology, Dehradun, Uttarakhand.

18-20 Jul 2024 at Vallurupalli Nageswarara Rao Vignana Jyothi Institute of Engineering and Technology, Hyderabad, Telangana.

19-21 Jul 2024 at Veer Surendra Sai University of Technology, Burla, Odisha.

25-27 Jul 2024 at Moradabad Institute of Technology, Moradabad.

31 Jul- 2 Aug 2024 at DAV University, Jalandhar, Panjab

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>



Space शून्य

| | Power शक्ति | Dynamic Activity गति क्रिया | State Activity स्थिति क्रिया | |
|-------------------|-----------------------|--------------------------------|---------------------------------|--|
| Self (I) आत्मा | 1. | Authentication प्रमाण | Realization अनुभव B1 | Clarity of Co-existence in Existence, Submergence |
| | 2. | Determination संकल्प | Understanding बोध | Clarity of Harmony in Nature, Self-organisation, Innateness |
| | 3. Desire इच्छा | Imaging चित्रण | Contemplation चिंतन | Clarity of Relationship, Natural Characteristic, Participation in Larger Order |
| | 4. Thought विचार | Analysing विश्लेषण | Comparing तुलन B2 | Co-existence, Harmony, Justice Guided Senses, Consumption, Profit |
| | 5. Expectation आशा | Selecting चयन | Tasting आस्वादन | Co-existence, Harmony, Justice Guided Sensation |

Body शरीर

Behaviour व्यवहार

Work कार्य

Participation भागीदारी

Other दूसरा

Human मानव

Rest of Nature
मनुष्येतर प्रकृति

in larger Order व्यवस्था में