



APRIL 2025

NEWSLETTER

Inside...

01

Keynote

Co-existence is ever-present, ever-effective and ever-expressing

02

National Conference of Volunteers

A Journey of Togetherness and Inner Growth

03

UHV – Critical for Education to be Holistic and Humane

"UHV is not just a reform—it is a restoration of what education was always meant to be: a journey from literacy to wisdom... about becoming truly human" – Prof. Anil D Sahasrabudhe, Chairman NAAC

04

Sharing of Ms. Surabhi Gautam

"I used to hold grudges... but I realized if someone didn't do something, maybe they couldn't, not that they didn't want to"

05

Reflections from Students and Alumni

"Before taking UHV, I thought, oh it's just a three-credit subject and what has it got to do with our life... But then after realizing the impact it created, I would definitely say that it is the best ever subject"

06

Nationwide events in April 2025

Gallery of events conducted during April 2025

08

Upcoming events in May 2025

Schedule of upcoming events

CO-EXISTENCE IS EVER-PRESENT, EVER-EFFECTIVE AND EVER-EXPRESSING

Existence is co-existence, which is in the form of nature submerged in space. To see the existence as co-existence, it is needed to develop the knowledge starting from tasting up to realization in the Self. We had discussed this in the previous article. Now, going further, we can see that there are three statements regarding the co-existence which we have to understand:

1. Co-existence is ever present

It is present for all time and space.

There is no time and there is no space where this co-existence is not there.

In co-existence,

- every unit is **energized**, active,
- every unit is **self-organized** and
- every unit **recognizes** its relationship with other units and fulfils it being in space.

In co-existence, every unit is performing this and there is no exception whether it is the smallest atom or a large size planet or anything in between.

2. Co-existence is ever effective

It means ***the principle of co-existence applies to every reality from smallest atoms to the entire nature as a whole.***

If you look at atom, for example, this atom is a result of co-existence between different sub-atomic particles. If you look at molecule, the molecule is co-existence of more than one atoms in space. Similarly, look at the tree and the human being. Human being itself is co-existence of self and body. Tree is co-existence of so many parts of the tree, be it the stem, the leaf, the branches, the flowers, the fruits etc. In every unit, you can see that this principle of co-existence is effective and there is no exception to it.

3. Co-existence is ever expressing

It is not only that co-existence is ever present and ever effective but it is unfolding itself, it is expressing itself in different ways.

So, ***co-existence is ever expressing in the form of units submerged in space.*** When you look at the units, there are material units and the consciousness units. We can see that the consciousness unit and other units of the nature are in co-existence with space. So, if you look at the whole thing, you can see that ultimately, it is co-existence which is expressing itself at every level.

You can see that all the units in nature, though they look so different, so versatile with a lot of variety, are actually related.

UHV NATIONAL CONFERENCE: A JOURNEY OF TOGETHERNESS AND INNER GROWTH



The **National Conference for Volunteers** of the Universal Human Values Foundation was graciously hosted by **SRMIST, NCR**, from **April 3 to 5, 2025**, facilitating a dynamic exchange of insights and experiences among **108 volunteers** from **17 states**. The event brought together representatives from diverse regions—North, South, East, and West—while emphasizing its role in fostering meaningful face-to-face connections.

The conference opened with a meaningful invocation, lamp lighting, and Saraswati Vandana, led by esteemed guests. **Dr. Dhomya Bhatt, Dean of IQAC at SRM Ghaziabad**, extended a warm welcome to all dignitaries, faculty members, volunteers, and participants at the National Conference of Universal Human Values (UHV) volunteers. She emphasized the pivotal role of Universal Human Values in

redefining education beyond academics, fostering a holistic approach that cultivates ethical, compassionate, and socially responsible individuals. She also highlighted SRMIST Delhi NCR's proactive efforts in integrating UHV through faculty engagement and curriculum development.

Dr. R.P. Mahapatra, Dean (CET), SRMIST, underscored self-transformation as the foundation for societal progress, reaffirming the institution's commitment to sustaining a value-driven academic environment aligned with national and global educational objectives.

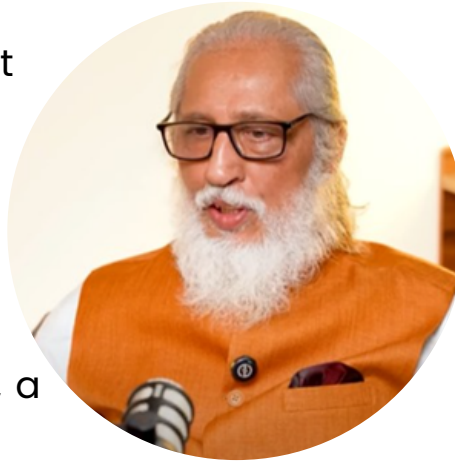
Following this, **Sh. Ganesh Bagaria, Sh. Rajul Asthana, and Dr. Rajneesh Arora** provided insightful perspectives on the significance of UHV in education.

UNIVERSAL HUMAN VALUES – CRITICAL FOR EDUCATION TO BE HOLISTIC AND HUMANE

– Prof. Anil D. Sahasrabudhe, *Chairman, NAAC; Former Chairman, AICTE*

Excerpts from the 1st May 2025 **"Between us"** podcast discussion between **Mr. Santosh Kumar** and **Prof. Sahasrabudhe, Chairman NAAC**; Former Chairman, AICTE. "Between us" is a podcast hosted by Mr. Santosh Kumar, a speaker, a first-time author, and extremely passionate about climate and the environment.

Prof. Anil D. Sahasrabudhe emphasized the **critical role of Universal Human Values (UHV) in bridging the gap** between technical expertise and ethical responsibility.



INSIGHT

- **Parental pressure** ("I wasn't interested but my parents asked me to join"), or
- **Monetary aspiration** ("Engineering gives the highest paying jobs").

Systemic failure to meet aspirations

- There was no deeper sense of **purpose**.
- There was **no connection** with the idea that **education can be a means to contribute to society or improve people's lives**.
- This **lack of empathy and social responsibility** was absent in both **curriculum and culture**.

UHV ROLE

Restoring Purpose to Students through UHV

To address this, AICTE, under Prof. Sahasrabudhe's leadership, introduced a **3-week UHV-based Student Induction Program (SIP)** as a **mandatory onboarding** for all students across technical institutions. He clarified:

"We called it Student Induction Program—but essentially it is UHV."

UHV is not just a reform –it is a restoration of what education was always meant to be: a journey from literacy to wisdom, from information to understanding, from the mind to the heart –it's about becoming truly human.

OBSERVATION

Disillusionment when expectations not met



I observed that a majority of students entering engineering and professional colleges had narrow motivations—either:

Continued on p14

SHARING OF SURABHI GAUTAM, STUDENT OF ALL INDIA INSTITUTE OF AYURVEDA (AIIA), GOA

Family Background

Eldest of three siblings in a family from Agra, Uttar Pradesh.

In my family, *I'm the eldest – which comes with a lot of responsibility.* This workshop on UHV has brought massive clarity.

Key Realizations

I used to think happiness lies in objects or other people. But now I see – happiness is within. That was the first shift.

Earlier, I'd casually say, **"They don't trust me."** But I didn't even know what trust meant. This workshop made me understand *Trust as the foundation of relationships – and Respect as right evaluation.* It's not about praising someone too much or too little. It's about evaluating rightly.

Family Changes

In my house, there's a lot of expectation from me – to help my siblings, manage household tasks, and be the responsible one. I used to bottle up emotions. But now, I've learned to let go.

I used to hold grudges, especially when someone behaved rudely. But I realized – everyone has different competence. *If someone didn't do something, maybe they couldn't, not that they didn't want to.*

One day, I had a fight with a friend during the workshop. I remembered a key line: **"Sambandh ya virodh?"** (Relationship or opposition?) That line stayed with me.

I chose acceptance over expectation – and the conflict resolved.

Broader Vision

I see now how much we exploit nature. We focus so much on physical comfort that we ignore nature's balance. I now feel responsible – not waiting for some big authority to fix things, but doing my part.

Even in Ayurveda, the body and consciousness are treated separately. Keeping the mind stable is essential for health.

What I'll Do Next

For myself – I'll reduce expectations, regulate emotions, and continue self-exploration.

For society – I'll tell my parents and siblings about this workshop.

And since today is Holika Dahan – let's burn all our inner grudges too. Happy Holi!

REFLECTIONS FROM STUDENTS AND ALUMNI

"Ultimately, universal values are the compass helping me navigate life in a way that not only uplifts me but also positively impacts those around me."

Mohammed Aamir Thameemul Ansari, 2nd year Electronics & Communication Engineering, SRMIST, KTR



"Before taking UHV, I thought, oh it's just a three-credit subject and what has it got to do with our life... But then after realizing the impact it created, I would definitely say that it is the best ever subject that can be undertaken."

Harinishree Meenakshi Sundar, 2nd year, Biomedical Engineering, SRMIST, KTR



"Communication gap between my sisters and me is filled"

Akash Mishra, Alumnus, Inderprastha Engineering College, Ghaziabad

I am Akash Mishra, from Basti, Uttar Pradesh. I did my B.Tech in Information Technology from Inderprastha Engineering College, Ghaziabad, and currently work as a software developer. My journey with UHV began in 2018–19 during college, introduced by my professor Dr. Upasana Mam. Initially, I thought UHV was not meant for technical people like me—maybe some list of do's and don'ts.

But when I actually attended the workshop, I found that it's about self-exploration, not rules. That one realization changed my perception completely.

I belong to a typical Brahmin family with strong preconditioning. My father was quite dominant, and most communication was one-sided. I used to get irritated, even feel opposition towards him. But once I understood the proposal of "Trust in Relationships"—that the issue is often of competence, not intention – things started changing. I began communicating with him in the form of proposals. That helped initiate dialogue. Today, we have two-way communication, and he has also attended UHV workshops.

My sisters used to hide things from me, thinking I might react angrily. But **when I explored the feeling of respect, and interacted respectfully with them, they saw the change. Now, we share openly, and there is no communication gap.** My mother always worried that sons change after marriage – I used to wonder, why would that happen? After UHV, I got clarity on the feeling of affection, and today my mother has that assurance that I will not change.

Professionally too, UHV made a huge difference. When I got laid off in 2023, I was surprisingly calm.

Continued on p12

MANAGEMENT DEVELOPMENT PROGRAM (3-DAY, FACE-TO-FACE)

National Institute of Technical Teachers Training and Research

- Chandigarh



10 APR - 12 APR SUCCESSFULLY ATTENDED: 113

RP: Dr. Kumar Sambhav, **CF:** Shri. Rajul Asthana & Shri. Jitender Narula, **O:** Mr. Akash Mishra

P D A College Of Engineering

-Kalaburagi, Karnataka



24 APR - 26 APR SUCCESSFULLY ATTENDED: 57

RP: Mr. Rajul Asthana & Mr. Umesh Jadhav, **CF:** Mrs. Soumya & Dr. Anita Mane, **O:** Dr. Shashikant S Kurodi

INTRODUCTORY UHV FDP (5-DAY, ONLINE)

14-18 APR 2025 (English) - 186 participants

21-25 APR 2025 (Hindi) - 72 participants

INTRODUCTORY UHV FDP (3-DAY, FACE-TO-FACE, SELF-FUNDED)

MKSSS Sitabai Nargundkar College Of Nursing For Women

- Nagpur, Maharashtra



09 APR - 11 APR SUCCESSFULLY ATTENDED: 27

RP: Dr. Mahesh Kolte, **CF:** Dr. Jasmirkaur Randhava, **O:** Mr. Pratik V Dhage

Mother Theresa Institute of Engineering & Technology

- Palamaner, Andhra Pradesh



10 APR - 12 APR SUCCESSFULLY ATTENDED: 53

RP: Dr. Ela Manoj Dedhia, **CF:** Dr. T. Suneetha, **O:** Dr. V.Chandra Sekhar

IEC Group of Institutions

- Greater Noida, Uttar Pradesh



11 APR - 13 APR SUCCESSFULLY ATTENDED: 48

RP: Dr. Vanchana Singh, **CF:** Dr. Priya Srivastava, **O:** Dr. Arun Kumar Pandey

Janardan Rai Nagar Rajasthan

Vidyapeeth University - Udaipur, Rajasthan



24 APR - 26 APR SUCCESSFULLY ATTENDED: 52

RP: Dr. B. K. Sharma, **CF:** Dr. Alka Swami, **O:** Dr. Saroj Lakhawat

Lachoo Memorial College of Science and Technology

- Jodhpur, Rajasthan



27 APR - 29 APR SUCCESSFULLY ATTENDED: 58

RP: Dr. B. K. Sharma, **CF:** Dr. Piush Sharma, **O:** Dr. Pawan

Padm Dr V B Kolte College of Engineering

- Buldana, Maharashtra



18 APR - 20 APR SUCCESSFULLY ATTENDED: 48

RP: Mr. Vinay Chidri, **CF:** Mr. Suryakant Vitthal Jagtap, **O:** Dr. Prashant B Daigavane

Kannur University

- Kannur, Kerala



24 APR - 26 APR SUCCESSFULLY ATTENDED: 53

RP: Dr. N Sunilkumar, **CF:** Dr. Deepa G Nair & Mr. A Deepesh, **O:** Mr. G Jayaprakash

Thiagarajar College of Engineering

- Madurai, Tamil Nadu



28 APR - 30 APR SUCCESSFULLY ATTENDED: 57

RP: Dr. Ela Manoj Dedhia, **CF:** Dr. S. Mythili, **O:** Mr. L. Vadivel Kannam

- **RP** = Resource Person
- **CF** = Co-Facilitator
- **O** = Observer

- **E** = English Language
- **H** = Hindi Language
- **M** = Malayalam Language

UPCOMING EVENTS IN MAY 2025

MDP

(3-DAY, FACE-TO-FACE, SELF-FUNDED)

26-28 May 2025 at Sri Sai Ram Engineering College, Chennai, Tamil Nadu.

UHV-II

(8-DAY, FACE-TO-FACE, SELF-FUNDED)

12-20 May 2025 at SNJB's Late Sau. K. B. Jain College of Engineering, Chandwad, Maharashtra.

23-30 May 2025 at Visvesvaraya Technological University, Bengaluru, Karnataka.

UHV-II

(5-DAY, FACE-TO-FACE, SELF-FUNDED)

26-30 May, 2025 at L N Mishra College of Business Management, Muzaffarpur, Bihar.

26-30 May, 2025 at K. K. Wagh Polytechnic, Nashik, Maharashtra.

INTRODUCTORY UHV FDP

(3-DAY, FACE-TO-FACE, SELF-FUNDED)

01-03 May 2025 at IIMT Engineering College, Meerut, Uttar Pradesh.

05-07 May 2025 at Cochin University Of Science And Technology, Cochin, Kerala.

08-10 May 2025 at Sphoorthy Engineering College, Hyderabad, Telangana.

15-17 May 2025 at Mepco Schlenk Engineering College, Sivakasi, Tamil Nadu.

22-24 May 2025 at SRM Institute of Science and Technology, Chengalpattu, Tamil Nadu.

22-24 May 2025 at SRM Institute of Science and Technology, Chengalpattu, Tamil Nadu.

27-29 May 2025 at SRM Institute of Science and Technology, Chengalpattu, Tamil Nadu.

27-29 May 2025 at SRM Institute of Science and Technology, Chengalpattu, Tamil Nadu.

- **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
- **NC-UHV**= National Committee for Universal Human Values
- **FDP**=Faculty development Program
- **MoU**=Memorandum of Understanding
- **SDP**=Student Development Program
- **MDP**=Management Development Program
- **LDP**=Leadership Development Program

CO-EXISTENCE IS EVER-PRESENT, EVER-EFFECTIVE AND EVER-EXPRESSING (CONT.)

They are all related because they are all the expression of co-existence. So, with that understanding, with that clarity, now we can see the units in co-existence with all the other units. When we see the units in isolation, ourselves in isolation with the other units, our whole program will become very different. My desire, my thought, my expectation will be very different. Co-existence is ever present, ever effective and manifesting with every unit of this Nature.

One of the expressions we can see is in the form of four orders in nature. All units can be divided into four orders – physical, bio, animal and human order.

1. Physical Order

from atom to heavenly bodies

2. Bio Order

from cells to human body

3. Animal Order

awakened to activities of selecting/tasting

4. Human Order

***awakened to activities of selecting /tasting, analyzing, imaging...
need to know & potential to know***

We can see physical order from atoms to planets; the bio-order from cells to big forests.

Animal order starts with the activity of tasting and selecting at the level of self and is trying to evolve. Human order is active at the level of selecting/tasting, analyzing/comparing and imaging, and it has the potential to know as well as the need to know.

All these are basically, expressions of co-existence. We would try to see this aspect in this lecture.

When the self associates with the human body, we have the human order. Similarly, when the self associates with the animal body, we have animal order. ***All these are expression of unfolding of co-existence.***

The physical order has a definite recognition and fulfilment. The bio-order also has definite recognition and fulfilment. When it comes to animal order, animal order has also definite recognition and fulfilment because there is an assumption in the self that 'I am the body', so the self is totally identified with the body. ***Therefore, it goes by the definite recognition and fulfilment.***

But, when it comes to human being, this assuming starts playing the crucial role.

The human being on one hand *assumes itself to be the body and on the other hand, many a times, is not able to accept itself as just the body.*

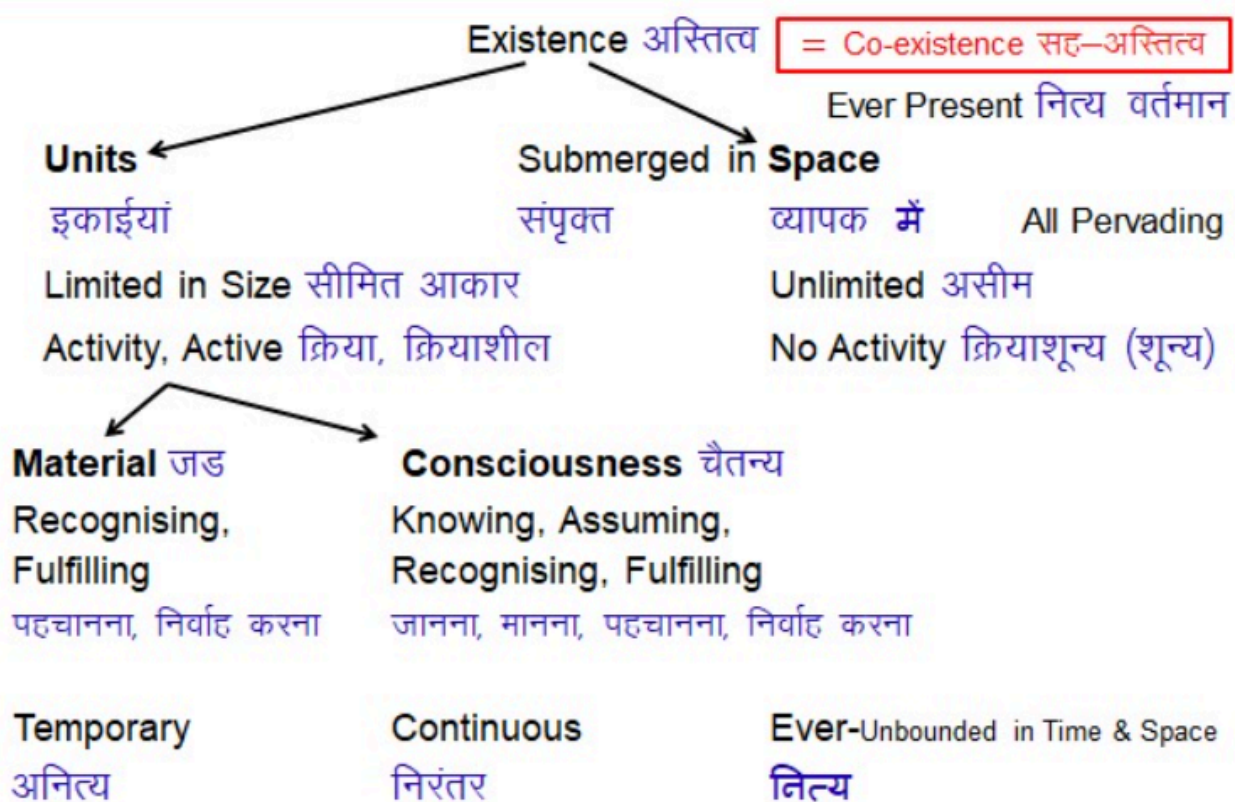
So, this self has become important, this assuming has become important.

As we have discussed earlier too, for a human being, the recognition and fulfilment depends on the assuming or knowing.

This becomes important because the activities of imaging and analyzing/comparing start dominating over tasting and selecting.

We are operating anyway at the level of assuming, recognizing and fulfilling **but if we can see the potential of knowing and utilize this potential, our recognition and fulfilment can also become definite.**

To sum up, Co-existence is ever-present, ever-effective and ever-expressing. It expresses itself into four orders of nature.



Prof. T. G. Sitharam, Chairman AICTE, delivered a compelling keynote, emphasizing the role of integrating **Universal Human Values** into technical education which helps in shaping compassionate, responsible and holistic professionals for a harmonious society. Recognizing this, the **National Education Policy (NEP) 2020** strongly advocates value-based education.



Central to the conference's purpose is the critique of prevailing educational systems, which often undervalue holistic development in favor of technical proficiency. This deficiency creates systemic issues, compelling external compensations that prove ineffective at scale.

The inauguration also saw the sharing of **New UHV-III Textbook, Holistic Human Health Textbook, and UHV for Schools (Textbook, Workbook for cl 9-12 & Teachers Manual)**, reinforcing the commitment to continuous learning and practice.

Conference Objectives and Discussions

Sh. Ganesh Bagaria eloquently outlined the **conference's purpose**, sharing a powerful vision—where *human consciousness leads to fulfilment of individual human purpose, then these individuals working together as family and society will work for the wellbeing of all which will ultimately lead to a humane society.*

Attempts to "fix" these issues outside the formal education system fall short because they address symptoms, not the root causes.

To realize this vision, the **All India Council for Technical Education (AICTE)** has played a pivotal role. Since 2017, AICTE has actively promoted UHV through:

- Integration in student induction programs
- Faculty development initiatives
- Outreach to over 4,000 higher education institutions

This led to an engaging series of **panel discussions**, delving into **self-development** and **team-building**, enabling participants to refine their perspectives and interpersonal skills:

- **Personal development fuels teamwork**
- **Leadership must be about service, not authority**

- **Sustained engagement comes from shared responsibility and continuous dialogue**
- **Trust, communication, and collective success define strong teams**

Stepping forward, the initiative calls for identifying key projects, taking ownership, and working collaboratively to spread value-conscious education and consciousness development. Volunteers serve not just as participants but as leaders who nurture, multiply, and sustain this work.

A key segment of the conference included **plenary sharing sessions, brainstorming workshops, and team discussions**, designed to maximize engagement and knowledge-sharing:

- **Regional Team Meetings** reinforced synergy and cross-regional collaboration.
- **Case Studies** showcased **successful UHV-driven initiatives, FDPs, newsletters, websites, and outreach projects.**
- **Volunteer Matching** helped connect proactive individuals with key projects for **2025-26**, ensuring long-term impact.

Volunteers shared heartfelt reflections on their **personal journey**, highlighting transformative experiences and growth. Their narratives underscored the conference's impact in fostering empathy, collaboration, and resilience.

*"There is no hierarchy here; **we are learning the essence of relationship**, responsibility, and teamwork..."*

- Dr. P Supraja, SRMIST

"यूएचवी के संपर्क में आने के बाद ही पता चला कि भीतर भी कोई जगह है जहां काम करना है... धीरे-धीरे अपने इमेजिनेशन पर ध्यान जाना... उस इमेजिनेशन के भीतर थॉट्स को देख सकता हूं... तब एक हार्मोनी कंफर्टेबिलिटी काफी देर तक महसूस होती है..."

- Mr. Bhanu Pratap Singh

*"...We are always supported by our guides and mentors; **this is just the beginning of our journey towards a global family.**"*

- Dr. Ishrat Meera Mirzana , Muffakham Jah College of Engineering & Technology

*"... UHV content helped me realize I was overvaluing one child and undervaluing the other... **Now, I observe myself with patience and try to respond rather than react, acknowledging this is an ongoing process...**"*

- Dr. Hemamalini , SRMIST

*"Attending the weekly meetings and morning sessions **helped me continuously explore and reduce reactionary behavior...**"*

- Ms. Priya C.V

*"**UHV opened me to understanding relationships as natural acceptance...** I have moved from blaming everyone else to accepting responsibility for myself..."*

- Ms. Saumyaai

Valedictory Session and Key Takeaways

The conference concluded with a Valedictory Session, featuring reflections by SRMIST deans. Their insights reaffirmed the event's significance in shaping thought leaders and practitioners of Universal Human Values.

I saw real happiness in this conference—not the materialistic kind, but the kind born from right understanding and affection.

- Dr. R.P. Mahapatra, Dean (CET), SRMIST

We saw young participants from across the country—the mini-India that is almost sitting here—step forward with fresh ideas and enthusiasm and professionally share their insights with wisdom and humility.

- Prof. Dhowmya Bhatt, Dean (IQAC), SRMIST

Dr. Kumar Sambhav summarized the **key takeaways**, reinforcing the importance of **integrating Universal Human Values** into daily life and professional practice. Dr. Kumari begins by expressing profound gratitude to SRMIST for hosting this pivotal event, which was the first national gathering post-pandemic, marking a significant milestone for the UHV volunteer community from across India.

He elaborates on the conference's thematic focus on team development, societal progress, and the intrinsic human goals such as right understanding, right feeling, fearlessness, prosperity, health, and coexistence with nature. One of the significant observations he shares is the accelerated timeline in developing resource persons and volunteers—from 5-10 years earlier to now only 2-4 years, thanks to accessible online workshops and continuous self-exploration methodologies, which foster deeper self-awareness and team synergy. Key personal transformations among participants are also shared — resolving familial conflicts, improvements in physical and emotional health, increased internal awareness, reduced reactivity, and a shift from external to internal sources of happiness. The overarching takeaway is the realization of human values as the foundation of a fulfilling life and effective societal development. Finally, Dr. Kumar appreciates the hospitality, especially the inclusive and respectful atmosphere at the conference, including the consideration of fasting participants and the generosity of supporters like Sundep Mada, who publishes UHV literature selflessly. His closing remarks inspired attendees to uphold ethical standards and contribute to a culture of mutual respect and understanding. **It concluded on a promising note, urging participants to continue their journey of learning and implementation.**

UNIVERSAL HUMAN VALUES – CRITICAL FOR EDUCATION TO BE HOLISTIC AND HUMANE (CONT.)

Students began valuing **relationships, self-worth, and social contribution**—not just job placements.

“Students develop a sense of ownership with their institute—when they feel, ‘this is my institute,’ minor problems dissolve. Many students even take the initiative to solve issues like water leakage or seepage themselves, without relying on authorities.”

OBSERVATION

Mismatch of Aspirations and Outcomes...

Student strikes & protests... Students feel neglected...



Students and their families invest heavily—both financially and emotionally—in higher education. As a result, they hold very **high expectations** including: career success, good jobs, and personal growth. But when these **expectations are not met**, students experience frustration, anxiety, and disillusionment, often resulting in protests, disengagement, or even dropout.

INSIGHT

Reflect lack of voice and ownership Treated as outsiders in their own college...

- **Expectation vs. Reality** becomes evident when career success, stable jobs, and personal growth remain unfulfilled, leading to disappointment.
- **Emotional & Psychological Impact** emerges as unmet expectations result in frustration, anxiety, and disillusionment, affecting students' motivation and well-being.
- **Consequences of Discontent** manifest through protests, disengagement, or even college dropouts, as students struggle with their unmet aspirations.

UHV IMPACT

UHV instills self-responsibility

This is not discipline—it is **belonging**.

- It **bridged the emotional and aspirational gap**.
- It gave students a sense of **ownership, and meaning**.
- **Conflicts reduce**, and peer relationships become more **harmonious**.
- Teachers report that students **engage better** & began **solving real problems** on campus—plumbing, cleanliness, teamwork.
- They looked at teachers with **empathy**, not fear.

Many teachers, after 15 to 20 years in the profession, realized for the first time what the role of a teacher and education truly is. By the end of the UHV workshop, some were in tears, saying, 'Now we are fully prepared.'

OBSERVATION

When teaching fails to embrace holistic education



We asked teachers, '**Everyone knows what's right, but do we follow it?**' When they realize they don't, many are in tears. I knew the chain would not break unless management changed. So, we took the initiative and invited trustees, heads, and even their spouses to join UHV workshops.

INSIGHT

Routine instruction led teaching lacks meaningful mentorship

- **Delayed Awareness** – Teachers spent years in the profession without realizing their true role.
- **Rigid Methods** – Teaching relied on rules instead of reflection and critical thinking.
- **Lost Purpose** – Educators operated mechanically, missing deeper connections with students.

Rehumanize the role of the teacher

- UHV prompts educators to introspect through real-life scenarios, fostering **deeper awareness** and authenticity.
- Teachers now interact beyond academics, **actively mentoring, listening, and building personal connections.**
- This renewed purpose fuels enthusiasm, **joy & presence.**

TRANSFORMATIVE PROGRESS

- From **competition to connection:** Students show greater clarity, cooperation, and responsibility.
- From **instruction to introspection:** Teachers experience renewed motivation, deeper relationships, and authenticity.
- From **performance to purpose:** Managements grow more humane, responsive, and reflective. Institutions witness harmony, energy, and ownership.

Prof. Sahasrabudhe envisions this as the foundation of a rehumanized education system, and rooted in India's civilizational ethos.

As we move toward the vision for human education, this silent revolution—rooted in values, reflection, and relationships—may well become India's greatest contribution to the world of education

REFLECTIONS FROM STUDENTS AND ALUMNI (CONT.)

I had already done the correct identification of my needs and had faith in my competence. Even my friends asked, "Are you pretending to be normal?" I said, "No, I actually feel okay."

In my current job, we work in two-week sprints. ***If someone's code fails, the team loses points. Earlier, I would have blamed others. Now I collaborate, without irritation.*** I remember one time during deployment, all servers went down due to a team mistake. Everyone panicked and blamed each other. But I stayed composed, initiated team communication, and we resolved it without escalation. UHV has truly made me solution-centric instead of problem-centric.



"I insisted on working on real, rural issues"

Roshan Kumar Singh, Alumnus,
United College, Allahabad

Hi everyone, I am Roshan Kumar Singh. I am currently pursuing PhD at the University of Alberta, Canada, in the field of air pollution. My UHV journey began in 2018 during B.Tech at United College under AKTU.

I had a big career dilemma back then "what after B.Tech?" That's when I took the UHV course, and unlike any other course, it made me reflect deeply on life and harmony, not just at the individual level but in connection with family, society and nature.

After attending an 8-day workshop (thanks to Dr. Rita Mam's encouragement), I had clarity that I wanted to contribute to nature. I shifted to environmental engineering. Initially, I feared chemistry, but UHV helped me remove that fear. I went back, studied from class 6 to 12 textbooks, and overcame the block.

My family is a large joint family with four brothers and several children. Earlier, there was a mindset that someday everyone would go nuclear. But when I understood harmony and prosperity, I took initiative. Now, our family of 35+ members are living together as a joint family. Many family members have also attended UHV workshops. Even those who haven't are exploring it through mentors.

At my university, ***I could have gone the traditional way of completing research for publication. But I insisted on working on real, rural issues.*** Now, I am studying the impact of indoor and outdoor air pollution in villages and its link to climate change. When I faced stress in research, the ability to pause, trace the root of the contradiction, and organize myself really helped.

UHV gave me clarity that prosperity is in understanding my needs and ensuring my ability to garner more than my need, and not merely in accumulating more and more money. That is the real impact.

"UHV helped me become a better team player!"

Lakshya Mittal, Alumni,
Ajay Kumar Garg Engineering College,
Ghaziabad

I did my B.Tech in IT from Ajay Kumar Garg Engineering College and graduated in 2024. I currently work as a software engineer at a technology company. During college, I attended three UHV workshops that deeply influenced me.

Before UHV, I was short-tempered. I used to panic easily. I never realized that this came from inner contradiction. If things went my way, I was happy. If not, I would feel disturbed. After UHV, I saw that these outbursts stem from wrong assumptions, especially about people close to me.

Earlier, I used to get influenced by flashy success. I would constantly change my goals. Now, I focus on self-awareness and excellence, not external comparisons. **My studies became less about marks and more about understanding.**

In my professional life, **UHV helped me become a better team player.** Once, when a colleague had a family emergency, I supported him by taking up his tasks. We finished the project on time, and the team bonded better. Another time, salaries got delayed in our company due to a bank issue. Most colleagues panicked, but I stayed calm. I had trust in the company. This came from my inner stability, developed through UHV.

The biggest insight was understanding feelings like trust and respect. I now set boundaries between work and personal life, remain calm under pressure, and listen to others with empathy. I also collected sharings from friends who experienced similar growth. Our intention matters, not just action.

In future, I want to take sessions in my college and workplace to share how UHV changed my life. If it helped me, it can help others too.

Observations

➤ **Improved Teamwork:** All three alumni described stronger collaboration at work. They shifted from blame or self-focus to mutual support and understanding.

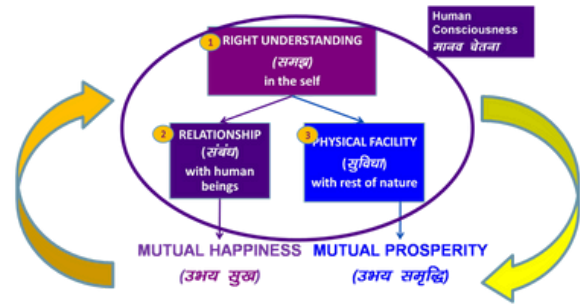
➤ **Emotional Stability:** Whether facing layoffs, deadlines, or family tensions, they showed resilience and calmness.

➤ **Better Relationships:** Communication with family members improved significantly, especially with parents and siblings.

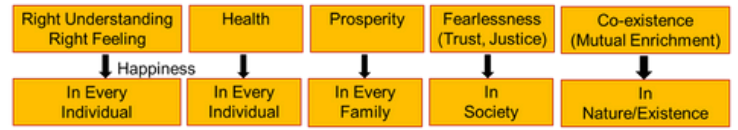
➤ **Sense of Purpose:** Each alumni moved from confusion or societal pressure to clarity of purpose—be it in choosing research over a job or contributing to social well-being.

➤ **Continued Exploration:** All of them remain engaged in UHV practice through workshops, mentoring, or self-reflection.

Their stories stand as a testament to how meaningful integration of value-based education in college life continues to shape lives beyond the classroom.



Humane Society



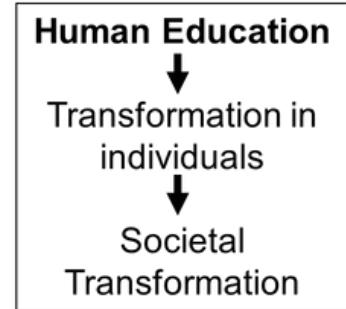
Family based Society (families, nations, whole world making effort for human goal)



Inhuman "Society"... Crowd... Battlefield

Assumptions (eg. Money is everything) ❌	Indulgence Malnutrition Disease ❌	Accumulation By Any Means ❌	Exploitation, Injustice Fear ❌	Mastery and Exploitation ❌
In Most Individuals	In Many Individuals	In few Individuals	In Society	Over Nature
Obsession for Consumption for Profit for Sensual Pleasure ❌	Rich-Poor Divide ❌	Terrorism War ❌	Resource Depletion Pollution ❌	

Individualistic "Society" (effort for different / conflicting goals)

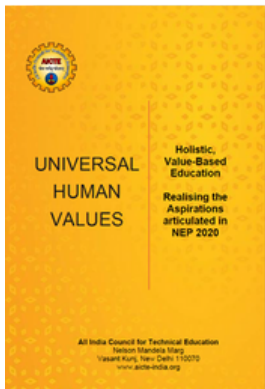


From ICHVHE 2024 Keynote "Vision for Human Education"

Resources



Website of the UHV Cell, All India Council for Technical Education
<https://fdp-si.aicte-india.org/index.php>



Vision for Holistic, Value-based Education

About UHV: pp 67-69

Download from AICTE

https://fdp-si.aicte-india.org/download/HVBE_for_NEP2020.pdf

Website

Website of The UHV Foundation

<https://uhv.org.in/>



UHV Foundation YouTube Channel

<https://www.youtube.com/c/UniversalHumanValues>

Official Newsletter of UHV Team

UHV Foundation (Regd. No. 2024/23/2075)

Holistic | Universal | Rational | Verifiable | Humane Education for the well-being of all