



JULY 2025

# NEWSLETTER

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## Empowering Youth to take charge of their health holistically

This Point of View document addresses the urgent need to redefine youth health and healthcare from a disease-centric and body-centric model to a holistic, preventive, and self-responsible paradigm. It integrates the Universal Human Values (UHV) framework-specifically Holistic Human Health (HHH)-with current global and India-specific data to provide a robust case for policy-level integration in medical education.

### The document outlines:

- a SWOT analysis of the current health status of youth and the healthcare system;
- UHV/HHH-based all-encompassing solution; and
- an implementation roadmap to realise its full potential.

This point of view addresses the majority of our present-day concerns regarding the healthcare system as well as promotes a holistic understanding of health that fosters harmony at all levels.

## Its full-fledged implementation can yield the following outcomes:

### INDIVIDUAL LEVEL

- Addressing problems related to the body and mind (e.g., stress) at the root rather than after the impact on the body becomes acutely visible as a disease.
- Curing Noncommunicable Diseases and other psycho-somatic diseases, not merely managing them for life
- Addressing physical health with responsibility (true prevention of disease) with the program for health

### HEALTHCARE SYSTEM LEVEL

- Alignment with the implementation of NEP 2020 and National Health Policy for sustainable adoption.
- Sustainability of the healthcare system
- Inculcation of human values and service-orientation of health professionals in a profession currently being driven largely by profit maximization

### ENVIRONMENT LEVEL

- Seeing our role and participation as human beings in keeping our environment (family, society, and nature) healthy and harmonious.

Continued on p10



# DRIVING UHV IMPLEMENTATION NATIONWIDE: OUTCOMES OF THE 15<sup>TH</sup> NCC-IP MEETING

## MEETING HIGHLIGHTS: 15<sup>TH</sup> NCC-IP – 23RD JULY 2025



### SPOTLIGHT: UHV OUTREACH BEYOND ACADEMIA

Efforts to extend UHV to:

- **2000 schools**
- **2 correctional facilities**
- **Bhutan initiatives**

- Summary of key outcomes from the 20-point discussion.
- Focus on strategic goals and progress benchmarks:
  - UHV Cells in 100% institutions (**currently ~35%**)
  - Foundational UHV in 100% institutions (**currently ~25%**)
  - Minor Degree in UHV in 20% institutions (**currently few, rising demand**)
  - Establishment of 100 UHV nodal centers (**currently 37 potentials**)

### LANGUAGE EXPANSION INITIATIVE

- Progress on preparing UHV materials in Indian languages.
- **Current status:** English + 3 Indian languages.
- Testimonials or case studies from these outreach programs.

### INSTITUTIONAL SUCCESS STORIES

- Feature 2–3 institutions that have successfully implemented UHV programs.
- Highlight innovative practices, student engagement, and faculty development.

Continued on p13

# राज्य आनंद संस्थान संपादकीय संदेश: क्षेत्रीय सहयोग और सार्वभौमिक मानव मूल्य कार्यान्वयन के बीच सेतु

प्रिय पाठकों,

इस अंक के माध्यम से हम मिल रहे हैं मानवीय मूल्यों की उस धारा में, जो जीवन को सार्थक और समाज को समग्र बनाती है। यह पत्रिका, न केवल कार्यक्रमों की झलक देती है, बल्कि उन अनुभवों, विचारों और प्रेरणाओं को भी समेटती है, जो हमारी मानवीय समाज की चेतना को पोषित करती है।

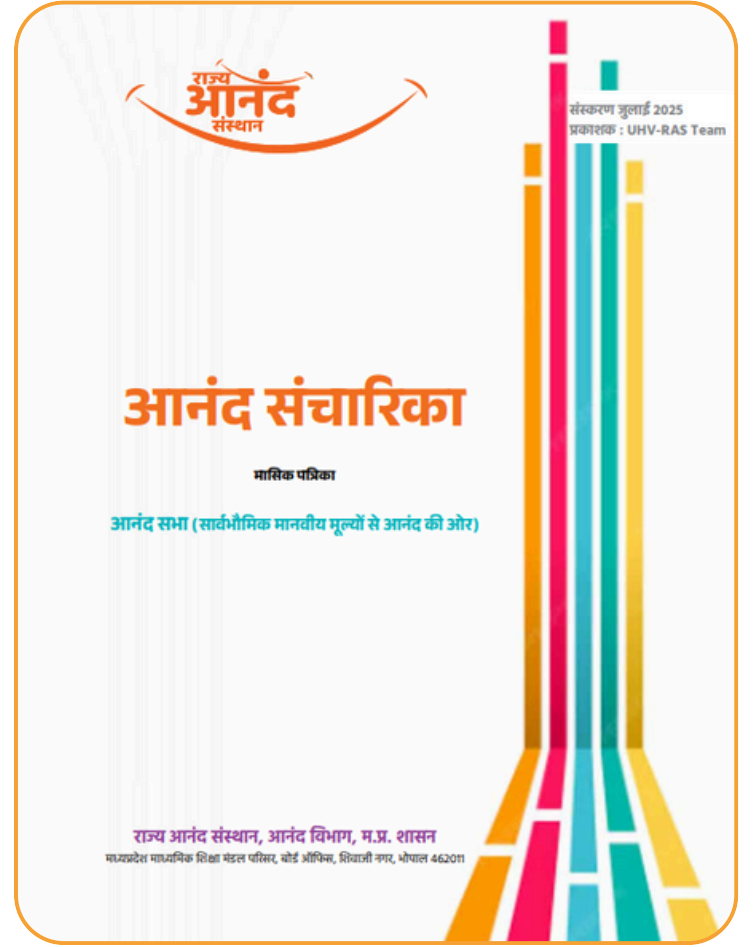
मध्यप्रदेश में राज्य आनंद संस्थान, आनंद विभाग द्वारा मानवीय मूल्य शिक्षा के प्रसार हेतु प्रयास किया जा रहा है। इसके अंतर्गत शालेय विद्यार्थियों के लिए साप्ताहिक “आनंद सभा” का कार्यक्रम विद्यालयों में संचालित किया जा रहा है। इस हेतु शिक्षकों के लिए 6 दिवसीय कार्यशाला का आयोजन ग्रीष्म अवकाश के दौरान किया गया, जिसमें लगभग 2,800 शिक्षकों ने भागीदारी की। कार्यक्रम संचालन में NCC IP - AICTE के प्रबोधकों के साथ बड़ी संख्या में स्वैच्छिक आनंदकों ने भी भागीदारी की।



पिछले माह इन कार्यक्रमों की गतिविधियों के बारे में संक्षिप्त जानकारी देने का यह प्रयास है। AICTE के सहयोग से श्री मोहित श्रीवास्तव, श्री दिलशाद हुसैन तथा केसरीचन्द पुरोहित इस कार्य को सम्पादित करने में संस्थान के साथ पूर्णकालिक रूप से कार्य कर रहे हैं। मध्यप्रदेश स्कूल शिक्षा विभाग से नोडल अधिकारी के रूप में श्री धीरेन्द्र सिंह तोमर एवं श्रीमती श्रद्धा गुप्ता राज्य संस्थान में पदस्थ हैं।

सभी के प्रयासों के प्रति आभार....

सत्यप्रकाश आर्य,  
निदेशक, राज्य आनंद संस्थान







## INVITING YOU TO ICHVHE 2025!

We warmly welcome you to the **10th International Conference on Human Values in Higher Education (ICHVHE 2025)**, a global forum dedicated to cultivating a value-based approach to learning.



# ICHVHE 2025

## EMPOWERING YOUTH THROUGH VALUE-DRIVEN EDUCATION

for a happy and peaceful world

DISCOVER MORE HERE:

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



**Register Now!**

*Registration closes **30<sup>th</sup> Nov**, its Free*

This conference is offered as a **heartfelt gift** to society by the host institute, organiser, and supporting partners. **Contributions are encouraged through active understanding, practice, and promotion of human values in education.**

### **CALL FOR VOLUNTEERS – ICHVHE 2025**

We cordially invite committed individuals to volunteer for this prestigious global forum. The conference provides a platform to advance a value-based approach to learning and to foster meaningful dialogue among educators, scholars, and thought leaders from around the world. Volunteers will play a pivotal role in ensuring the seamless execution of the event and in furthering its mission to integrate human values into higher education.

🔗 **Volunteer Registration:** [Google Form](#)

*We welcome your participation in this significant endeavor to promote integrity, compassion, and responsibility in education.*

## SHARING BY MOHAN B. RAO - FROM A TASKMASTER TO A HARMONIOUS EXPLORER

Before 2020, I was a fun-loving, task-oriented person. Today, I'm a truly **happy person-connected, content, and at peace.**"

Namaste, dear friends and fellow explorers of Universal Human Values (UHV). I'm

Mohan B. Rao, currently serving as an adviser to SIWS Group of Institutions, Mumbai, and was working as a consultant to the Government of Taiwan and National Tsing Hua University. But beyond roles and titles, I want to share my inner journey—a journey that completely transformed the way I think, feel, and live.



### UHV: A PERSONAL SHIFT

In May 2020, I attended my first online FDP on Universal Human Values. That moment was a turning point. Thanks to Umesh Jadhav Sir and Jitender Sir, who introduced me to UHV, I began to **unlearn** what I had carried for decades and relearn what truly matters. Their gentle guidance made me feel supported and connected in a way I had never felt before.

Since that first FDP, my life has been changing in ways I could not have imagined. From being a taskmaster and perfectionist, I began to understand the importance of harmony—both within and with others. I now feel part of a large, loving family—the UHV family.

Continued on p16

## UHV-VI

### HUMAN PSYCHOLOGY PART-I (4-DAY)

**SRM Institute of Science & Technology** - Chengalpattu, Tamil Nadu



**E** 12 JUL - 15 JUL SUCCESSFULLY ATTENDED: 66

**RP:** Mr. Rajul Asthana & Dr. Kumar Sambhav, **O:** Dr. G. Kumaresan

## UHV-II Refresher

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

**Ajay Kumar Garg Engineering College** - Ghaziabad, Uttar Pradesh



**H** 28 JUL - 01 AUG SUCCESSFULLY ATTENDED: 28

**RP:** Dr. Gopal Babu, **CF:** Dr. Vanchana Singh, **O:** Dr. Navin Kumar Sharma

## UHV-II

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

**Guru Nanak Dev Engineering College** - Ludhiana, Punjab



**P H** 14 JUL - 21 JUL SUCCESSFULLY ATTENDED: 38

**RP:** Mr. Jitender Narula, **CF:** Dr. Priyadarshini, **O:** Mr. Bidhi Chand

## UHV-II

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

**Mar Baselios College of Engineering & Technology** - Thiruvananthapuram, Kerala



**E** 21 JUL - 25 JUL SUCCESSFULLY ATTENDED: 11

**RP:** Mr. Umesh Jadhav, **CF:** Prof. Priya C V, Dr. Joy Varghese **O:** Mr. Manilal V J

- **UHV**=Universal Human Values
- **UHV-I**=Introduction to Universal Human Values
- **UHV-II**=Understanding Harmony and Ethical Human Conduct
- **UHV-VI**=Understanding Human Psychology – Leading to Full Human Potential



## (8-DAY, FACE-TO-FACE, AICTE-FUNDED)

### Manav Rachna International Institute of Research Studies - Faridabad, UP



**H** 27 JUN - 04 JUL SUCCESSFULLY ATTENDED: 42

**RP:** Dr. BK Sharma, **CF:** Dr. Abha Mishra, **O:** Dr. Charanjeet Madan

### SRM Institute of Management and Technology - Modinagar, Uttar Pradesh



**E** 27 JUN - 04 JUL SUCCESSFULLY ATTENDED: XX

**RP:** Mr. Moti Chand Yadav, Mr. RP Singh, **CF:** Dr. Manorama Sharma, **O:** Ms. Pooja Sharma

### Acharya Institute Of Technology - Bengaluru, Karnataka



**E** 30 JUN - 07 JUL SUCCESSFULLY ATTENDED: 72

**RP:** Dr. Kumar Sambhav, Mr. Umesh Jadhav, **CF:** Dr. Soumya S, **O:** Mr. G Jayaprakash

### Biju Patnaik University of Technology - Rourkela, Odisha



**E** 03 JUL - 10 JUL SUCCESSFULLY ATTENDED: XX

**RP:** Dr. Upasana Mishra, **CF:** Dr. Dilip Debnath, **O:** Mr. Rabindra Raut

### Maharashtra Institute of Technology - Chhatrapati Sambhajanagar, Maharashtra



**E** 12 JUL - 19 JUL SUCCESSFULLY ATTENDED: 39


**RP:** Mr. Umesh Jadhav, **CF:** Dr. Nidhi Sachade, Ms. Anita Mane, **O:** Dr. Prashant B Daigavane

## UHV II FDP

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

**Madanapalle Institute of Technology & Science** - Madanapalle, Andhra Pradesh



 21 JUL - 25 JUL **SUCCESSFULLY ATTENDED: 62**

**RP:** Dr. Yashvant Patil, **CF:** Ms. B. Raghavamma, **O:** Prof. Kalluru Sesa Maheswaramma

## INTRODUCTORY UHV FDP

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

**SNJB's Shri Hiralal Hastimal Polytechnic** - Nashik, Maharashtra



 03 JUL - 05 JUL **SUCCESSFULLY ATTENDED: 52**

**RP:** Ms. Aprajita Singh, **CF:** Dr. Kiran Naphade **O:** Dr. Datta Pawase

## INTRODUCTORY UHV FDP

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

**Shivajirao S Jondhale College of Engineering** - Dombivli, Maharashtra



 02 JUL - 04 JUL **SUCCESSFULLY ATTENDED: 57**

**RP:** Mrs. Nidhi Sachde, **CF:** Dr. Lipika Mitra **O:** Dr. Atul Dhale

**Jaypee University** - Anoopshahr, Uttar Pradesh



 07 JUL - 09 JUL **SUCCESSFULLY ATTENDED: 44**

**RP:** Dr. Yudhishtir Singh, **CF:** Dr. Abha Mishra, **O:** Ms. Reena Sharma

- **FDP**=Faculty development Program
- **SDP**=Student Development Program
- **MDP**=Management Development Program
- **LDP**=Leadership Development Program



## School of Engineering & Technology - Jaipur, Rajasthan



**H** 10 JUL - 12 JUL SUCCESSFULLY ATTENDED: 20

**RP:** Dr. B. K. Sharma, **CF:** Dr. Piyush Sharma, **O:** Dr. Akhileshwar Pandey

## SCTR's Pune Institute of Computer Technology - Pune, Maharashtra



**E H** 11 JUL - 13 JUL SUCCESSFULLY ATTENDED: 55

**RP:** Dr. Yashvant Patil, **CF:** Ms. Vrinda S. Raote, **O:** Mr. Shasikant C. Suryawanshi

## Govt. College Of Education, Sector 20-D - Chandigarh



**E H** 23 JUL - 25 JUL SUCCESSFULLY ATTENDED: 47

**RP:** Mr. Ajay Kumar Pal, **CF:** Dr. Manisha Gupta, **O:** Mr. Yashveer

## School of Advanced Studies, S-VYASA - Bengaluru, Karnataka



**E** 24 JUL - 26 JUL SUCCESSFULLY ATTENDED: 59

**RP:** Mr. Vinay Chidri, **CF:** Ms. Soumya, Smt. Farhat Begum, **O:** Mr. Suryakanth

## Teerthanker Mahaveer University - Moradabad, Uttar Pradesh



**H** 29 JUL - 31 JUL SUCCESSFULLY ATTENDED: XX

**RP:** Dr. Parul Verma, **CF:** Mr. Pavanendra Kumar, **O:** Dr. Arun Kumar Pandey

## INTRODUCTORY UHV FDP (5-DAY, ONLINE)

**21-25 Jul 2025** (English): 303 participants

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

- **E** = English Language
- **H** = Hindi Language
- **P** = Punjabi Language



### UHV-VI Human Psychology Part-II

**(4-DAY, FACE-TO-FACE, SELF-FUNDED)**

**21-24 Aug 2025** at SRM Institute of Science and Technology, Chengalpattu, Tamil Nadu.

### UHV-II

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

**07-14 Aug 2025** at CSMSS Chh. Shahu College of Engineering, Chhatrapati Sambhaji Nagar, Maharashtra

### INTRODUCTORY UHV FDP

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

**06-08 Aug 2025** at Jagran Institute of Management, Kanpur Nagar, Uttar Pradesh.

**12-14 Aug 2025** at Shri Ramswaroop Memorial College of Engineering and Management, Lucknow, Uttar Pradesh.

**12-14 Aug 2025** at Institute of Engineering and Technology Lucknow, Uttar Pradesh.

### INTRODUCTORY UHV FDP

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

**16-18 Aug 2025** at Lalit Narayan Mishra College of Business Management, Muzaffarpur, Bihar.

**20-22 Aug, 2025** at Datta Meghe College of Engineering, Navi Mumbai, Maharashtra.

**21-23 Aug, 2025** at Bhupal Nobles' University, Udaipur, Rajasthan.

**21-23 Aug, 2025** at Chaudhary Devi Lal University, Sirsa, Haryana.

**21-23 Aug, 2025** at JSS Polytechnic, Mysuru, Karnataka.

- 
- **AICTE**=All India Council for Technical Education
  - **NCC-IP**=National Coordination Committee for Induction Program
  - **NC-UHV**= National Committee for Universal Human Values
  - **MoU**=Memorandum of Understanding

## SWOT ANALYSIS: PRESENT-DAY HEALTH OF YOUTH & STATE OF THE HEALTHCARE SYSTEM

### STRENGTHS

# S

- **Reduced infectious disease burden:** Polio eradication<sup>[WHO]</sup> in most countries with the help of vaccination.
- **Advanced** trauma care, diagnostics, and emergency interventions<sup>[WHO Global Health Observatory]</sup>
- **Public awareness** on prevention<sup>[CDC]</sup>
- **Ayushman Bharat scheme** for universal health coverage in India<sup>[Government of India]</sup>
- **NEP 2020 integration** of value-based education<sup>[NEP 2020]</sup>

### WEAKNESS

# W

- **Noncommunicable Diseases** cause 71% of global deaths<sup>[WHO]</sup>
- **Adolescent obesity** projected to affect 464 million by 2030<sup>[The Guardian]</sup>
- Half of all **mental disorders** begin by age 18<sup>[WHO]</sup>
- **India suicide rate** (15–24 yrs) at 21.1 per 100k<sup>[National Crime Records Bureau]</sup>
- Mental health issues are largely being treated by **medicating the body**
- Education largely focused on academic skill; **lack of focus** on values and a **holistic perspective** on life, thus leading to a health system largely driven by profit maximisation
- Current **health system financially inaccessible** to the common man; unsustainable in its current form

### OPPORTUNITIES

# O

- **Redefine health holistically** to include physical, mental, social, and spiritual well-being<sup>[WHO Constitution]</sup>
- **Focus on prevention** through **healthy lifestyle** programs and programs fostering environmental harmony (harmony in family, society, and nature)
- **Encourage research into the role of consciousness** (Self) in health outcomes.

### THREATS

# T

- **Body-centric focus** of medical education; inadequate awareness of a holistic perspective
- **Disease (problem-centric) approach** of current medical education
- **Increasing dependency** of individuals on the healthcare system and of the healthcare system on technology-based tests
- Public **mindset for quick fixes** and least effort rapid solutions to health problems
- **Resistance** from health and pharmaceutical industry giants
- **Environmental degradation** affecting health<sup>[UNEP]</sup>

## CORE INPUTS FROM UHV HOLISTIC HUMAN HEALTH

There is an **urgent need to redefine health beyond symptom** management, moving towards a holistic approach that addresses physical, mental, and social well-being as outlined by the WHO in 1948.

Additionally, it may be necessary **to incorporate the fourth dimension of health – spiritual well-being** – to support individuals in realising their full potential and attaining true, lasting health.

The **UHV Holistic Human Health framework** views the human being as a **co-existence** of the **Self** (consciousness) and the **Body** (material). The Self is central-making decisions, seeking continuous happiness, and it needs to take responsibility for the Body's health.

**Five paradigm shifts are suggested:**

1. From symptom suppression to treating the **root cause**.
2. From a disease (problem) centric to a **health (solution) centric approach**.
3. From a Body-centric approach to a **Self (Mind) + Body approach**.
4. From outsourced health responsibility to the **Self taking responsibility** for one's mental and physical health
5. From seeing the human being in isolation to seeing the *human being as a part and parcel of a larger whole*, **interconnected** with family, society, and nature.

**Reference:** [Holistic Human Health E-book](#)

### **IMPLEMENTING THE PROPOSED HOLISTIC HEALTH SOLUTION (HHH)**

A multi-phase roadmap is proposed for integrating UHV/HHH in medical education. to the role of consciousness (Self) in health outcomes.

The **first step** towards implementing the holistic vision for health would be **to understand the reality of who we are as human beings** and **to understand the environment of which we are a part**.

Then to redefine health holistically to include physical, mental, social, and spiritual well-being, i.e. health of the Self, health of the Body, and health of the environment (family, society, and nature) with a *focus on prevention through healthy lifestyle programs and environmental harmony*.

To understand the holistic vision for health, we **need to understand the universal principles of health** (based on the fundamental reality), follow the recommendations based on these principles, and then implement these *recommendations through a program of health that incorporates various practices in alignment* with the recommendations. Finally, *keep track of the outcomes* in a personal health tracker.

For helping in understanding, sensitising **workshops** on UHV and Holistic Human Health (HHH) can be conducted in medical education (for faculty, staff, and students).



## Some major implementation steps may be:

- ❖ Introduce **age-appropriate holistic health (HHH) modules in early education** and extend to professional courses.
- ❖ **Integrate HHH as a foundation course** in medical, nursing, and allied health curricula.
- ❖ **Conduct Faculty Development Programs** (FDPs) to prepare educators.
- ❖ **Establish mentorship systems** for emotional and mental well-being support.
- ❖ **Launch institutional wellness** centers with integrated medicine approaches.
- ❖ **Use health trackers and assessments** of holistic human development for impact measurement.
- ❖ **Encourage research into the role of consciousness** (Self) in health outcomes.

## REFERENCES

### Publicly accessible documents online resources referenced:

- For the "Holistic Human Health" E-book and associated content:
  - <https://uhv.org.in/foundation/course>
  - <https://creativecommons.org/publicdomain/zero/1>
  - [www.holistichumanhealth.org](http://www.holistichumanhealth.org)
  - [www.uhv.org.in](http://www.uhv.org.in)
- For AICTE Model Curricula and UHV initiatives:
  - [https://www.aicte-india.org/sites/default/files/Model\\_Curriculum/UG-1/ug-vol1.pdf](https://www.aicte-india.org/sites/default/files/Model_Curriculum/UG-1/ug-vol1.pdf)
  - [https://www.aicte-india.org/sites/default/files/Model\\_Curriculum/UG-2/ug-vol2.pdf](https://www.aicte-india.org/sites/default/files/Model_Curriculum/UG-2/ug-vol2.pdf)
  - [https://www.aicte-india.org/sites/default/files/Model\\_Curriculum/Minor%20Degree%20in%20UHV.pdf](https://www.aicte-india.org/sites/default/files/Model_Curriculum/Minor%20Degree%20in%20UHV.pdf)
  - [https://www.aicte-india.org/sites/default/files/Model\\_Curriculum/Minor%20Degree%20in%20IKS.pdf](https://www.aicte-india.org/sites/default/files/Model_Curriculum/Minor%20Degree%20in%20IKS.pdf)
  - [https://www.aicte-india.org/sites/default/files/Model\\_Curriculum/Minor%20Degree%20in%20UHV.pdf](https://www.aicte-india.org/sites/default/files/Model_Curriculum/Minor%20Degree%20in%20UHV.pdf)
  - <https://www.youtube.com/c/UniversalHumanValues/playlists>
  - <https://forms.gle/QwX7go1ZBTdyX44X6>
  - [www.aicte-india.org](http://www.aicte-india.org)

# DRIVING UHV IMPLEMENTATION NATIONWIDE: OUTCOMES OF THE 15<sup>TH</sup> NCC-IP MEETING (CONTD.)



प्रो. टी. जी. सीताराम  
अध्यक्ष

**Prof. T. G. Sitharam**

FNAE, DGE, FASCE, FICE (UK)  
Ph.D. (Univ of Waterloo, Canada), D.Sc  
Post Doc (Univ of Texas, @Austin USA)

**Chairman**

**F. No. AICTE/Admin/UHV/NCCIP/2025-26**



सत्यमेव जयते

अखिल भारतीय तकनीकी शिक्षा परिषद्

(भारत सरकार का एक सांविधिक निकाय)

(शिक्षा मंत्रालय, भारत सरकार)

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ई-मेल : chairman@aicte-india.org

**ALL INDIA COUNCIL FOR TECHNICAL EDUCATION**

(A STATUTORY BODY OF THE GOVT. OF INDIA)

(Ministry of Education, Govt. of India)

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Phone : 011-26131498

E-mail : chairman@aicte-india.org

**Date: 11<sup>th</sup> July 2025**

To,

The Vice-Chancellors,

All the Deemed, Central, State / Private Universities

The Director/Principal,

All AICTE Approved Institutions

**Subject:** Constitution of Universal Human Values (UHV) Cell at Institute Level and University Level.

Dear Sir/Madam,

Greetings from All India Council for Technical Education (AICTE).

As part of the National Education Policy (NEP) 2020 and AICTE's ongoing efforts to integrate Universal Human Values (UHV) into the academic environment, it is imperative that coordinated and structured efforts be made at the University/Institutional level to implement UHV-related activities effectively.

In this regard, all AICTE-approved Universities/Institutions are hereby requested to constitute a UHV Cell within their institution. The UHV Cell will serve as the nodal body for planning, coordinating, and implementing UHV-related programs, workshops, courses, and faculty development initiatives. The suggested constitution of the UHV Cell and detailed guidelines are attached herewith.

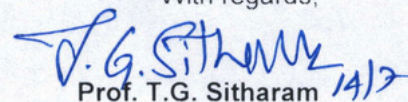
This Cell will also act as the institutional point of contact for AICTE on all matters related to UHV and will work closely with the Regional UHV Coordinator as well as the National Coordination Committee for UHV.

You are requested to constitute the UHV Cell at the earliest and share the details (composition, names, designations, and contact information of members) with the AICTE via Google Form. The link for the Google Form is as follows:

<https://forms.gle/NnUBBjkHAsWxRQwC7>

We look forward to your proactive cooperation in this important initiative aimed at fostering a value-based and humane education ecosystem.

With regards,

  
Prof. T.G. Sitharam 14/7



# CALL FOR PARTICIPATION – APPLY TO BECOME A UHV NODAL CENTER

## Expression of Interest for UHV Nodal Centers – Evaluation Update

On behalf of the **Universal Human Values** (UHV) organization, we are pleased to share that **57 institutions** have submitted Expressions of Interest (**EOI**) to become **UHV Nodal Centers**. This enthusiastic response reflects the growing momentum to institutionalize values-based education and extend its impact across society.

These applications are currently under review, based on the following **seven key criteria**:

- **1 Leadership Commitment and Strategic Preparedness**
- **2 Faculty Readiness and Capacity Building**
- **3 Student Engagement and Program Reach**
- **4 Impact Assessment Study and Research**
- **5 National-Level Volunteer Development**
- **6 Regional Institutional Outreach**
- **7 Community Engagement and Societal Outreach**

We deeply appreciate the proactive efforts of participating institutions and look forward to strengthening this collaborative movement.

### **Call for Additional EOIs**

Institutions that are prepared and committed to advancing Universal Human Values are encouraged to submit their Expression of Interest to become a UHV Nodal Center.







Phone : 011-26131577 - 78, 80

011-29581000

Website : [www.aicte-india.org](http://www.aicte-india.org)

F.No. AICTE/Admin/UHV/NCCIP/2025-26



सत्यमेव जयते

अखिल भारतीय तकनीकी शिक्षा परिषद्

(भारत सरकार का एक सौविधिक निकाय)

(शिक्षा मंत्रालय, भारत सरकार)

नेल्सन मंडेला मार्ग, वसंत कुंज, नई दिल्ली-110070

**ALL INDIA COUNCIL FOR TECHNICAL EDUCATION**

(A Statutory Body of the Govt. of India)

(Ministry of Education, Govt. of India)

Nelson Mandela Marg, Vasant Kunj, New Delhi-110070

**Date:** 24<sup>th</sup> July 2025

To,

The Vice-Chancellors,  
All the Deemed / Central / State / Private Universities  
The Director / Principal,  
All AICTE Approved Institutions

**Subject: Invitation for Expression of Interest (EoI) to become Nodal Centres for Universal Human Values (UHV)**

Dear Sir/Madam,

Greetings from All India Council for Technical Education (AICTE).

AICTE has been consistently working towards integrating Universal Human Values (UHV) into the technical education system to foster holistic and value-based education. As a part of this ongoing initiative, AICTE is inviting **Expressions of Interest (EoI)** from **AICTE approved institutions and technical universities** to develop themselves into **Nodal Centres for Universal Human Values**.

These Nodal Centres will serve as catalyst in promoting UHV at the institutional and regional levels. AICTE will provide support and guidance to institutions that demonstrate commitment and ongoing efforts in this direction. The National Coordination Committee for Induction Program (NCC-IP) will evaluate the applications and declare eligible institutions as Nodal Centre and Potential Nodal Centres.

Interested institutions are requested to submit their EoI by sharing details of their current and past activities in the area of Universal Human Values through the Google Form link provided below:

**Application Link:** <https://forms.gle/c83j22Gzw1GFcRWx6>

**Last date for submission:** 10<sup>th</sup> August 2025

We look forward to your active participation in this important initiative to strengthen value-based education across the country.

For any further information, you may contact the UHV Cell, AICTE:

**Email:** [uhv@aicte-india.org](mailto:uhv@aicte-india.org)

**Phone:** 011-2958-1215

With regards,

**Dr. Neetu Bhagat**

Deputy Director

UHV Cell



सूचना का  
अधिकार

### UNCOVERING THE REAL PROBLEM

Looking back, I realize I was often reactive, impulsive, and easily disturbed. Even though I came from a family rooted in values like giving, caring, and connectedness, I would still get carried away by feelings of mistrust, fear, or irritation. I used to **brood over situations**, blame others, and feel stuck. The **root cause** of this unrest? A lack of awareness of myself-of my own feelings, assumptions, and responses.

### STEPS WITHIN: THE PROCESS OF SELF-EXPLORATION



It was through the **morning sessions** and regular practice of **Exercises 1 and 2** that I began to slowly shift.

In **Exercise 1**, I observed how I generate feelings-how they arise from within me, not from others. That realization changed everything. Today, I don't blame others for how I feel. I see it clearly-I **decide my feelings**.

In **Exercise 2**, I became more aware of my body and its needs. I observed how my habits-overeating, reacting, or getting angry-could be regulated from within. Earlier, I used to react in 9 out of 10 situations.

Now, I respond in 8 out of 10, and I stay calm more easily.

Just recently, I shouted at my driver for a small mistake. But within minutes, I realized my reaction wasn't helping. I apologized. His stunned expression said it all-I had never done that before! But it felt right, and necessary.

Until 2021, I was a foodie-I used to weigh 93 kg. Thanks to the UHV Health sessions and my family's support, I now weigh 83 kg and follow a mindful, healthy routine. I no longer eat out of compulsion, but out of **choice and understanding**.



### MANAGING ROLES WITHOUT INNER CONFLICT

Over the past few years, I've taken on eight different roles-from being a Regional Coordinator and Chairman of CII's Western Education Taskforce, to supporting student development workshops and incubation cells. Earlier, this would have been exhausting. But now, I operate with harmony, understanding, and balance. That shift has come directly from UHV. I've also developed a team of volunteers who now manage many tasks I once did alone. I've learned that **true team spirit is built on trust, not control and a strong feeling of relationship**.



## MY GUIDELINES FOR A FULFILLING LIFE

### (One SDG at a Time)

As I reflect, I see how UHV helps address many **root causes behind today's global challenges**. For example:

- **Good Health:** I eat with awareness, not compulsion.
- **No Hunger/No Poverty:** I share what I have, without hoarding.
- **Quality Education:** I embrace self-inquiry and pass it on to others.
- **Sustainable Living:** I feel connected to nature-trees, birds, animals-they all speak to me.
- **Peace and Justice:** I respond instead of react, with understanding.

Each of these steps comes from exploring within, and applying what I see.



### FINAL REFLECTIONS

People often ask me what "Mohan B. Rao" means. I like to think it stands for "**Managing By Results**". I take responsibility for my life now, and while I rarely pause to celebrate my work, I feel **energized to serve more**.

*Thanks to UHV, I've found a second life-one of **clarity, harmony, and deeper connection**.*

I no longer live in reaction, but in relationship-with myself, others, and the world around me. I feel humbled, when one of my Trustees and few students (8 out of 24 got the certificate) at SIWS, who found time to attend online FDPs/ SDPs, revert to me that UHV is the need of the hour.

Thank you for walking with me. Let's keep growing together.

**Jai Hind!**



### INVITATION TO CONTRIBUTE: SELF-DEVELOPMENT STORIES FOR OUR NEWSLETTER

We invite volunteers and participants to share reflections from their personal journey of self-development. Your insights—drawn from practice, experience, or introspection—can serve as a meaningful contribution to our upcoming newsletter and help nurture a collective understanding of human values in everyday life.

***We welcome stories that highlight growth, transformation, or key learnings that others may benefit from.***



Please share your story by filling out this **Google Form**.





Transformation  
Development



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)

Humane Society

Right Understanding Right Feeling	Health	Prosperity	Fearlessness (Trust, Justice)	Co-existence (Mutual Enrichment)
↓ Happiness	↓	↓	↓	↓
In Every Individual	In Every Individual	In Every Family	In Society	In Nature/Existence

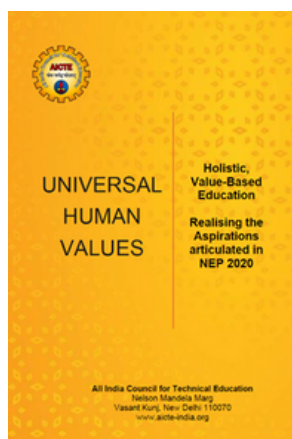
Family based Society (families, nations, whole world making effort for human goal)

Human Education

Transformation in individuals  
↓  
Societal Transformation

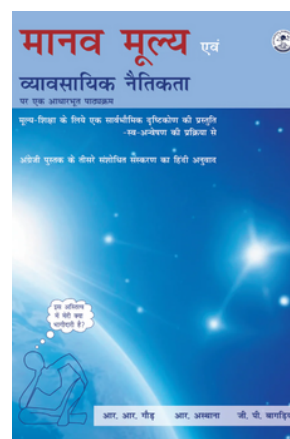
From ICHVHE 2024 Keynote "Vision for Human Education"

## RESOURCES & QUICK LINKS



Vision for Holistic, Value-based Education About UHV: pp 67-69

Download from AICTE website: [https://fdp-si.aicte-india.org/download/HVBE\\_for\\_NEP2020.pdf](https://fdp-si.aicte-india.org/download/HVBE_for_NEP2020.pdf)



Newest Release: मानव मूल्य एवं व्यवसायिक नैतिकता

Download from UHV Publications website: <https://uhvpublications.in/products/मानव-मूल्य-एवं-व्यवसायिक-नैतिकता>

## CONNECT & CONTACT



Website: The UHV Foundation  
<https://uhv.org.in/>



YouTube Channel: UHV Foundation  
<https://www.youtube.com/c/UniversalHumanValues>



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

Official Newsletter of UHV Team

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

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