

# AUG 2025

# NEWSLETTER

# Inside...

01 Keynote

Empowering Youth to Address SDGs at the Root through Value-Driven Education for a Happy and Peaceful World

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  10th International Conference on Human Values in Higher Education
- O3 Sharing of Dilshad Hussain
  From External Control to Inner Awareness
- Nationwide events in Aug 2025

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- Upcoming events in Sept 2025
  Schedule of upcoming events

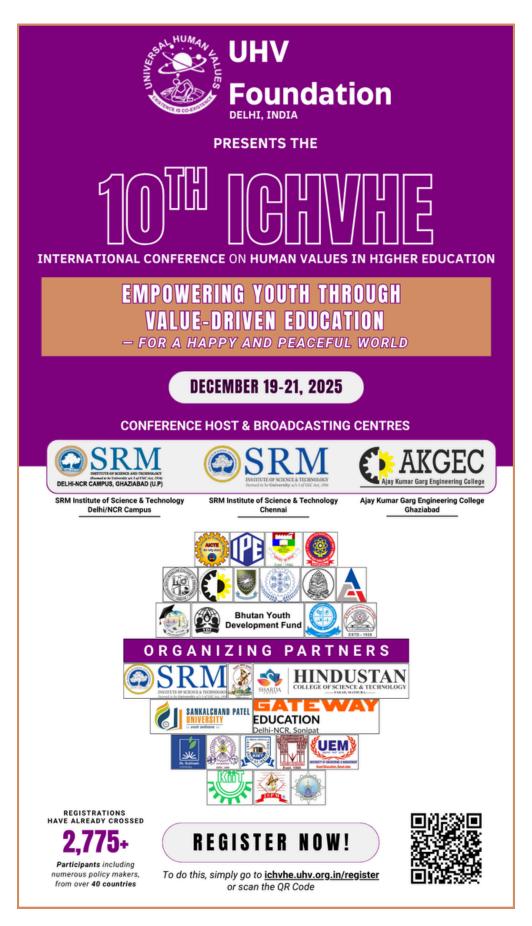
# EMPOWERING YOUTH to ADDRESS SDGs at the ROOT through VALUE-DRIVVVVVVVENriven Education FOR A HAPPY AND PEACEFUL WORLD



Empowering youth through a value-driven educational framework rooted in Universal Human Values (UHV) provides a transformative pathway toward achieving Sustainable Development Goals (SDGs) and realizing a happy, peaceful, and sustainable world. The current model of development remains largely unsustainable, driven by materialistic aspirations, fragmented education, and consumerism. A holistic worldview grounded in coexistence, ethical responsibility, and interdependence reframes development, placing the human being, happiness, and ecological harmony at the core of sustainable progress.

Continued on p07





## Volunteer Registration: Google Form

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

# SHARING BY DILSHAD HUSSAIN -FROM EXTERNAL CONTROL TO INNER AWARENESS

My journey has shown me that stability and clarity are not external gifts but inner developments, cultivated through awareness and conscious choices...

(for that, I have to be clear about my natural acceptance and be aware of my imagination - every moment)

My name is Dilshad Hussain, and I was born in Jabalpur, Madhya Pradesh. My early life revolved around education. I had done schooling from KV No.1 GCF. schooling I After had done Bachelors of Engineering Mechanical branch. After B.E I had joined a private engineering college as a Lecturer. In 2011, I have joined M.Tech program on Engineering Industrial However, Management. our lacked permanent family a residence, and after my father retired, we had to move back to our ancestral villaae Allahabad. This transition led me to question stability, purpose,

and

the

relationships.

nature of human



In 2014, I joined United College of Engineering and Research, Allahabad, **Assistant** as an Professor Mechanical in Engineering Department. engagement with Universal Human Values (UHV) began in 2017 when I attended my first workshop. This session UHV reflect deeply on made me human well-being beyond comforts. material Over the attended years, - 1 multiple reinforcing workshops, my understanding that human fulfilment is not just about facilities but also about relationships and clarity purpose.

# NATIONWIDE EVENTS - AUGUST 2025

#### **UHV-VI**

# HUMAN PSYCHOLOGY PART-II (4-DAY)

# SRM Institute of Science & Technology

- Chengalpattu, Tamil Nadu



**RP:** Dr. Kumar Sambhav, **CF** Ms.S.Soumya, **O:** Dr. G. Kumaresan

#### UHV-II

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

# CSMSS Chh. Shahu College of Engineering

- Chhatrapti Sambhajinagar, Maharashtra



**RP**: Mr. Umesh Jadhav, **CF**: Ms. Girija Kulkarni, Ms. Shikha Jain, **O**: Dr. Datta Pawase

#### INTRODUCTORY UHV FDP

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

## **Jagran Institute of Management**

- Kanpur, Uttar Pradesh



**RP**: Mr. Alok Kumar Pandey, **CF**: Mr. Pankaj Yadav, **O**: Dr. Indu Prabha Singh

# Shri Ramswaroop Memorial College of Engineering and

**Management** - Lucknow, Uttar Pradesh



**RP:** Mr. Alok Kumar Pandey, **CF**: Mr. Gaurav Mishra **O:** Dr. Laxmi Vajpayee

- 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

# Institute of Engineering and Technology Lucknow

- Lucknow, Uttar Pradesh



**RP**: Dr. Himanshu Kumar Rai, Dr. Kumar Sambhav, **O**: Dr. Pooja Singh

# Datta Meghe College of Engineering - Navi Mumbai, Maharashtra



**RP:** Dr. Yashvant Patil, **CF:** Dr. Pooja Pherwani, **O:** Dr. Priya Hankare

## **Chaudhary Devi Lal University**

- Sirsa, Ĥaryana



**RP**: Prof. B. K. Sharma, **O**: Dr. Charanjeet Madan

# Lalit Narayan Mishra College of Business Management

- Muzaffarpur, Bihar



**RP**: Mr. Moti Chand Yadav, **CF**: Dr. Ashutosh Tiwari, **O**: Mr. Mani Mahesh

## **Bhupal Nobles' University**

- Udaipur, Rajasthan



**RP:** Dr. Piush Sharma, **O:** Dr. Chandresh Kumar Chhatlani

# **JSS Polytechnic**

-Mysuru, Karnataka



**RP**: Dr. N Sunilkumar, **CF**: Ms. Chaithra C S & Ms. Sunitha , **O**: Mr. G Jayaprakash

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

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

## **UPCOMING EVENTS IN SEPTEMBER 2025**

#### **UHV-II FDP**

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

**08-15 Sept 2025** at M. S. Ramaiah University of Applied Sciences, Bengaluru, Karnataka.

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

**22–26 Sept 2025** at Graphic Era Deemed University, Dehradun, Uttara Khand.

#### INTRODUCTORY UHV FDP

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

11-13 Sept 2025 at SRM Institute of Science and Technology, Ramapuram, Tamil Nadu.

**18-20 Sept 2025** at Marri Laxman Reddy Institute of Technology and Management, Dundigal, Telangana.

**19-21 Sept 2025** at HKE Society's Sir M Visvesvaraya College of Engineering, Raichur, 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

# EMPOWERING YOUTH TO ADDRESS SDGS AT THE ROOT THROUGH VALUE-DRIVEN EDUCATION FOR A HAPPY AND PEACEFUL WORLD (CONTD.)

Despite global efforts, as of 2025, only 17% of SDG targets are on track, due to a deep-rooted Prevailing crisis. worldview strategies remain symptomatic, address the core failing to reasons for poverty, inequality, environmental degradation, and Universal social unrest. The Values framework Human proposes a shift from growthcentric paradigms toward worldview holistic of interconnectedness and coexistence.



# YOUTH: AN IMPETUS OF CHANGE

represent Youth powerful a impetus sustainable for transformation, standing at the intersection of immense pressing potential and vulnerabilities. With high digital literacy, creativity, awareness, and a strong inclination toward activism, they are uniquely positioned to drive ethical, ecological, and social change. However, they also face challenges such identity as confusion, mental struggles, and overdependence on technology, often fueled by a consumerist society that equates success with material accumulation.

By empowering youth through value-driven education grounded in Universal Human Values (UHV), we enable them to develop the clarity of purpose, responsibility, ethical holistic understanding necessary to distinguish between needs and greed, foster meaningful relationships, and embrace sustainable, community-rooted practices. This transformative education equips them to shift from competitive, fragmented living to conscious participation in building a just, harmonious, and resilient world, where SDGs distant targets not natural outcomes of responsible and mindful living.

# Reframing SDGs through Holistic UHV Perspective

The **UHV** approach *views* the SDGs as naturally emerging outcomes of living in harmony with oneself, society, and Nature.

This reframing organizes the SDGs into **four thematic groups**:

#### **BASIC HUMAN ASPIRATIONS**



- Right understanding of poverty, hunger, health, education, and gender equality.
- Livelihood security through decentralized economic models.
- Holistic education cultivating selfreflection, ethical reasoning, and community orientation.

#### **ECOLOGICAL SUSTAINABILITY**



- Water, energy, and responsible consumption are viewed through the lens of cyclicity, interconnectedness, and trusteeship.
- Sustainable practices based on local knowledge, renewable technologies, and community stewardship.
- Integration of traditional wisdom and modern science for regenerative ecological practices.

# INCLUSIVE SOCIO-ECONOMIC SYSTEMS



- Work reframed as meaningful contribution, not profit-driven labor.
- Innovation contextualized to local needs rather than standardized industrial models.
- Inclusive policies replacing structural hierarchies with relational justice.
- Sustainable human settlements emphasizing community, cultural expression, and ecological harmony.

# ETHICAL GOVERNANCE AND PARTNERSHIPS



- Governance as ethical stewardship, participatory decisionmaking, and transparent institutions.
- Partnerships based on trusteeship, mutual enrichment, and shared purpose.
- Value-driven
   cooperation moving
   beyond transactional
   alliances toward
   collective well-being.

# EDUCATIONAL TRANSFORMATION AS THE FOUNDATION

The UHV framework stresses value-based education as pivotal to systemic change:

- Shift from skill-centric curricula to holistic education that fosters self-awareness, ethical discernment, and ecological sensitivity.
- Development of the ability to distinguish needs from wants, reducing consumerism-driven demands.
- Promotion of self-regulation, simplicity, and harmonious living as essential life skills.
- Teachers as facilitators of wisdom, not mere conveyors of information.

# Addressing SDGs at the Root through Universal HUMAN VALUES (UHV)

perspective The UHV fundamentally the reframes Sustainable Development Goals (SDGs) isolated policy from targets into integral elements of harmonious human order ethical arounded in clarity, relational balance, and ecological awareness. It emphasizes that the root causes of unsustainable development lie in a fragmented, materialistic worldview that separates human

well-being from ecological and systems. social Instead of symptoms addressing the of inequality, poverty, and environmental degradation through piecemeal, top-down solutions, the UHV framework promotes a holistic and valuesbased approach that fosters the fulfillment natural of SDGs through responsible living.

## 1. Humane Education

Education must transcend rote learning skill-centered and instruction to nurture right understanding, ethical purposeful discernment, and living. It should cultivate ability to reflect on one's real aspirations-happiness and prosperity-by distinguishing needs from wants integrating ecological literacy, intelligence, emotional and responsibility social into the process. learning Through participatory, context-sensitive, and experiential methods, valueempowers driven education youth to develop self-regulation, critical thinking, and a deep of trusteeship, thereby sense contributing to SDG 4 (Quality Education) and SDG 5 (Gender Equality).

## 2. Holistic Health and Well-being

Health is viewed not merely as the absence of disease but as harmony within the self. relationships, and environment. The UHV framework advocates for preventive and health integrative systems, combining traditional practices like Ayurveda and Yoga with modern medicine. It promotes simple, conscious lifestyles aligned with natural cycles and emphasizes the role of mental and emotional well-being ecological inseparable from balance. This approach supports SDG 3 (Good Health and Wellbeing) by fostering resilience, reducing mental health crises, and strengthening communitybased healthcare models.

## 3. Sustainable Livelihoods

Prosperity is redefined not as unbridled accumulation but as sufficiency in fulfilling wellmaterial defined and material needs in harmony with nature. Livelihood and security is achieved through decentralized, communitycentered economic models such traditional Jajmani the and modern system ecovillages, which promote local self-reliance, mutual responsibility, and ethical production. Small-scale, renewable, and context-sensitive technologies are favored over

large-scale industrialization, ensuring sustainable livelihoods that address SDGs 1 (No Poverty), 2 (Zero Hunger), 8 (Decent Work), and 9 (Sustainable Industry).

# 4. Justice and Social Harmony

Building inclusive, equitable communities is central to the UHV framework. Trust, respect, mutual care, and participatory governance replace hierarchical, exploitative systems. Governance is as seen expression collective ethical institutional rather than an formality, fostering Gram Swaraj (village self-rule), relational justice, decentralized and decision-making. The principle of trusteeship embeds moral responsibility into individual and institutional behavior, directly supporting SDGs 10 (Reduced Inequalities), 16 (Peace, Justice, and Strong Institutions), and 17 (Partnerships for the Goals).

focusing Ву these on foundations, the eight dimensions of Human Order-Education, Health, Justice, Exchange, Right Production, Preservation, and Utilization, Service—are not abstract ideals but actionable pathways to live sustainability holistically. This SDGs transforms the from externally imposed targets into natural outcomes of conscious, value-driven living.

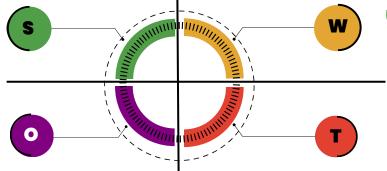
Rather than solving isolated problems through fragmented approach interventions, this conditions systemic nurtures where sustainability, happiness, and peace naturally emerge as by-products of ethical choices and harmonious relationships.

This paradigm shift encourages a solution-centric, integrative model-moving from symptomatic remedies to a comprehensive transformation worldview, lifestyle, structures-ultimately societal enabling youth to be proactive stewards of a just, balanced, and sustainable future.

## **SWOT ANALYSIS**

# EMPOWERING YOUTH for SDGs through VALUE-DRIVEN EDUCATION

- Holistic Worldview
- Transformative Education
- Decentralized Implementation
- Youth Potential
- Integration of Tradition and Modernity
- Lack of Systemic Integration
- Overdependence on Technology
- Implementation Gaps
- Resistance to Change
- Limited Awareness



- Policy Alignment (NEP2020)
- Youth-led Initiatives
- Global Collaboration
- Revival of Traditional Systems
- Holistic Research
- Peer/Social Media Pressures
- Misunderstanding of real Needs
- Climate Insecurity
- Misinformation

#### **STRENGTHS**



## **∀** Holistic Worldview:

Provides a deeply integrated, ethical, and value-based framework that aligns human purpose with ecological balance and social harmony.

# **Transformative Education:**

Moves beyond rote learning and skill acquisition to foster critical thinking, ethical reasoning, and ecological consciousness.

# ✓ Decentralized

Implementation: Promotes localized, community-based models (e.g., eco-villages, Jajmani system) that strengthen resilience and self-sufficiency.

Youth Potential: Digital literacy, creativity, global awareness, and activism form a strong base for driving sustainable change.

Integration of Tradition & Modernity: Merges traditional knowledge systems with contemporary science and technology, offering practical, low-cost, sustainable solutions.

#### **WEAKNESSES**



#### **OPPORTUNITIES**



- ⚠ Lack of Systemic Integration: Current education systems and policies remain largely fragmented, focusing on skills for employment rather than value-based living.
- Overdependence on Technology: Risk of alienating youth from ethical reflection by prioritizing digital interaction over human connection and self-inquiry.
- Resistance to Change:
  Entrenched profit-driven and competitive paradigms create inertia against valuebased, coexistential approaches.
- Limited Awareness:
  Insufficient exposure of the holistic worldview among educators, policymakers, and youth themselves.

- Policy Alignment: National policies (e.g., NEP 2020) support inclusion of ethical and value-based education, providing an entry point for systemic reform.
- Youth-led Initiatives: Rising youth movements for climate action, social justice, and ethical governance can be leveraged to embed UHV in practice.
- Global Collaboration:
  Platforms for international cooperation and interdisciplinary research offer opportunities to exchange best practices and develop innovative, context-sensitive models.
- Revival of Traditional Systems: Opportunity to document, preserve, and apply traditional knowledge and community practices that are naturally sustainable.
- Holistic Research: Expanding research into consciousness, sustainability, and ethical technologies can provide strong empirical and philosophical backing.

## **THREATS**



# STRATEGIC IMPLICATIONS



- Societal and commercial systems continue to promote materialism, eroding the inclination toward simple, responsible lifestyles.
- Systemic Resistance: Industry, education, and health sectors are predominantly driven by profit motives, resisting ethical realignment.
- Climate Insecurity: Accelerating ecological degradation and climate change risks outpacing educational and systemic reforms.
- Misinformation: Spread of inaccurate or reductionist information undermines value-based education and holistic worldview.
- **X** Geopolitical Instability: Conflicts, displacement, and inequality rising limit attention resources and implementing toward longsystemic **UHV** term, approaches.

- Leverage Strengths: Scale value-driven education models through partnerships with national policies and global networks.
- Address Weaknesses: Focus on teacher training and structural reforms to embed UHV in curricula and governance frameworks.
- Seize Opportunities:
  Encourage youth-led sustainability projects, research programs, and community-based initiatives that showcase practical applications of UHV.
- Mitigate Threats: Advocate cultural transformation for through awareness campaigns, ethical policy advocacy, and community engagement counter to consumerism and misinformation.

# IMPLEMENTATION ROADMAP



#### 1. Education Reform

- a.Integrate UHV modules in formal and informal education.
- b.Promote experiential learning: community service, ecological projects, practices.
- c.Train educators in UHV and holistic worldview.

## 2. Youth Empowerment

- a.Mentorship networks for ethical leadership and resilience.
- b.Campus forums linking SDGs with real-world action.
- c.Wellness centers combining mental health, ecological literacy, and value-based guidance.

# 3. Systemic Alignment

- a.Decentralized governance of resources and services, rooted in trusteeship.
- b.Support for small-scale, renewable-resourcebased technologies.
- c.Revival of communitybased traditional systems.

## **EXAMPLES OF PRACTICE**



**At AKGEC, Ghaziabad,** these initiatives empower youth to translate the theory of SDGs into everyday practice—instilling a sense of responsibility and ethical living:

- Green campus initiatives (solar energy, waste management).
- Value education workshops.
- Promotion of community-led sustainable practices.

#### **CONCLUSION**

The Universal Human Values (UHV) approach to achieving the Sustainable Development Goals (SDGs) emphasizes a profound civilizational shift-from the dominant paradigm of competition, individualism, and material accumulation toward one of coexistence, mutual care, and ethical responsibility. This transformative approach recognizes that the challenges inequality, poverty, of environmental degradation, and

social unrest cannot be resolved through fragmented, symptomatic interventions alone. Instead, they require a deep reorientation of human consciousness and societal structures, beginning with the most crucial agents of change—youth.

youth through Empowering value-driven education goes far beyond preparing them for employability in a competitive market. It fosters a process of inner awakening, helping them develop self-awareness, clarity purpose, and the ethical insight necessary to understand their role within the web of life. By cultivating critical thinking, emotional intelligence, and an attitude of trusteeship toward society and nature, value-based education equips young individuals to live in alignment principles of harmony, with sufficiency, and interdependence.

This holistic transformation enables youth to transcend the mindset of consumerism and relentless accumulation, instead promoting responsible choices nurture social equity, that and ecological balance, collective well-being. As they right internalize the understanding of happiness and

prosperity, their actions naturally contribute to the realization of the SDGs—not as externally imposed goals, but as organic outcomes of their way of living.

Through this shift, young people emerge as ethical leaders and compassionate contributors, capable of initiating sustainable practices in their communities, workplaces, and personal lives. Their empowered participation strengthens social cohesion, fosters ecological regeneration, and promotes equitable economic systems.

Ultimately, the UHV approach envisions a world where peace is not merely the absence happiness conflict, not is dependent on material gain, and sustainability is not a policy target but a natural way of life. embedding values of coexistence, ethical governance, and responsible stewardship in the educational experience, this framework lays the foundation a just, harmonious, sustainable civilization-where development human planetary well-being are not in conflict but in mutual flourishing.

# SHARING BY DILSHAD HUSSAIN JI (CONTD.)

#### THE ROLE OF UHV AND MORNING SESSIONS IN MY EXPLORATION

I engaged deeply in Exercise 1 and 2 during morning sessions, which allowed me to observe my assumptions, reactions, and decision—making process.

# Key Methods That Facilitated My Self-Exploration:

- Distinguishing Between Body and Self: Exercise 2 helped me see that I am not just my body but a co-existence of Self and Body.
- Observing My Emotional State: Exercise 1 made me realize that my thoughts were often shaped by discomfort or external pressures rather than my conscious acceptance.
- Recognizing the Power of My Decisions: I saw that my thoughts, imagination, and emotions were often "automatic" (unconscious): I could consciously choose how to engage with them.
- Understanding Relationships and Harmony: My perception of relationships shifted from expectation-driven to responsibility-driven, creating greater alignment with reality.

One striking realization was that I had assumed that comfort and well-being only came from external sources. But as I practiced self-exploration, I realized that inner peace comes from clarity, not external conditions.

#### **KEY REALIZATIONS: UNDERSTANDING MYSELF MORE DEEPLY**

# The Power of Observing My Thoughts

Before UHV, I never questioned my automatic responses. Exercise 1 made me aware that:

My reactions were conditioned by past assumptions.

By observing them, I could pause and choose my response instead of reacting impulsively. I hold the power to interpret situations differently, which directly affects my emotional state.

This shift **brought more stability** to my mind and significantly improved my interactions.

# The Shift in My Decision-Making Process

Previously, I made decisions based on societal norms or pressures. However, UHV helped me understand that decisions should be based on reality and natural acceptance.

**Before**: I relied on social expectations to determine my choices.

**After**: I now make decisions consciously, assessing whether they align with reality and harmony.

A pivotal moment in my journey occurred when I realized that I was accepting external pressure without questioning if it truly aligned with my wellbeing. Recognizing this made me more mindful of my choices.

# Understanding Relationships Beyond Expectations

One of my most profound shifts came when I saw that harmony in relationships does not depend on others fulfilling my expectations-it depends on my understanding of coexistence.

**Before**: I expected people to act in a way that pleased me.

**After**: I understood that everyone acts according to their own awareness, and my role is to focus on my response and understanding.

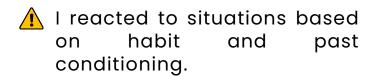
This shift drastically *improved my relationships* with family and colleagues.

#### **CHANGES IN MY LIVING**

- I am more conscious of my thoughts and reactions rather than functioning on autopilot.
- I no longer see happiness as dependent on external factors but as an inner clarity.
- I have developed patience in relationships, focusing on understanding rather than expectations.
- I take responsibility for my emotional state rather than blaming circumstances or people.
- I have started incorporating UHV insights into my decision-making and interactions.

A clear example of this shift was my reaction to criticism at work. Instead of feeling attacked or misunderstood, I observed my response, reassessed the situation, and adjusted my approach without emotional turbulence.

#### **BEFORE UHV:**



I placed expectations on others, leading to frustration in relationships.

#### **AFTER UHV:**

I consciously observe and choose my responses instead of reacting impulsively.

I make decisions based on my own clarity rather than societal pressures.

I see relationships as a space for understanding, not expectations.



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

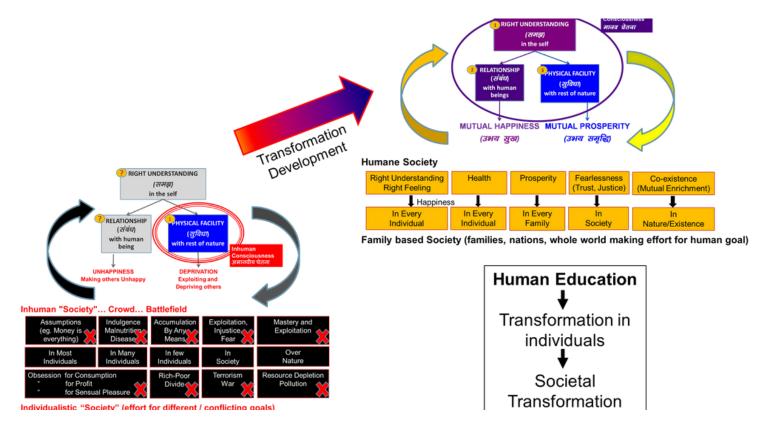
We invite volunteers and participants to share reflections from their personal journey of self-development. insights-drawn Your experience, practice, introspection—can serve as a meaningful contribution our upcoming newsletter and nurture collective help a understanding human of values in everyday life.

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**.

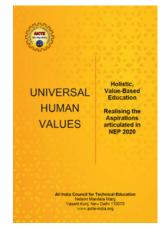


Moving forward, I am committed to deepening my understanding through continued self-exploration and application of UHV principles.



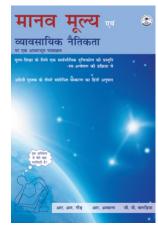
# From ICHVHE 2024 Keynote "Vision for Human Education"

## RESOURCES & QUICK LINKS



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

Download from AICTE website: https://fdp-si.aicteindia.org/download/HVBE\_for\_NEP2020.pdf



Newest Release: मानव मूल्य एवं व्यवसायिक नैतिकता Download UHV website: **Publications** from https://uhvpublications.in/products/मानव-मूल्य-एवं-व्यवसायिक-नैतिकता

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