



SEPT 2025 NEWSLETTER

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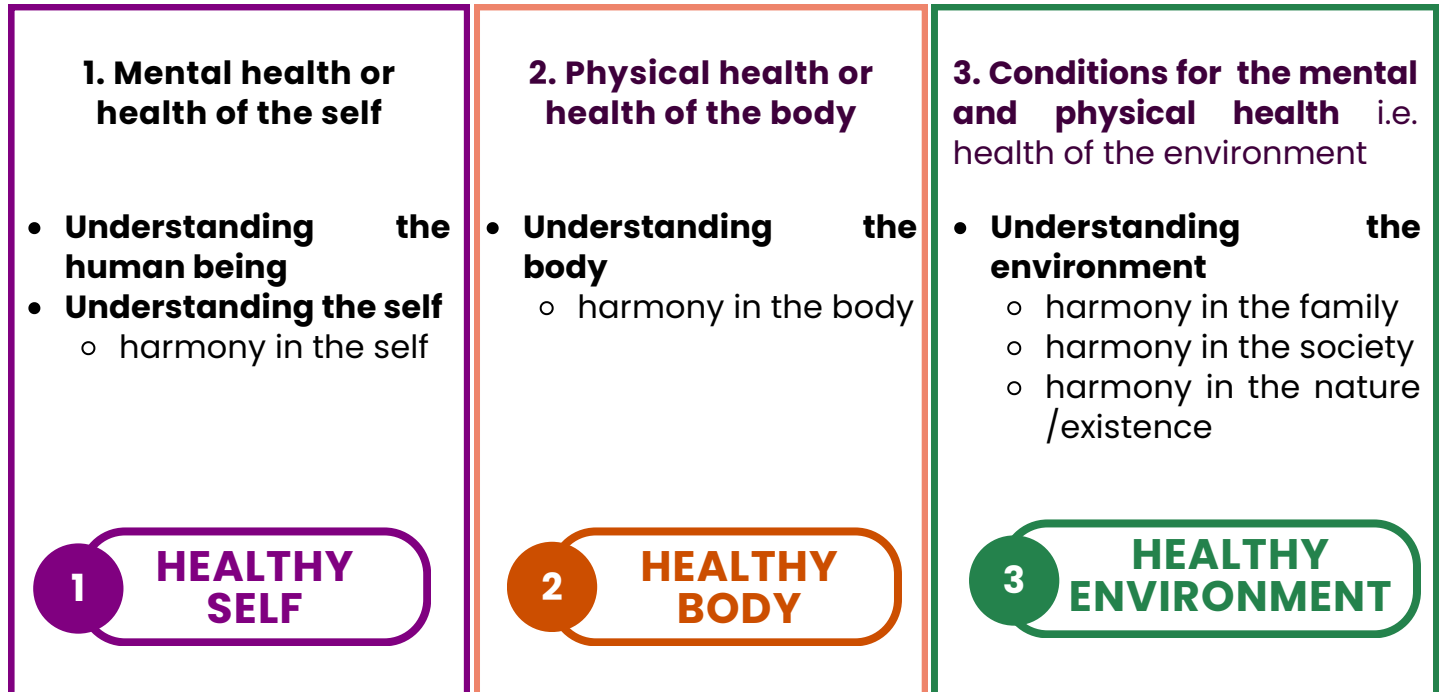
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Schedule of upcoming events

KEYNOTE: HOLISTIC HUMAN HEALTH

What is Holistic Human Health?

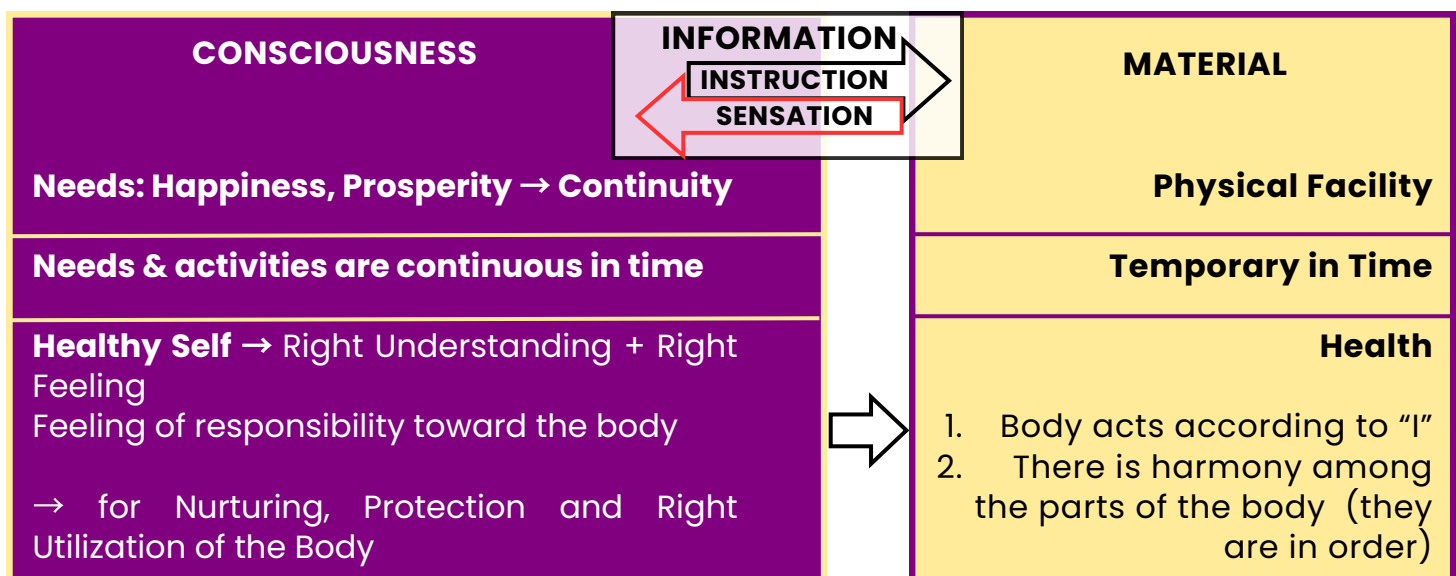
Holistic Human Health encompasses the following:



How can we achieve human health holistically?

If you notice, in the above chart, **the first priority** has been given to **Health of the Self**.

Why is this so? Because only a healthy Self can take responsibility for keeping the Body and the environment healthy.



Continued on p06



INVITING YOU TO ICHVHE 2025!



UHV
Foundation
DELHI, INDIA

PRESENTS THE

10th ICHVHE

INTERNATIONAL CONFERENCE ON
HUMAN VALUES IN HIGHER EDUCATION

DECEMBER 19-21, 2025

SHIFT 1: 8:00 AM – 4:00 PM (IST)

SHIFT 2: 7:30 PM – 3:30 AM (IST)

WORLDWIDE ZOOM EVENT

EMPOWERING YOUTH THROUGH VALUE-DRIVEN EDUCATION

– FOR A HAPPY AND PEACEFUL WORLD

**19
DEC**

DAY 1: VISION FOR VALUE-DRIVEN EDUCATION

Theme: Empowering Youth for a Happy and Peaceful World

DAY 2: EDUCATION TO EMPOWER YOUTH WITH A VISION

Theme 1: To Live Together as a World Family

Theme 2: For a Humane Society

**20
DEC**

**21
DEC**

**DAY 3: IMPLEMENTING THE VISION FOR VALUE-DRIVEN
EDUCATION**

Theme: Holistic, Value-Based Education in Practice

PANELS: Higher Education | Holistic Health | SDGs
SEMINARS: School Education | Counseling



3,500+

*Registrations are surging, with
participation from delegates
across over 54 countries.*

REGISTER NOW!

*To register, simply scan the QR Code
or visit ichvhe.uhv.org.in/register*



CONFERENCE HOST AND BROADCASTING CENTRES



ORGANIZING PARTNERS



SHARING BY AJAY KUMAR PAL - FROM ENSLAVEMENT TO WISDOM

“ I am able to see myself as **enslave** of my **pre-conditionings** and **sensations**.

It started a journey to redeem my life from **enslavement to wisdom**. There is a long way to go and *I am progressing every day.*



I am **Ajay Kumar Pal** working as **Assistant Professor** in department of Computer Science in **LRDAV College**, Jagraon Distt: Ludhiana, Punjab. I was born in 1990 and brought up in Jagraon. I have completed my primary education in my hometown. I completed my graduation (B.Tech) and post-graduation (M.tech) in Computer Science in 2012 and 2014 respectively from Bhopal (MP). I started my teaching career in a private engineering college near my hometown in 2015. In my family, there are seven members. We are four siblings, and I am the youngest one. In 2017, I got married to Renu Bala.

In this journey, I lived in Uttar Pradesh, Punjab, Rajasthan and Madhya Pradesh for different intervals of time.

Let me start from the very beginning, my father was a government employee in Indian Railway. He always wanted to study since childhood, but due to some family circumstances he was unable to continue studies after class IV. After joining govt service, he always wanted their children to be educated and join respectable professions. This desire creates an environment of fear in our house.

Continued on p08

NATIONWIDE EVENTS - SEPTEMBER 2025

UHV-II FDP

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

M. S. Ramaiah University of Applied Sciences

- Bengaluru, Karnataka



08 SEP - 15 SEP SUCCESSFULLY ATTENDED: 63

RP: Shri Umesh Jadhav, **CF:** Dr. T Rami Reddy, **O:** Shri. G Jayaprakash

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

Graphic Era Deemed to be University

- Dehradun, Uttarakhand



22 SEP - 26 SEP SUCCESSFULLY ATTENDED: 29

RP: Dr. Himanshu Kumar Rai, **CF:** Mr. Akash Mishra & Dr. Santoshi Shah, **O:** Er. Ashuvendra Singh

INTRODUCTORY UHV FDP

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

SRM Institute of Science and Technology

- Ramapuram, Tamil Nadu



11 SEP - 13 SEP SUCCESSFULLY ATTENDED: 67

RP: Dr. Yashvant Patil, **CF:** Dr. S Umarani, **O:** Dr. R. Gowri Shankar Rao

Marri Laxman Reddy Institute of Technology and Management

- Hyderabad, Telangana



18 SEP - 20 SEP SUCCESSFULLY ATTENDED: 96

RP: Dr. N. Sunil Kumar, **CF:** Dr. G. Srinivas Gupta, **O:** Dr. T. Chamundeshwari

- **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
- **AICTE**=All India Council for Technical Education
- **NCC-IP**=National Coordination Committee for Induction Program

**H.K.E. Society's Sir M. Visvesvaraya
College of Engineering**
- Raichur, Karnataka

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



19 SEP - 21 SEP **SUCCESSFULLY ATTENDED: 89**

ENGLISH

15-19 Sept 2025: 160 participants

HINDI

22-26 Sept 2025: 57 participants

RP: Dr. Yashvant Patil, **CF:** Dr. S Umarani, **O:** Dr. R. Gowri Shankar Rao

UPCOMING EVENTS IN OCTOBER 2025

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

23-25 Oct 2025 at SRM Institute of Science and Technology, Chengalpattu, Tamil Nadu.

30 Oct-1 Nov 2025 at Engineering College Bharatpur, Bharatpur, Rajasthan.

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

13-18 Oct 2025 in Hindi.

- **RP** = Resource Person
- **CF** = Co-Facilitator
- **O** = Observer
- **NC-UHV** = National Committee for Universal Human Values
- **MoU** = Memorandum of Understanding
- **E** = English Language
- **H** = Hindi Language
- **P** = Punjabi Language

KEYNOTE: HOLISTIC HUMAN HEALTH (CONTD.)

This brings us to the question – What is a healthy Self?

Healthy Self: A Healthy Self is one that has Right Understanding and Right Feeling. *Having the **right understanding**, the Self understands that the Body is its responsibility.*

With the **Right Feeling** towards the body, *the Self takes responsibility for the body with a feeling of self-regulation.* It takes responsibility for **nurturing, protecting** and **rightly utilising** the body with a program for health in the Body.

Healthy Body: One example of a program for health is depicted in the chart below – a program like this can lead to health in the body.

1 A) For keeping the body healthy (in harmony) the program includes:

1. INTAKE AND DAILY ROUTINE



1.A



Lifestyle → intake of not just food, but also water, air, sunlight, and daily routines—such as *when* you wake up, eat your meals, and go to sleep.

2. LABOUR

AND

EXERCISE



Working with nature → if these are not sufficient, one can add *repetitive body movements (exercises)*.

1.B

3. POSTURES



for **regulating** internal and external body organs, e.g. with practice of Yoga, and regulated breathing such as exemplified in the practice of pranayama.

B. RESTORING HARMONY IN THE BODY

2



If and when the body does go into disharmony (e.g., when one is unable to ensure one or more of

the following—intake, routine, labour, exercise, postures, and breath regulation—on a daily basis), one can resort to taking medication temporarily till body harmony is restored. Even when taking medicine, it is important to pay attention to intake, routine, etc., for sustaining the recovery of body harmony.

4. MEDICINE

C. DEPENDENCE ON DRUG/MACHINE

3

If and when the body goes into permanent disharmony then, as a last resort, one has to opt for treatment where a drug or machine is used to perform a body function that the body is unable to do (e.g. insulin injections for Diabetes mellitus, dialysis for kidney failure etc.). However, here too, if attention is paid to 1 (intake, routine etc.), the results of the treatment are likely to be better.



TREATMENT

Besides nurturing and keeping the body healthy, **the Healthy Self** also protects the body and utilises **it rightly for the purpose of the Self** (i.e. it uses the body as a tool for the purpose of living with the right understanding).

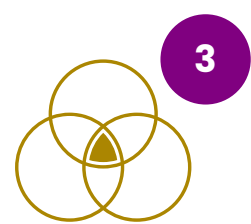
Healthy Environment: The human being (a **co-existence of Self + Body**) is embedded in its environment and is interconnected and interdependent on it. The environment that a human being is surrounded by includes the following:



The Family → to which it belongs



The Society → of which it is a member and



The nature and this **existence** → of which it is a part

A **healthy human being** (**with right understanding and right feeling**), besides understanding its responsibility towards its body, also understands that he has a **relationship** not just with his immediate family members but also with every human being in society. Such a healthy human being also sees his relationship not only with every other human being but also with **every unit** in this **existence**.

Understanding its **relatedness** with other human beings and with all other units in this nature and existence and seeing his role in maintaining the **harmony at each of these levels**, the healthy human being thus participates (plays his role) in helping to maintain harmony in the family, in the society and in nature and existence.

Thus, a holistically healthy human being truly understands that his well-being is embedded in the well-being of all and lives by this.

For more details, please refer to the following textbooks available on uhv.org.in:

- A Foundation course on Human Values and Professional Ethics and
- A foundation course on Holistic Human health – its Philosophy and Practice

Although we were very poor then, my parents put all their efforts into providing quality education for all. My elder brother becomes rebellious due to extreme pressure of study and starts living separately. I was born in this environment of fear but being the youngest child I received refined parenting with almost all physical facilities.

Growing up, **I always tried to concentrate on studying** and joined tuition on parent's advice. I started skipping tuition and roaming around on my bicycle. During one such tuition time, my father spotted me on the other side of the road in the market. I hurriedly ran my bicycle with the fear of beating up. That evening, I cycled 40 Km with just one break in between. I reached Ludhiana railway station with the thought of never returning home. My parents found me out the next day with the help of Railway staff. Another incident happened when I got less marks in 9th class and I refused to accompany my father in a parent teacher meeting making an excuse of severe stomachache. This fake stomachache leads to surgery of appendix in the same year. I, being in fear, unable to utter a single word during this whole process.

Despite all this, I continued to study somehow, and my parents always supported me.

I wanted to be an all-rounder. I was a person who always adjusts everywhere, and people love my company. I am a spendthrift and have many friends and I have a good image in relatives. I have developed interest in driving, drinking alcohol, travelling and philosophy. I wanted to own a good house, a job with good income, a desire to visit several places and always looking for ways to do something for social welfare. My family and friends accepted the way I was.

The **8-day residential workshop on UHV at SUS Tangori**, Punjab in December 2015 gave me a realistic view of looking into everything that exists. It was my first workshop in my six-month teaching career, and I was very enthusiastic about it. I enquired a lot from my seniors, and they all said that I'll have fun and need to attend only the first and last day to get a certificate. Finally, my principal along with a senior faculty member appointed us to attend the FDP. We boarded the bus, made plans to visit Chandigarh during the workshop and reached the college around 9 AM.

We have been received very well by student volunteers. After breakfast we are all set for the Introduction session. I was surprised along with other participants to see the arrangements, as a big hall is covered with mattresses. This creates curiosity among all the participants.

Introduction session is about social welfare, and it reinstates my interest in societal benefits.

Resource person Rakesh Kumar Maurya placed the content so well that I was spellbound.

The thing that impresses me the most is the concept of **PROPOSAL**. “**माने नहीं जांचे**”, it penetrates deep down in my thoughts. The proposals of four dimensions of human being, self and body, nine feelings of human relationship were eye opener for me. The everyday assignments make me think more and more. I even talked to my friend and discussed the content over phone. Those three whiteboards full of content are still fresh in my mind. I attended all 36 sessions with concentration and **on the final day I was a different person.**

I started preaching about the content in my family, friends and colleagues. I concentrated more outside than inside. I wanted more people to listen to this content. I thought I had understood the truth and should spread it to near and dear ones.

Slowly, I start realizing that this is not going to work as I must convince others. Although some exploration has started and I witnessed the impact of content in some thoughts, there is still more focus on the material world outside. My house was just constructed before the workshop, and some interior was pending. I had earlier planned to install expensive wooden railings on stairs as it looks lavish. But due to the proposal of respect and pre-conditioning discussed in the workshop, I replaced it with simple railing on stairs. I started to realize some changes in my thoughts on how I perceive the material world before and after and a sense of satisfaction arises during such thoughts.

I wanted to teach this subject in my college but due to some reason I was not assigned to this. With time, the content fades due to lack of connectivity. After one and a half years later, in June 2017, I received an invitation mail for a 3-day refresher course at university campus, Kapurthala. I attended this course on my own and the process of self-exploration resumed with fresh energy and this time with some stability.

My behavior changes after my marriage. I became short tempered. My relationship with my wife is highly affected by this.

The intensity of anger is so high in a couple of such moments that I ended up hurting myself. Although it lasts only a couple of minutes, it starts scaring me. I was restless and failed to control such happenings despite several attempts. I always felt guilty and ashamed after such events. *My energy becomes low, and it reflects in my behavior and interaction with family. I badly need some revival and then this lockdown happens.*

During lockdown, I received an invitation to join weekly meetings of UHV on Sunday by the UHV-NWR team. Jitender Bhaiya delivered the series of lectures every week and the exploration resumed. Slowly I started participating as a volunteer in UHV related activities. I must say, during this journey of lockdown Jitender bhaiya held my hand and despite all odds he kept holding my hand. He has shown faith in me and guided me to become the best version of myself.

Later, I joined morning sessions of Ganesh Bagaria Ji. Listening to all the conversations in the morning session and discussing it with Jitender Bhaiya and Uppal Sir, I started to realize the importance of my life. During volunteering, I have realized that I am not the only one, in fact there are several people who are working to make this earth a better place to live.

Joining such a great team and developing a world vision is a learning and beautiful experience for me.

FROM ENSLAVEMENT TO WISDOM

*If somebody had told me that I am enslaved, I would have **introspected** earlier.* The competence to recognize the enslavement itself is very satisfactory as well as disheartening. When I truly understand the **meaning of wisdom**, an urge rises from inside to live a life of wisdom. I realized that in daily routine, I am enslaved to my sensory organs and most importantly my pre-conditioned thoughts. I wanted to be accepted and appreciated by society and in that process many times I end up doing things which I don't feel comfortable with. I am working on it and there is a long way to go to live a life of wisdom. ***To keep an eye on my thoughts continuously helps in living the present moment.*** I started to recognize the joy in everyday life in small things that I do or see. I realized that the joy of being is hidden in the present moment. I clearly realized that only I am responsible for my state of being.

MAJOR ASSUMPTIONS REFLECTED UPON DURING THE JOURNEY

BEFORE UHV

⚠ Initially, my exploration started with the **outside world**. The way in which I looked at the material world is no different than most of the world. I used to have a mindset of accumulating things which have acceptance in society. **I wanted to become successful**, and the definition of success is to accumulate things, a respectable profession, elite social circle and some social welfare activities. Today, when I look back, I can see that all these desires are the ways to be accepted by society. **I wanted to be accepted by everyone, I guess.**

⚠ There is very little I knew about my inner self and its co-existence with the body. **I considered many unnatural feelings as natural as anger and jealousy.** I always wanted to explore this but due to lack of knowledge and guidance, I kept on living the life of ups and down.

⚠ I was an agnostic, and I don't have faith in rituals and religious activities. **I was a believer of karma. I considered myself intelligent, a bit enlightened and a good human being.**

AFTER UHV

💡 The proposal of “**जैसी मृष्टि वैसी दृष्टि**” was an eye opener to me. Slowly, I started exploring the value of the material units. I realized that every unit has a value and can provide no more than its value. I can see this in my desire of Pen. I have a desire to use a Parker Pen. I can use any pen now and numerous thoughts related to pen are settled down. **This evaluation for other units is in process, and the progress is slow and satisfactory.**

💡 I also realized that **my beliefs are obstacles in this process.** The strong belief about any material unit requires more time to settle. The proposal of self and body helped me in this exploration. **A feeling of gratitude arises for how all these material units are in co-existence and provide all the physical facilities to me.** Today, I try to purchase and use clothes, transport, household items and other items based on their value. My vision has improved, and I am able to see the participation of units in larger order to some extent. The clarity about these values also made me immune to the thoughts of others about these material units and this makes me confident and self-dependent in some way.

⚠️ Saying “**No**” was a tough task for me and I am a people pleaser. I was living a life based on sensations and preconditioning.

⚠️ **Happiness for me was living a life for others.** I love to solve problems in others’ lives and make them feel comfortable. For this, I devoted my time, energy and money as well. I donated my blood on regular basis and felt the satisfaction of serving others.

⚠️ I have heard about the word ‘**philanthropy**’ somewhere and after exploring its meaning, I wanted to be a philanthropist. The idea is to earn more and donate more.

⚠️ I enjoyed larger part of my college life outside college in friend’s company, drinking alcohol and roaming around. Despite having a happening life in accordance with my definition of happening life, **I feel a kind of uneasiness, loneliness and aimless in several so-called happening activities.**

⚠️ Happiness and unhappiness are the two sides of the coin for me, and **I never thought or expected to be happy all the time.**

💡 I am very **fascinated by the proposal of self and body.** I am able to see this co-existence of self and body at times, and it is fascinating. **I am able to see the reasons behind my behavior, thinking and everything I do.** One day, I had an argument with my mother. Later in the afternoon, when I analyzed the whole argument, I found the fault on my part. The moment I realized the fault on my part, I kind of felt peace and relaxation from inside. It was a beautiful experience to me, and I felt the power of self-exploration. I realized that I neither need to say sorry nor to feel guilty to be relaxed and joyous.

💡 **I developed pause, think and respond strategy in my good times and trying to extend it during tough times.** Keeping an eye on my thoughts helped a lot to identify and explore the root causes of my behavior. I became calmer than before. I am trying to prioritize things. There is a lot to explore in this part and slowly I am developing competence to be the driver of my thoughts.

💡 **I slowly started to understand the difference between excitement and happiness.** I am able to see the contradiction in my thoughts lead to a state of unhappiness. Most of the time, I am not able to get over this as the preconditioning is deeply rooted.



FAMILY & RELATIONSHIP

Family is the priority for me since my childhood. For the same reason, I denied corporate sector job opportunities and decided to go for teaching as I can live with my family with teaching profession. I wanted to bring back my elder brother and sister-in-law to live together as they have been living separately with us since my childhood. **There was a problem with me; I support the person on their face despite having contradictions inside.** The thought of not hurting their sentiments kept this behavior going. *In the long run, it is creating a kind of burden inside and to live a life with this burden in relationships is consuming a lot of energy on balancing my inner and outside life. I wanted to be different and unique from others. This is a kind of ego I realized.* After my marriage, I saw the bad side of my behavior. During such bad times, my anger explodes like some spring is released after full suppression. Although such moments are very few and I can count them on fingers, still this behavior is not at all acceptable to me when I myself preach people about being human. **The biggest misconception I had is that I need to correct my behavior for better living.**



I try to develop the competence to live a life based on natural acceptance. At times, it becomes very frustrating as I wanted to be happy in continuity but lacked in competence. I developed a great deal of patience, and it helped me to keep moving and keep trying. I stopped drinking alcohol.



I feel prosperous and the feeling of gratitude comes naturally for known to unknown. **I also realized that I need not earn more to be a philanthropist; I just need to understand more to be able to donate.**



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](#)**.



Later, ***I realized that behavior is just an expression of my thoughts and this started the journey of observing my thoughts on daily basis.*** On consciously observing my thoughts I mostly see myself on the wrong side of my natural acceptance. It is hard to believe as my mind creates a lot of justification for my behavior. Slowly, after continuing the process, keeping an eye on thoughts helps me in recognizing the root causes of my behavior. I have been enjoying the activity observing my thoughts. My relationship with my wife has improved a lot. The anxiety I feel before in unwanted circumstances with my wife has been reduced to a great level. The **clarity of respect** has given me the strength to say what I feel sometimes.

My relationship with students is based on care and responsibility and the feeling of compassion has enhanced my vision to see the students from their eyes. I need to work hard on some of my relationships in family where the conditionings are deeply rooted. I realized that when I share my thoughts surpassing my fear of hurting others sentiments, it relieves me from inside. The urge and responsibility to do something for the society has been seeded deep down and ***I am trying to prepare myself competent enough to be able to perform my part for the well being of all.***

THE BEGINNING OF BECOMING: A JOURNEY OF SELF-EXPLORATION

I am **learning the process of witnessing** the reality as it is. The perspective I am developing seems realistic to me. Presently, ***I am practicing maximizing the time spent as an observer*** of my thoughts in routine, which has helped me recognize my **Sanskars**. I also keep an eye on my sensory organs and am developing competence to overcome old habits. I try to stay in the present moment instead of chasing the next.

After some sincere efforts, I have seen its impact in my life. My vision has shifted from a materialistic to an **understanding-based approach**. Understanding relationships made me realize what I was lacking. ***The definition of love has given me a holistic vision to live.*** Now, there are fewer complaints, and gratitude comes naturally. I've also come to understand family rituals I once denied, based on past beliefs. I'm working on my behavior in the family.

I feel more fulfilled and joyous than before. I can see its impact in all dimensions of my life. I recognize the importance of my life and the responsibility as a teacher in society. ***I am very hopeful about my role for a humane society and enjoying the journey of self-exploration.***

Gratitude to all!



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

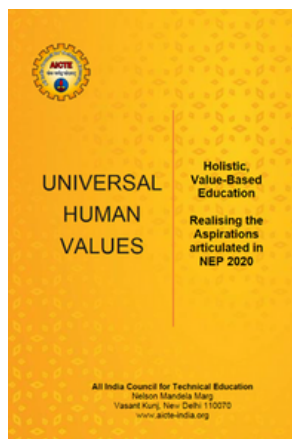
Family based Society (families, nations, whole world making effort for human goal)

Human Education

Transformation in individuals
↓
Societal Transformation

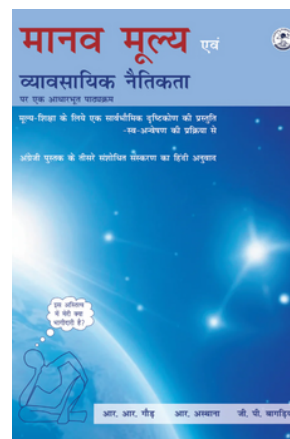
From ICHVHE 2024 Keynote "Vision for Human Education"

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



Newest Release: मानव मूल्य एवं व्यवसायिक नैतिकता

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

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<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