



OCT 2025

NEWSLETTER

Inside...

01

Keynote

Societal Development through Self and Team Development

02

An Invitation to ICHVHE 2025

10th International Conference on Human Values in Higher Education

03

Sharing of Nixon Joseph

From External Seeking to Inner Realization

04

Nationwide events in Oct 2025

Gallery of Events conducted during Sept 2025

05

Upcoming events in Nov 2025

Schedule of upcoming events

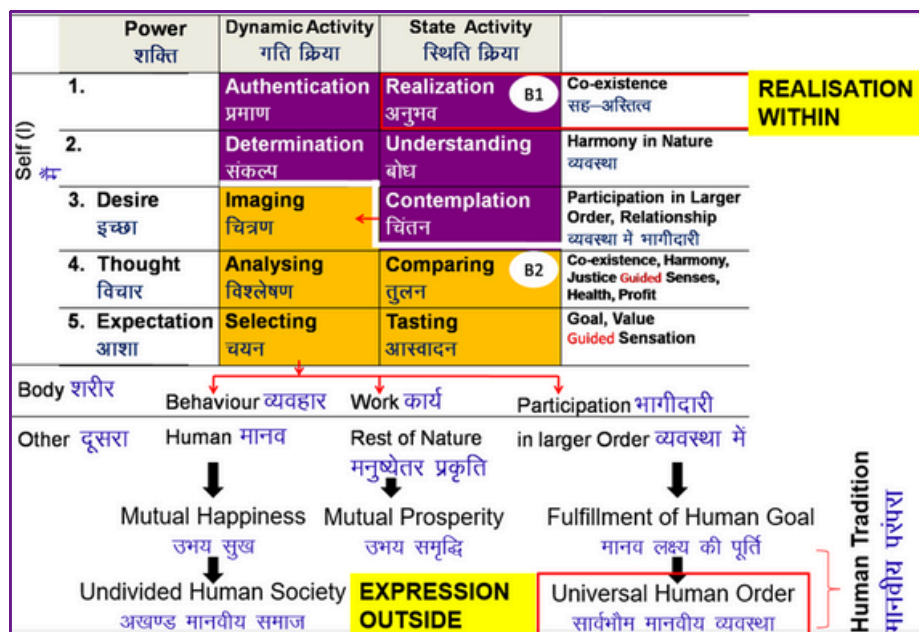
KEYNOTE: SOCIETAL DEVELOPMENT THROUGH SELF AND TEAM DEVELOPMENT

Societal development begins with self development, where **individuals live with right understanding, right feeling and meaningful participation**. As these individuals collaborate, team development emerges, working together to fulfill the human goal. When such value-based teams work in harmony, they influence families, institutions, and communities positively. This **collective alignment** of effort **leads to societal development**—a state of happiness and prosperity for all in a sustainable manner. Thus, a harmonious society is built from the inside out: developing the self, strengthening teams, and ultimately transforming society. To make it happen, we need to work out the programs for self development, team development and societal development.

Self Development: It is a **process of self-exploration, self-awareness, and self-evaluation** that awakens the higher activities of contemplation, understanding, and realization. This **development** takes place **in the Self, by the Self**, and requires **continuous, conscious effort**.

On one side, one needs to **consistently work toward realization within**; on the other, one must actively participate in establishing **harmony in the larger order**—extending from the individual and family to society, the nation, and ultimately to **an undivided society and a universal human order**, culminating in a human tradition based on **coexistence and mutual well-being**.

Realisation of Co-Existence & it's Expression - Universal Human Order



Continued on p06



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



5,100+

Registrations are surging, with **210** overseas delegates representing over **55 countries** worldwide.

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 NIXON JOSEPH - FROM EXTERNAL SEEKING TO INNER REALIZATION

I am **Nixon Joseph**, currently living with my wife and son in Washington, D.C., and working in a financial institution. My journey with Universal Human Values (UHV) began nine months ago, though I had attended Jeevan Vidya Shivirs in the past.

For most of my life, I **believed** that **happiness** came from **external sources**—from people, recognition, material possessions, and experiences.

- I sought **validation** from **family, friends, and colleagues**—feeling happy when I was recognized, respected, and appreciated.
- I pursued **material comfort**—**house, car, gadgets, vacations**—believing these would bring lasting satisfaction.
- I **diversified my sources of happiness** so much that my state of mind kept fluctuating—sometimes I felt content, other times I didn't.

It never occurred to me that **happiness was already within me**—that it did not need to be derived from external factors.

This is not just an intellectual realization—it is a **daily practice**. **The more I align** with this understanding, **the more peaceful and fulfilling** my life becomes.

HOW I EXPLORED: TURNING INWARD AND OBSERVING MYSELF

“*Exercise 1 & 2 made me realize that **I'm the one interpreting** the things happening to me, **giving meaning** to them, and **deciding** what feelings to generate in me. Others are simply behaving based on their understanding of reality or their own sanskaras.*”

This was a life-changing realization.

Continued on p11

NATIONWIDE EVENTS - OCTOBER 2025

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

SRM Institute of Science and Technology

- Chengalpattu, Tamil Nadu



23 OCT - 25 OCT

SUCCESSFULLY ATTENDED: 59

RP: Dr. Sunilkumar N, **CF:** Dr. S. Shanmugapriya, **O:** Ms. Amirthavarshini T

Engineering College Bharatpur

- Bharatpur, Rajasthan



30 OCT - 01 NOV

SUCCESSFULLY ATTENDED: 37

RP: Dr. Gopal Babu, **CF:** Dr. B.K. Sharma, **O:** Dr. Mukul Goel

INTRODUCTORY UHV SDP (6-DAY, ONLINE, AICTE)

13-18 Oct 2025 (Hindi)

- **RP**=Resource Person
- **CF**=Co-Facilitator
- **O**=Observer
- **E**=English Language
- **H**=Hindi Language
- **UHV**=Universal Human Values
- **UHV-I**=Introduction to Universal Human Values
- **UHV-II**=Understanding Harmony and Ethical Human Conduct

UPCOMING EVENTS IN NOVEMBER 2025

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

10-14 Nov in English

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

10-12 Nov 2025, Marathawada Mitra Mandals College of Engineering, Savitribai Phule Pune University, Pune, Maharashtra.

19-21 Nov 2025, D. Y. Patil College of Engineering, Akurdi, Savitribai Phule Pune University, Pune, Maharashtra.

20-22 Nov 2025, Jain College of Engineering and Technology, Hubballi, Visvesvaraya Technological University (VTU), Belagavi, Karnataka.

27-29 Nov 2025, Brijlal Biyani Science College, Sant Gadge Baba Amravati University, Amravati, Maharashtra.

27-29 Nov 2025, TKM Institute of Technology, Karuvelil, Kollam, A P J Abdul Kalam Technological University, Kerala.

27-29 Nov 2025, C. V. Raman Global University, Bhubaneswar, Odisha.

UHV-II FDP

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

18-22 Nov 2025, Sethu Institute of Technology, Anna University, Pulloor, Kariapatti, Tamil Nadu.

24-28 Nov 2025, K. Ramakrishnan College of Engineering, Anna University, Chennai, Tamil Nadu.

24-28 Nov 2025, National Institute of Technical Teachers Training and Research (NITTTR), Chandigarh.

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- **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

KEYNOTE: SOCIETAL DEVELOPMENT THROUGH SELF AND TEAM DEVELOPMENT (CONTD.)

PROGRAMS FOR SELF DEVELOPMENT

Self development is a continuous and conscious process of enhancing one's **understanding, behaviour,** and overall **way of living.**



1 The first and most essential step is **setting a clear goal** for **Right Understanding**, which includes contemplation of relationships, understanding harmony in nature, and realizing coexistence. This **inner clarity becomes the foundation** for all further growth.

To enrich this understanding, one must **focus on grasping the content** through various means:

- **attending** workshops,
- **reading** relevant books, and
- **exploring** audio-video materials.

These resources offer **structured learning** and help the individual internalize essential concepts.

Alongside this, **clarification of doubts** plays a crucial role. Participating in **FAQ sessions, small-group meetings,** and **personal discussions** ensures that misconceptions are removed and understanding becomes more precise.

2 Another powerful component of self development is **pure observation.** By **attending morning sessions** and **practicing observation regularly,** individuals develop sensitivity and awareness, enabling them to understand themselves and others more deeply.

3 As understanding grows, one can start developing as a **Resource Person (RP)** by giving demos or presentations in RP development sessions. This not only **strengthens one's clarity** but also builds confidence. Throughout this journey, **guidance from mentors provides direction, support,** and **correction** whenever needed.

Sharing content by conducting workshops, tutorials, or classes further deepens the learning. Teaching others reinforces one's own understanding and creates a sense of responsibility towards societal well-being.

4 **Validation in living** is a direct reflection of one's inner development. The **changes must be visible in behaviour, quality of work, participation in family, contribution to society,** and **harmony with nature.**

Finally, self development requires consistent effort. **Planning daily, weekly, monthly, and yearly schedules** and allocating dedicated time ensures continuity and growth. With **disciplined practice** and **sincere intent**, self-development becomes a transformative journey.

TEAM DEVELOPMENT



Team development is a **process of building a group** that **shares a common purpose, works with mutual trust,** and **grows together** in understanding and responsibility. The foundation of a strong team lies in having clarity of the comprehensive human goal and a shared vision. When all members work towards right understanding, right feeling, and ultimately a universal human order, their efforts become aligned and meaningful.

1 A vital aspect of team development is **accepting team members with affection.** This creates a supportive environment where members feel valued and connected. **Regular dialogue, hand-holding,** and **genuine care** strengthen relationships and build long-term commitment.

2 **Teams grow** when individuals are involved in **meaningful projects and activities.** Gradually assigning responsibilities helps members gain confidence and develop ownership. This process encourages them to contribute proactively and feel accountable for the team's collective progress.

3 **Continuous appreciation** for what is done well and **gentle guidance** for what needs improvement ensures motivation and constructive learning. It keeps the team moving forward with positivity.

4 Ultimately, effective team development aims at **grooming existing members into mentors** who can guide new members. These mentors, grounded in value-based living, become value-based leaders capable of nurturing the next generation of contributors.

KEY POINTS OF TEAM DEVELOPMENT

Team development is a **gradual journey** from **simple participation** to **true ownership.** It begins when members start owning responsibilities without needing reminders. This sense of ownership reflects maturity, discipline, and genuine involvement in the collective goal.



A strong team member is **willing to develop a supporting team** when required, hand-holding others and ensuring smooth execution of tasks. They naturally start **taking more initiatives**, stepping forward whenever the situation demands. Equally important is the ability to **finish what one starts**, demonstrating consistency and reliability.



Healthy teams thrive on positivity; therefore, **team members learn to compliment** instead of complain, appreciating efforts and contributing constructively. They **remain open to feedback**, seeing it as an opportunity for growth.



Continuous self-improvement is essential. **Learning new skills** by oneself reflects proactiveness and adaptability. Even when setbacks arise, **resilient members** continue their efforts with determination. They look for **creative solutions** to overcome obstacles rather than getting stuck.

Finally, **true team development** happens when **individuals ensure** their **source of happiness** is **internal**, not dependent on external recognition or praise. This **inner stability** strengthens both the individual and the team.

PROGRAMS FOR TEAM DEVELOPMENT

Programs for team development **aim** to build **cohesive, responsible, and value-oriented groups** that can work together with clarity and harmony.

1 The process begins by setting a clear goal for developing teams at **different levels (1:11:111...)...**, ensuring that each member understands the larger vision of collective growth. **Volunteering** forms the foundation, as it cultivates a spirit of initiative and contribution without external pressure. As individuals grow in understanding, they begin owning responsibilities within the team, **completing tasks** with **sincerity** and **commitment**.

2 Regularly **attending team meetings** helps maintain alignment, communication, and shared awareness. **Collaboration** becomes a natural outcome when members support one another, share tasks, and work toward common objectives.

3 **Participation in conferences and regional meetings** further expands understanding, offering broader exposure and inspiration from the experiences of other teams. **Heart-to-heart sharing** with **team members** strengthens trust, emotional connection, and mutual support.

Finally, planning weekly, monthly, and annual schedules ensures continuity and disciplined progress by allocating dedicated time for team-related activities. Through these integrated practices, team development becomes a continuous, meaningful journey that strengthens both individuals and the collective as a whole.

To achieve this, it is essential to participate in the various dimensions of society—such as **education, health, production**, and others—and to **align and design every program in these domains** in a way that contributes to the realization of the **Human Goal**.

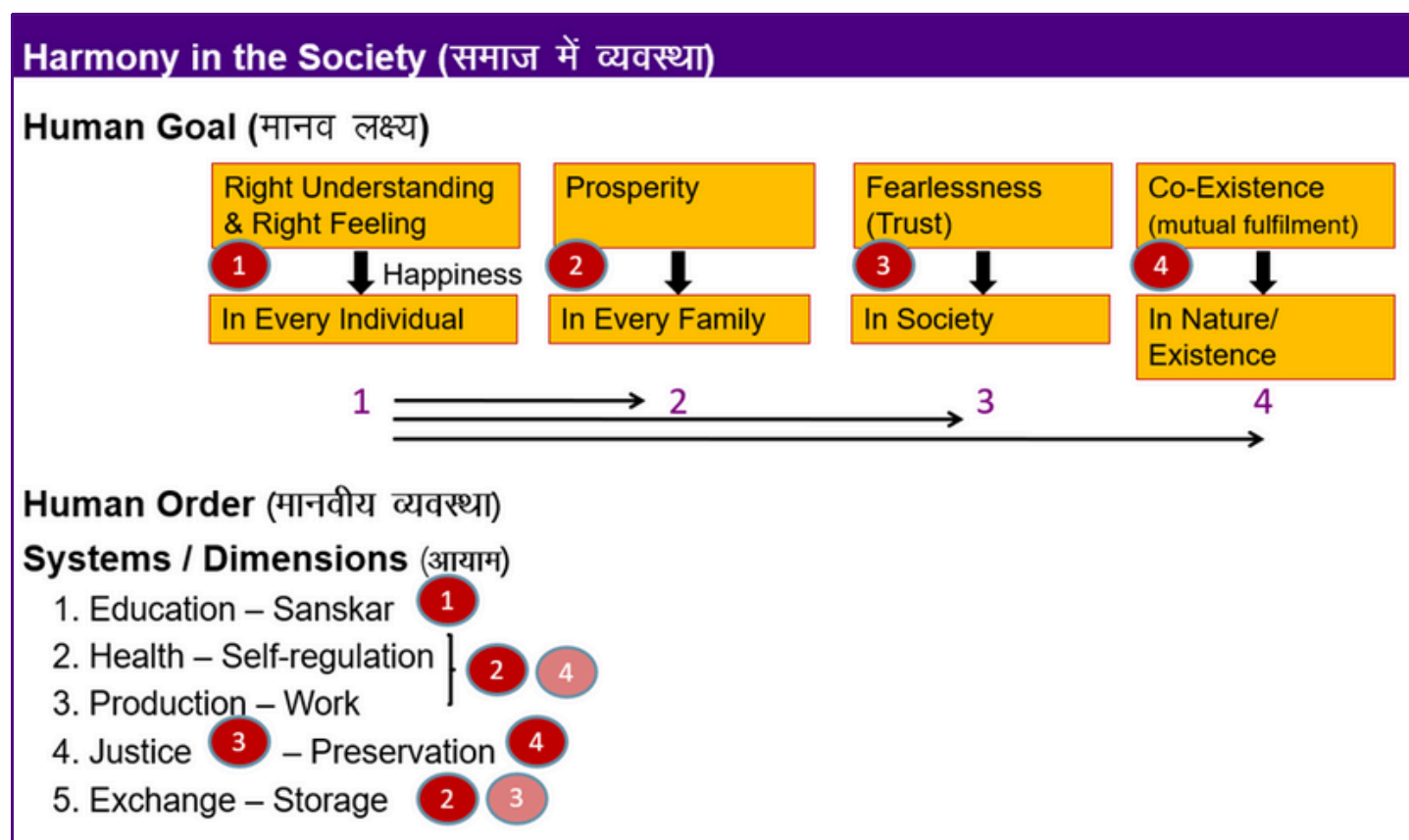
SOCIETAL DEVELOPMENT

Societal development means ensuring the fulfillment of the **Human Goal**—that is:

- **Right understanding** in every individual,
- **Prosperity** in every family,
- **Fearlessness (trust)** in society, and
- **Co-existence** with nature.

PROGRAMS FOR SOCIETAL DEVELOPMENT

Programs for societal development focus on **expanding one's understanding and responsibility** from the individual and team level to the level of institutions, communities, nations, and ultimately the entire world.



1 The journey begins with **setting a clear goal** for **establishing a Universal Human Order**, which gradually leads to the nurturing of a humane and just human tradition. As one's clarity deepens, there is a natural progression toward owning responsibility—first for one's institution, then the state, region, nation, and even international harmony.

2 **Participation** in **projects** aligned with this goal helps individuals **convert understanding into meaningful contribution**. With experience, one begins coordinating such projects, guiding others, resolving challenges, and ensuring smooth execution.

3 Societal development also involves **systematic planning, designing programs, implementing actions, evaluating progress, and updating plans**, ensuring continuous improvement. Over time, a person evolves into a **Lead Volunteer** who can take end-to-end responsibility with commitment and clarity.

Value-based management and leadership become essential tools, ensuring that **actions are rooted in trust, justice, and cooperation**. **Developing the readiness to invest one's time, effort**, and even **wealth** reflects deeper commitment toward societal upliftment.


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SHARING BY NIXON JOSEPH (CONTD.)


When I started **Exercise 1 & 2**, I was **not used to observing my own thoughts, expectations, and desires**.

*"I hardly used to pay attention to my own feelings, desires, and thoughts before. But **now, I'm paying more attention to myself than ever before.**"*

At first, I found it **challenging**—the tendency to **react automatically** was strong.

 I began **noticing** that **there was a space between external stimuli and my response**.

 I **observed** that **I was the one assigning meaning** to events and situations.

 I realized that **how I felt was entirely in my hands**—not dependent on how others behaved toward me.

*I could now see that I had **always blamed external situations for my emotions**, but in reality, **my own perception and choices determined how I felt.***

KEY REALIZATIONS THAT CHANGED ME

1

Happiness is My Natural State—Not Something to Be Achieved

*"**Before** doing this course, I didn't recognize that happiness is my innate nature. **I was deriving my happiness from external sources**—people's perception of me, material things, and sensory pleasures."*


I had always **thought** that **happiness** was something to be **earned** or **acquired**:


 If people **respected** me, I felt happy.

 If I **achieved** success, I felt happy.

 If I had **material comfort**, I felt happy.

But through **self-exploration**, I realized:

 Happiness is **already present within me**.

 Seeking happiness **externally only leads** to **fluctuations**—sometimes I'm happy, sometimes I'm not.

- ✓ The key is to **align with** my **natural acceptance—to observe** my **feelings, desires,** and **thoughts** rather than being controlled by them.

*"Now, I can tap into a **source of continuous happiness** within myself instead of depending on the external world."*

2 Stopping the Habit of Blaming Others for My Emotions

*"For a long time, I believed that my **state of mind depended on how others behaved.**"*

- ⚠ If someone spoke harshly, I felt **offended**.
- ⚠ If I was not appreciated at work, I felt **unvalued**.
- ⚠ If things didn't go my way, I felt **frustrated**.

*"This realization that ultimately, **I'm the one deciding my feelings in me**—regardless of the situation or how others behave—was profound. Others are simply behaving based on their understanding of reality, but **I hold the power to choose my response.**"*

With this realization:

- ✓ I **stopped blaming others** for my situation.
- ✓ I **stopped complaining** about circumstances.

- ✓ I **stopped expecting** others to make me happy.

This was **incredibly liberating**—because for the first time, **I felt in control of my inner state**.

3 Paying Attention to Myself—A Shift in Priorities

Earlier, I had always **prioritized external success, responsibilities,** and **achievements** over self-awareness.

*"**Exercise 1 & 2** is helping me sharpen my ability to pay attention to myself—observe everything without reacting."*

This required tremendous **patience** and **perseverance**.




- ✓ I learned to **observe** my emotions **without judgment**.
- ✓ I practiced giving more **priority** to my own **inner state**.
- ✓ I started **recognizing patterns** in my thinking that I had never noticed before.

*"It is hard to remain nonchalant when paying attention to my feelings and thoughts. **The key is to remain extremely patient and kind to ourselves.**"*

The **more** I **practiced**, the **more stable** I became—less affected by external events and **more grounded** in my natural state of harmony.

CONCLUSION: **A COMMITMENT TO LIVING WITH AWARENESS**

This journey of self-exploration has given me:

-  A **newfound clarity** that **happiness is within** me, not outside.
-  The **ability to observe** my reactions before responding.
-  A **deep sense of responsibility** for my own emotions.

“

I remain committed to transforming my life by practicing Exercise 1 & 2 and continuing to study Madhyastha Darshan to develop the right understanding. Additionally, my wife and I are involved in developing a course on Human Values in Christianity.

”

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**.



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 ❌	

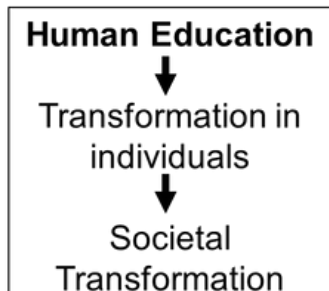
Individualistic "Society" (effort for different / conflicting goals)



Humane Society

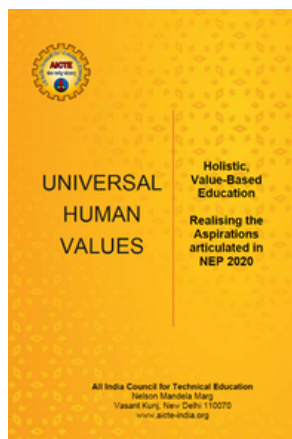
Right Understanding Right Feeling	Health	Prosperity	Fearlessness (Trust, Justice)	Co-existence (Mutual Enrichment)
↓ Happiness	↓	↓	↓	↓
In Every Individual	In Every Individual	In Every Family	In Society	In Nature/Existence

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



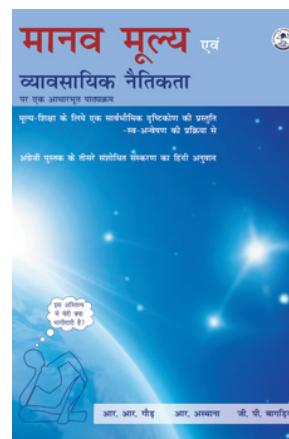
From ICHVHE 2024 Keynote "Vision for Human Education"

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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Official Newsletter of UHV Team

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

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