



# EMERGENCE

*The Journey of  
Value Education Cell (VE Cell)  
2017-2020*



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**VALUE EDUCATION CELL**  
**AJAY KUMAR GARG ENGINEERING COLLEGE**  
**GHAZIABAD**





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*The Journey of  
Value Education Cell (VE Cell)  
2017-2020*

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## Message from Director General

Dr. R. K. Agarwal, Chairperson,  
Value Education Cell



The scope of education is to make one understand one's real aim or goal as ensuring harmony of Individual, Family, Society, and Nature. Education should facilitate students to have the understanding, commitment, competence, and the practice of living with definite human conduct and to participate in the development of a humane society.

Understanding of 'what to do (Value Education)' along with the understanding of 'how to do (Technical Education)' is required to ensure technical competence holistically.

VE Cell is making a commendable effort in this direction. VE Cell provides exposure and a conducive environment to students and teachers aiming at personal transformation and through that, the evolution of a humane society. I can see the gradual transformative changes in the conduct of faculty members and students.

Best wishes to VE Cell.

# Preface

As the twenty-first century unfolds, technological advancements are becoming more and more evident. Though, on the one hand, the technologies have made our living more comfortable, on the other, it has caused problems at the level of individuals, family, society and the nature at large in the form of stress/strain, psychosomatic diseases, family break-ups, terrorism, wars, anti-people ecology, resource depletion etc. With technological progress, the degradation of values and ethical conduct is also becoming evident. It shows that advancements in technology only cannot lead to a happy, prosperous & meaningful life for a human being. Thus, there is a need to progress in both developing technologies (learning skills) and inculcating human values ensuring complementarity between the two. The complementarity will ensure holistic utilisation of technological systems with a holistic worldview gained through value education. A holistic worldview would then ensure one's living in harmony with family, society, and Nature/Existence and help us move towards excellence in all spheres.

To ensure an eco-friendly environment, a healthy work culture and to develop a holistic worldview among faculty members, students, staff, and their family members as well as nearby areas, Value Education Cell (VE Cell) was established in AKGEC during the year 2017. Since then, VE Cell has been making good efforts towards achievement of excellence. A number of FDPs / workshops on UHV were conducted and activities were undertaken both at the initiative of the college itself and at the behest of and guidelines of AICTE and AKTU as well. These efforts have shown remarkable results in the work-ethics of faculty members & staff and tangible change in the conduct, behavior, commitment to learning and self-confidence in students of AKGEC.

The efforts put up during the years 2017-20 are presented in the form of this report titled as 'EMERGENCE'. The report may also be helpful to others who want to move in the same direction.



## Journey of VE Cell

In order to achieve excellence and to ensure that the Students / Faculty / Staff of colleges / institutes lead a more meaningful and harmonious life, and also to ensure complementarity of Human Values and Engineering Skills; AKTU (the then UPTU) during the year 2009, introduced an essential course on “Human Values & Professional Ethics” for all branches of students.

The university established a ‘Value Education Cell’ and motivated affiliated institutions to develop institutional level VE Cells in a systematic effort to coordinate value education activities at the university level. This was to provide an exposure and conducive environment to students and teachers aiming at personal transformation and through that, the evolution of a humane society.

To further propagate value education, the university during 2015, nominated five nodal centers and AKGEC was one of them.

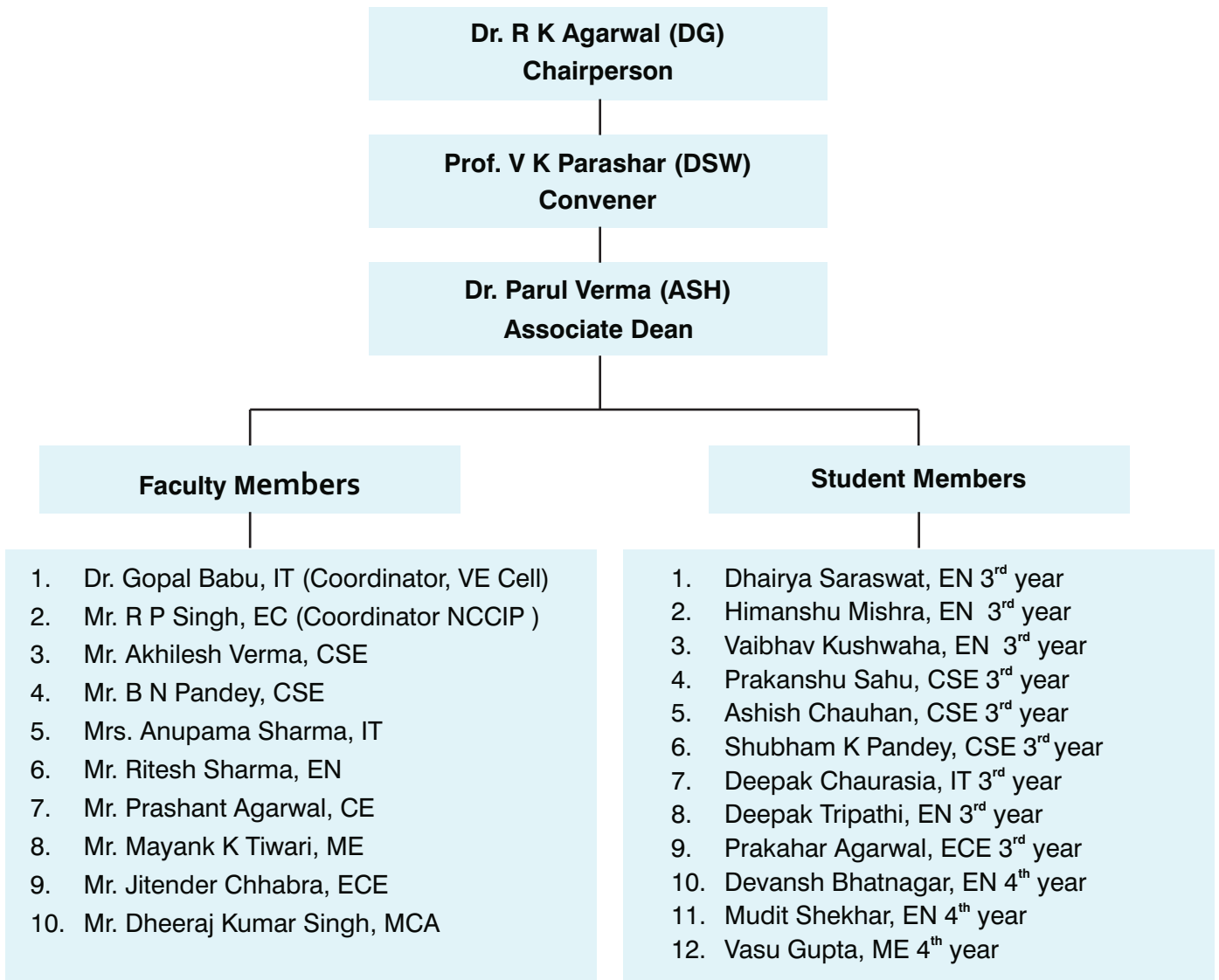
To inculcate Value Education as an integral part of life, AKGEC, during the year 2017, established a Value Education Cell (VE Cell) under the guidelines of AKTU with the following objectives:

- Develop right understanding by sharing the understanding of what to do (Value Education).
- Develop right skills by teaching how to do (Technical Education).
- Practice right living during the period of education and its continuity.
- Living in relationship with other human beings leading to mutual happiness.
- Living in relationship with rest-of-nature leading to mutual prosperity and hence ensuring eco-friendly environment in the campus.

In June 2019 AKGEC was upgraded to a Regional Nodal Center. The underlying principle was that besides conducting of Human Value programs in their own institute, a larger number of teachers from surrounding Colleges/Institutes could also attend programs/workshops and become resource persons for further spread of Human Values education.

The journey, so far, has been very satisfying and fulfilling for all. The College has now been recognized as an active nerve center of Value Education by AICTE where faculty members are voluntarily working to spread this education at various levels across the country.

## Structure of VE Cell

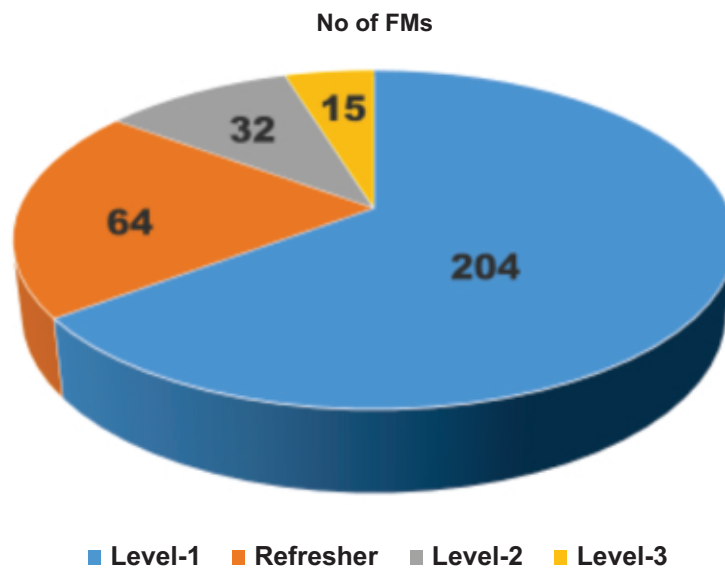


Each department of the college has detailed one inclined faculty member as coordinator of the VE Cell. All the detailed FMs meet once in a week to contemplate upon the effectiveness of the activities done in the past, and also plan future activities to move towards excellence. They participate voluntarily after the college time.

VE Cell student coordinators also participate to spread awareness of the VE Cell activities in the campus. They also help conducting various evening workshops and other activities like the celebration of the Earth Day voluntarily.



## Summary of FMs who attended various levels of FDPs



The above chart shows the number of faculty members who attended various levels of eight-days FDPs conducted by VE Cell, AKTU. Almost all the FMs have gone through at least level-1 FDP. In addition to the above, the following FMs have also attended higher levels FDPs (details of FMs are given in appendix-1):

S.No.	No. of FMs	FDPs
1.	14	10 days FDP on “Values, Relationships & Ethical Human Conduct” (UHV-3)
2.	07	10 days FDP on “Understanding Human Being Comprehensively” (UHV-2)
3.	02	Human Values in Madhyastha Darshan
4.	07	Human Values in Sankhya, Yoga, and Vedanta Darshan
5.	04	Human Values in Buddha and Jain Darshan



# Participation of VE Cell at Various Levels



## AICTE Level Activities at AKGEC

Ajay Kumar Garg Engineering College, organized a two days workshop for the Resource Persons of Students Induction Program (SIP) of 21 days under the auspices of AICTE. The objective of this workshop was to contemplate upon and strengthen the process and contents of SIP and its effectiveness on the various methods and procedures of SIP.

The event commenced with the inaugural ceremony graced by the following eminent functionaries from AICTE & National Coordinator Committee Induction Program (NCC-IP);

- Prof. Rajive Kumar, Member Secretary AICTE
- Dr. Manoj Tiwari, Regional Officer NRO- AICTE
- Prof. Rajneesh Arora, Chairman NCC-IP
- Dr. Shishir Gaur, Convener NCC-IP
- Dr. R K Agrawal, Member NC-UHV and Director General, AKGEC



In the afternoon, Professor M P Poonia, Vice Chairman AICTE also joined and held a conference with all the eminent functionaries and Shri Rajul Asthana, Member NCC-IP & Member NC-UHV to share further plans of AICTE to spread Value Education in all the approved college & across the country and how AKGEC could contribute towards this cause by liaising with AICTE and also sparing faculty members as Resource Persons. Later the team went around the campus including Faith Center and the members were appreciative of various activities carried out.

## University (AKTU) Level Activities at AKGEC

### **(A) Conduct of 8 day's FDP on “Human Values and Professional Ethics” from 17th June – 24th June 2016.**

- 95 faculty members from various colleges of AKTU had participated.
- Mr. Gopal Babu was the Resource Person and Dr. Upasana Mishra (IPEC, Ghaziabad) was co-facilitator.

### **(B) Conduct of 08 days Refresher workshop on “Human Values and Professional Ethics” from 26th Dec 2016 – 02nd Jan 2017.**

- 26 faculty members of various colleges of AKTU had participated.
- Dr. Kumar Sambhav (Galgotia University) was the Resource Person and Dr. Upasana Mishra (IPEC, Ghaziabad) was co-facilitator.

### **(C) As advised by Vice Chancellor, during the VE Cell meeting held at AKTU on 4th Jan 2017 and attended by Prof. V K Parashar of this institute, the following task assigned to AKGEC was accomplished and forwarded to AKTU.**

- Formation/Design of elective course on UHVPE for pre-final year students of all UG and PG courses for all branches titled as “Understanding the human being comprehensively”.
- Elective course of UHVPE for final year students titled as “Values, Relationships & Ethical Human Conduct leading to Universal Order”
- The two proposed syllabi were finally approved by AKTU as part of the curriculum.





**(D) A Review meeting of faculty members from various colleges in & around Ghaziabad was conducted on 2nd May 2017, 48 faculty members from 14 colleges participated. The meeting turned out to be very interactive & useful with following conclusions as important proposals/suggestions.**

A workshop should be done for Management, Director and HODs of the college so that they may appreciate the content of UHVPE.

- Lecture should be allotted in morning in time table rather than at last.
- Course should be conducted in the form of workshop rather than in the class.
- For better coverage and assimilation of content by the students, two class lectures in continuation in place of one may be put in time table.
- Visit by VE Cell, AKTU may be arranged to some colleges/institutes to audit quality of Value Education.
- VE Cell, AKTU may also arrange monthly/two-monthly visits of Resource Persons to the Nodal Center where Faculty Members from nearby colleges/institutes could assemble to clarify the doubts/queries to pedagogy of UHVPE subject.
- Frequency of Refresher Courses/Higher level workshops may be increased for better understanding/appreciation of the UHVPE subject.





**(E) Conduct of 8 day's Foundation Course/Workshop on “Human Values and Professional Ethics” from 23th June – 30th June 2017 at AKGEC.**

- 93 faculty members from various colleges of AKTU had participated.
- Mr. Gopal Babu (AKGEC, Ghaziabad) was the Resource Person and Dr. Upasana Mishra (IPEC, Ghaziabad) was co-facilitator.

**(F) Conduct of 8 day's Workshop on “Human Values and Professional Ethics” (Level-2) of UHVPE at AKGEC from 30 Nov – 07 Dec 2017.**

- 36 faculty members from various colleges of AKTU had participated.
- Mr. Bhanu Pratap Singh, VE Cell AKTU was the Resource Person. Dr. Upasana Mishra (IPEC, Ghaziabad) and Dr. Parul Verma (AKGEC) were co-facilitators.

**(G) Conduct of 8 day's workshop (Level-2) on “UHVPE” at AKGEC Nodal Center AKGEC from 10 – 17 July 2018.**

- 28 participants from various colleges of AKTU had participated.
- Resource Person: Mr. Gopal Babu, (AKGEC) and Dr. Upasana Mishra (IPEC, Ghaziabad) was co-facilitator.

**(H) Conduct of 08 days Refresher workshop on “Human Values and Professional Ethics” from 09 – 16 May 2019.**

- 23 faculty members of various colleges of AKTU had participated.
- Dr. Kumar Sambhav (Galgotia University) was the Resource Person and Dr. Upasana Mishra (IPEC, Ghaziabad) was co-facilitator.





**(I). Conduct of 8 day's refresher workshop on “UHVPE” at AKGEC Nodal Center AKGEC from 17 – 24 Dec 2018.**

- 30 participants from various colleges of AKTU had participated.
- Resource Person: Mr. Gopal Babu, (AKGEC) and Dr. Upasana Mishra (IPEC, Ghaziabad) was co-facilitator.

**(J) Conduct of 10 day's workshop on “Understanding Human Being Comprehensively” at AKGEC Nodal Center AKGEC from 11 – 20 Jul 2020.**

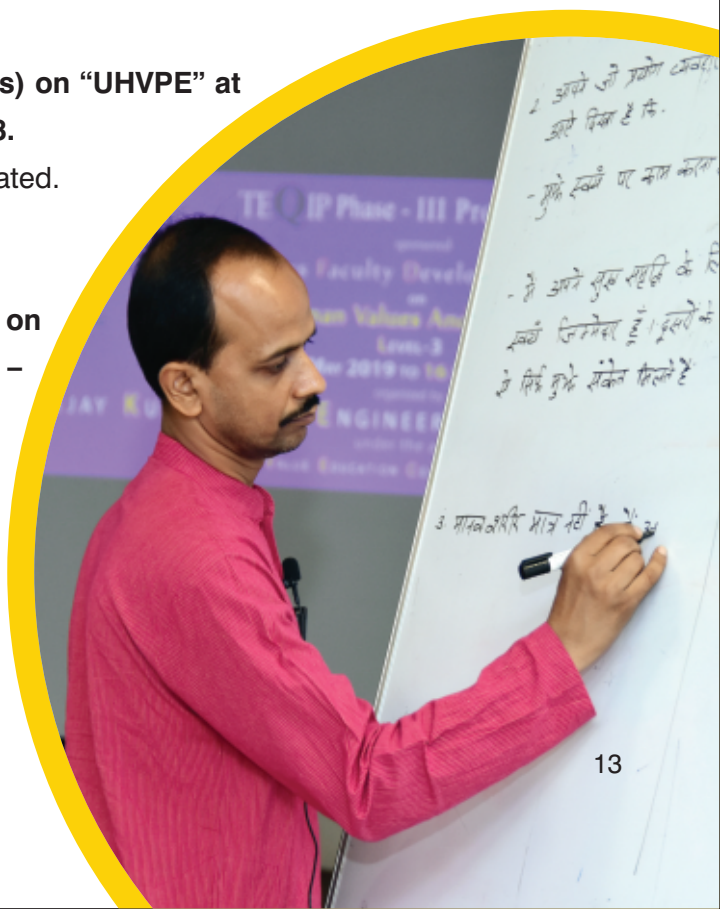
- 30 participants from various colleges of AKTU had participated.
- Dr. Kumar Sambhav (Galgotia University) was the Resource Person.

**(K) Conduct of 8 day's workshop (only for students) on “UHVPE” at AKGEC Nodal Center AKGEC from 14 – 21 June 2018.**

- 50 students of various colleges of AKTU had participated.
- Resource Person: Mr. Umesh Jadav

**(L) Conduct of 8 day's workshop (only for students) on “UHVPE” at AKGEC Nodal Center AKGEC from 08 – 15 June 2020.**

- 60 students of various colleges of AKTU had participated.
- Resource Person: Ms. Priya, GNIT, Greater Noida





## In House Activities at AKGEC

### (A) Conduct of 8 day's workshop for HODs/Deans on "UHVPE" at AKGEC Nodal Center (AKGEC) from 12-10 July 2018 to ensure appropriate and comprehensive eco-system on Human Values

A very interactive and useful 08 days' workshop (09:00 AM – 12:30 PM ) daily, 12 July – 20 July 2017 for all HODs/Deans of the college was conducted and also attended by the Director General, AKGEC.

### (B) Conduct of 8 day's refresher workshop for HODs/Deans on "UHVPE" at AKGEC Nodal Center AKGEC

A refresher workshop (09:00 AM–12:30 PM daily, 02–12 Dec 2019) for all HODs/Deans of the college was conducted and also attended by the Director General, AKGEC.

#### Outcomes:

- Course contents were well understood and highly appreciated by each of HODs/Deans.
- Have become more responsive towards VE activities being conducted in the college.
- Comfort level of FMs who are assigned to teach UHVPE course has increased.
- Each HOD willingly agreed to depute at least one FM from the department who could supplement efforts of college VE Cell and give valuable contribution.
  - HODs/Deans shared that by accepting UHVPE proposals, many of the personal and departmental problems could be better tackled.
  - Each of them desired that the workshop should be conducted for their spouses/family members as well.



**(C) All staff members have gone through 03 days workshops of “Human Values and Professional Ethics”. Following workshops for staff members were conducted in the college as details are given below:**

- 14 Oct 2016 – 17 Oct 2016, 54 faculty members & 12 staff members participated in the workshop.
- 14 March 2017–17 March 2017, 34 faculty members and 12 staff members.
- 08–10 May 2017, 37 staff members participated.
- 12–14 March 2020, 54 Staff members and 21 attendants participated in the workshop.

**(D) VE Cell, AKGEC conducts 05 days evening workshop (two hours daily) for students on “Understanding Relationships through Self-Exploration”.**

The objective of the workshop was to enhance competence of students so that they may live with mutual happiness in relationships. A brief summary of eleven workshops conducted is given below:

Dates	No. of participants
23 – 27 Oct 2017	13
30 Oct – 03 Nov 2017	12
04 – 08 Feb 2018	30
12 – 16 March 2018	46
27 – 31 Aug 2018	58
04 – 08 Feb 2019	31
25 Feb – 01 Mar 2019	24
01 Apr – 05 Apr 2019	09
05 – 09 Aug 2019	20
16 – 20 Sep 2019	51
23 – 27 Sept 2019	36



### **(E) Regular ongoing activities at AKGEC**

- One faculty member from each department is detailed for the discussion of Level-2 content so that detailed faculty members may be prepared as a resource person in future.
- Listening of Audio/Video lectures of higher-level contents.
- Presentation of one topic of the foundation course by FMs.
- Book (Human Values and Professional Ethics) reading and discussions on topics, in a week, with those faculty members who are teaching UHVPE to ensure that effective delivery is done in the class.
- Centralized question papers and its solutions are made by the VE Cell.
- A sum-up lecture after each unit is conducted in every section by Dr. Gopal Babu.
- Four lectures per week are allotted for teaching of UHVPE (RVE -301).
- All lectures of UHVPE are scheduled before noon in timetable.
- Two lectures in continuation have been allotted in timetable because the UHVPE subject is of a transformational nature and needs time to help students to self- explore and assimilate.
- Weekly meeting (01:30 hrs) with each faculty member (who have gone through 8 days' workshop) in groups with depth discussion of topics of UHVPE.
- Fortnightly meeting (01:30 hrs) with staff members (who have gone through 3 days' workshop) in groups with depth discussion of topics of UHVPE.

#### **Few salient outcomes of the above activities with faculty members and staff.**

- Stress level has reduced.
- People are able to work with the feeling of relationships.
- Harmony between colleagues have improved.
- People are able to resolve their family problems.
- Students and teacher relationship has been improved.
- Awareness about thoughts has increased.
- Ways to handle students have improved.
- Harmony between staff and faculty members has become better than earlier.





## (F) Family Workshops

- A 10 day's online family workshop on “Understanding Relationships” for family members of AGKEC FMS and staff members were organized from 5-14 July 2020. More than 100 family members attended the workshop. Family members appreciated a lot the efforts made by VE Cell, AKGEC.
- A 10 days online family workshop on “Understanding Relationships” for family members of students were organized in two slots (1-5 Aug & 12-16 Aug 2020). About 40 family members attended the workshop.

## (G) Webinars

### Webinar-1: (05th July 2020)

**Resource Person: Shri Vijay Pal Baghel, The Green man of India**

Around 100 people took part in the first webinar of the Erudition'20 series on 05th July, 2020 Sunday to get some expert advice on “**Impact of Covid-19 on Global Environment**” from our environmentalist speaker, **Shri. Vijay Pal Baghel**, the Green man of India. Faculties and students participated enthusiastically in the webinar, which was well indicated by the number of questions received during the whole session.

### Webinar-2: 26th July 2020

**Resource Person: Dr. Sharmila Asthana**

The **second webinar** of the Erudition' 20 series, “**Holistic Health and Lifestyle**” had been organised on July 26, 2020 (Sunday). Around 130 people had benefited by the talk of our physician speaker, **Dr Sharmila Asthana**.

AJAY KUMAR GARG ENGINEERING COLLEGE, GHAZIABAD  
VALUE EDUCATION CELL, AKGEC

# Erudition'20

Enlighten with Knowledge !!!

## THE GREEN MAN OF INDIA

- International Climate leader (Awarded by Vice President of USA)
- Van Vibhuti (Awarded by Governor of UP)
- Himalya Vibhushan
- Member of International Earth Day Society
- Member of IPBS, Germany
- Green India Award Winner
- Member of SDG goals, United Nations
- Awarded Dr. APJ Abdul Kalam Award by UP Government
- Global Green Leader (By International Environmental Organisation)

DATE : 5 JULY 2020  
TIME : 10:00 AM - 12:00 PM

<http://shorturl.at/3KVWY>

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VALUE EDUCATION CELL, AKGEC

# Erudition'20

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## DR. SHARMILA ASTHANA

- MBBS (Mahatma Gandhi Medical College, Indore)
- MD, Pediatrics (Regional Children's Hospital, Southern NJ, USA)
- Practicing Comprehensive pediatric medicine along with yoga and meditation.
- Worked at assistant professor of pediatrics at St. Christopher's Hospital for Children in Philadelphia, USA.
- She is a consulting pediatrician at Apollo Hospital, New Delhi.
- After 17 years of serving at Apollo Hospital she worked for Lucid Diagnostics.
- A large part of her practice comprised of counselling and educating parents and children about self discipline in life. Now she is devoting her full time to Universal Human Values and Holistic Human Health.

Register here

DATE : 26 JULY 2020  
TIME : 11:00 AM - 1:00 PM

Registration Link : <https://forms.gle/sWbdTmioxWSs57ye6>

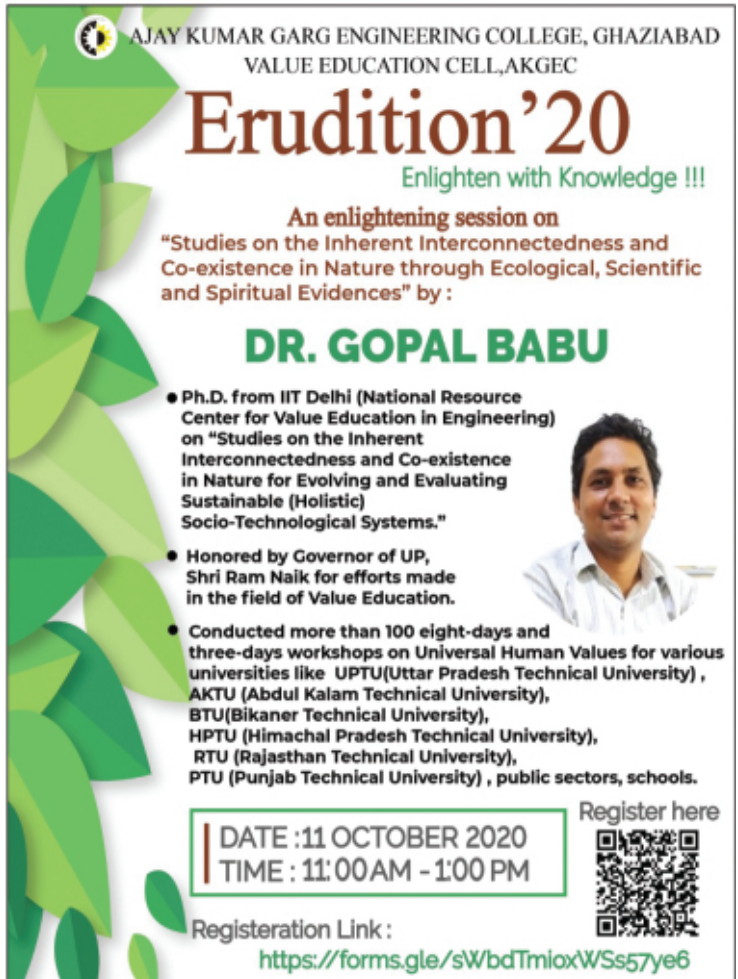
### Webinar-3: on 11th Oct 2020

The third webinar of the Erudition'20 series, on **“Studies on the Inherent Interconnectedness and Co-existence in Nature through Ecological, Scientific and Spiritual Evidences”** had been organized on October 11, 2020 (Sunday). Over 90 people had benefitted by the talk of **Dr. Gopal Babu**.

The session had been very interactive and exploratory for all the attendees. Dr. Gopal Babu started the session with an explanation of the difference between Interconnectedness and Co-existence and their implications. Then, he showed various evidences coming out from ecology, modern development in science and spirituality. He discussed that all the pieces of evidences indicate towards inherent interconnectedness and coexistence in Nature. These evidences convince us that a happy and prosperous life can be lived with the realization of interconnectedness only. Ignorance of the interconnectedness takes us towards Ego, depression etc.

VE Cell, organized three webinars to spread the importance of interconnectedness and its implications in real life. The webinars were successfully conducted giving the views about holistic health (interconnectedness between the self and body) by Dr. Sharmila Asthana, importance of trees in our life (interconnectedness between human and the rest of Nature) by 'The Green man of India', and (interconnectedness even at sub-atomic level) by Dr. Gopal Babu. A quiz for students was organized after each webinar. The following students were the winners of the quiz:

- Arpit Tripathi, EN 4th year
- Himanshi Singh, IT 3rd year
- Anshika Mishra, EN 3rd year



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VALUE EDUCATION CELL, AKGEC

# Erudition'20

Enlighten with Knowledge !!!

An enlightening session on  
“Studies on the Inherent Interconnectedness and  
Co-existence in Nature through Ecological, Scientific  
and Spiritual Evidences” by :


## DR. GOPAL BABU

- Ph.D. from IIT Delhi (National Resource Center for Value Education in Engineering) on “Studies on the Inherent Interconnectedness and Co-existence in Nature for Evolving and Evaluating Sustainable (Holistic) Socio-Technological Systems.”
- Honored by Governor of UP, Shri Ram Naik for efforts made in the field of Value Education.
- Conducted more than 100 eight-days and three-days workshops on Universal Human Values for various universities like UPTU(Uttar Pradesh Technical University) , AKTU (Abdul Kalam Technical University), BTU(Bikaner Technical University), HPTU (Himachal Pradesh Technical University), RTU (Rajasthan Technical University), PTU (Punjab Technical University) , public sectors, schools.

Register here

DATE :11 OCTOBER 2020  
TIME : 11:00 AM - 1:00 PM

Registration Link :  
<https://forms.gle/sWbdTmioxWSs57ye6>



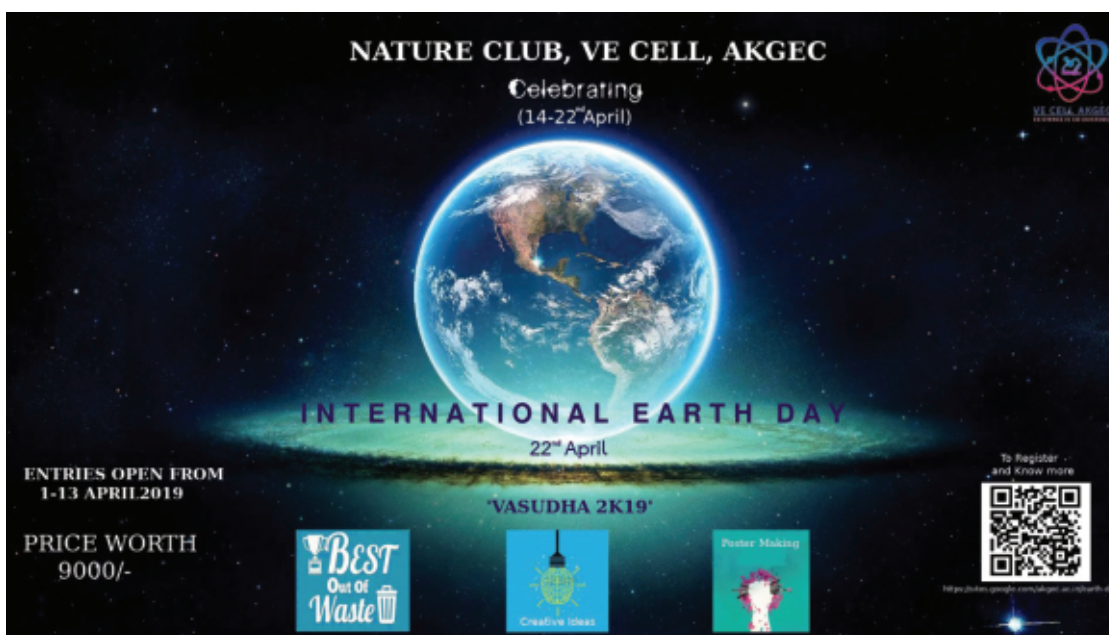
## (I) Nature Club

Due to busy life and tight schedule in technical education, many of us often ignore the Nature and its importance in daily and long term life. It is believed that the awareness about the present status of the environment has become very important in view of precarious situation due to pollution, deforestation, Global Warming, Ozone layer depletion etc.

Nature Club is committed not only to spread awareness as mentioned above, but, will motivate students to find out the solutions of the above problems and living in sustainable manner while ensuring complementarity with Nature around us.

Nature club would work with following principles:

- Right Utilization,
- Protection and
- Enrichment of Natural Resources available around us.



**Three types of activities are proposed to celebrate the Earth Day every year:**

1. Best out of Waste
2. The poster making competition on any one of the following themes:
  - a. Right Utilisation of natural resources.
  - b. Protection of natural resources.
  - c. Enrichment of natural resources.
3. Creative ideas on the following themes:
  - a. Right Utilisation of natural resources.
  - b. Protection of natural resources.
  - c. Enrichment of natural resources.



Nature club, under VE Cell, celebrates the Earth Day every year on 22nd April. Students are given an opportunity to show their creativity in preparing models from the waste things, so that they may learn recyclability, reusability and right utilization of the natural resources. Students also make drawings to spread awareness around the campus.



## Naming the trees in the campus

In the era of technological advancements, most of us have forgotten Nature. Nature club, VE Cell installed various boards under the trees mentioning the essential properties of the trees. The activity was appreciated by students around the campus. Many students shared that they were not aware about such essential and useful information about the trees before installation of the boards.





### Medicinal/Herbal Gardening

Nature Club, VE Cell, to spread awareness about the medicinal herbs and their importance in our life, prepared medicinal garden. Various important herbs are planted in the garden which is now a place of attraction for students.





## Nakshatra Trees

Twenty seven Nakshatra trees are planted in 'Faith Center' of the college. Nakshatra plants are those plants which are recommended as per the ruling god of a particular Nakshatra and these are already mentioned in Indian Vedas. According to which every human being is born in a particular Nakshatra and based on this, his /her planetary positions suits a particular type of plant according to their horoscope and place of residence.



## AKGEC Efforts at Larger Level

**As a Regional Nodal Center, VE Cell, AKGEC nurture its surrounding with the following activities:**

1. Following FMs from AKGEC conduct a weekly meeting on every Saturday (6:00 – 8:00 PM) for Ghaziabad region.

- Dr. Gopal Babu, VE Cell (Resource Person)
- Dr. Parul Verma, ASH
- Dr. Sandeep Gupta, ASH
- Dr. Nitya Sharma, ASH
- Mr. B N Pandey, CSE
- Ms. Swarna Mazumdar, EC

2. Participation in family workshops

Two family workshops in evening were conducted by UHV team on the following dates:

- 07 – 17 Jan 2020
- 01 – 07 Mar 2021

Following FMs participated:

- Dr. Gopal Babu, VE Cell (Resource Person)
- Dr. Parul Verma, ASH
- Dr. Nitya Sharma, ASH
- Mr. B N Pandey, CSE

3. Various FMs participate in UHV FDPs conducted by AKTU as resource person, co-facilitator and observer. Details are given in Appendix-1.

4. Following FMs voluntarily participate in AICTE online workshops as a back-end team members:

- Mr. Akhilesh Verma, CSE (as a technical team member).
- Dr. Parul Verma, ASH
- Mr. B N Pandey, CSE
- Dr. Nitya Sharma, ASH
- Dr. Sandeep Gupta, AS

5. The college has recruited Mr. R. P Singh in EC department who is fully devoted to AICTE level activities.





# **Impacts of UHV Courses /Activities at Various Levels**



## Impacts of UHV Courses /Activities at Various Levels

### (A) Impacts at the level of HODs/Deans

- Course contents were well understood and highly appreciated by each of HODs/Deans.
- Have become more responsive towards VE activities being conducted in the college.
- Comfort level of FMs who are assigned to teach UHVPE course has increased.
- Each HOD willingly agreed to depute at least one FM from the department who could supplement efforts of college VE Cell and give valuable contribution.
- HODs/Deans shared that by accepting UHVPE proposals, many of the personal and departmental problems could be better tackled.
- Each of them desired that the workshop should be conducted for their spouses/ family members as well.

### (B) Impacts at the level of Faculty Members

- Able to place right understanding, relationships and physical facilities in the right order in life.
- Tendency to accumulate wealth and show-off has gone down.
- Sense of belongingness resulting in high stability of retention .
- Willingness to accept additional tasks and responsibilities.
- Healthy personal relationships leading to improved performance at work.
- Improved trust & responsibility towards students rather than work only for money.
- The feeling of doubt, opposition or ignoring others have undergone a positive change

hence increasing harmony among colleagues.

- Able to resolve their family problems

### (C) Impact of UHVPE courses & workshops on students

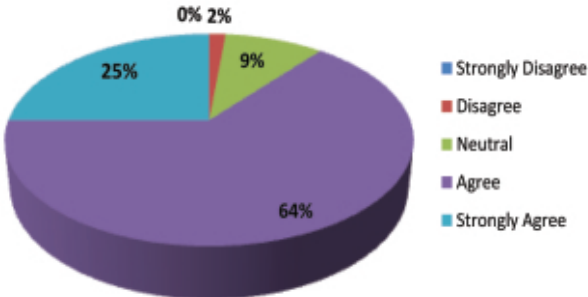
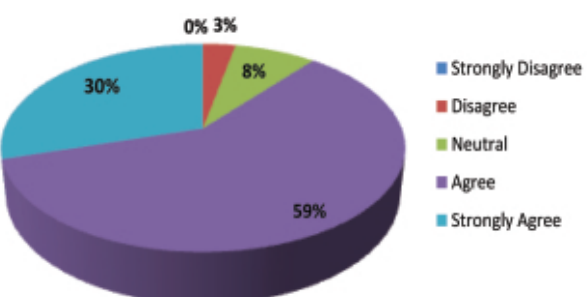
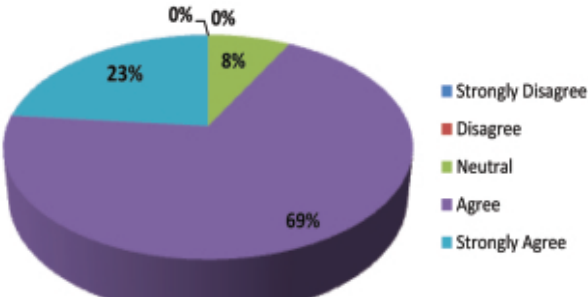
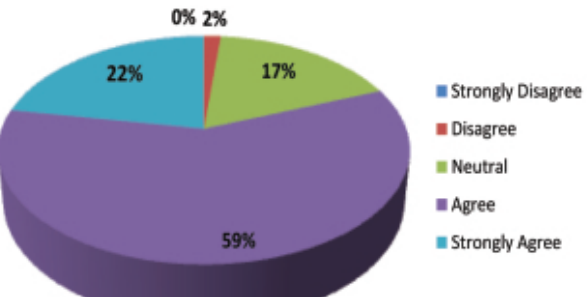
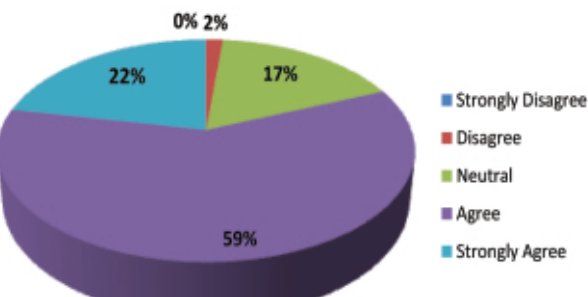
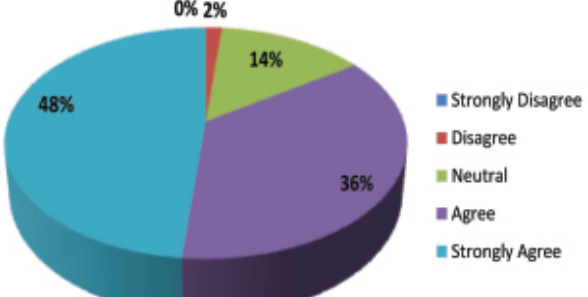
- Tangible change noticed in conduct & behavior.
- Better Attendance (average above 80%) in classes.
- Minor offences reduced from 700 to 160 over last 5 yrs.
- Major offences reduced from 95 to 35.
- Proctorial committee rarely met during the last 03 semesters.
- Reduction of food wastage in messes.
- Ensuring cleanliness in the campus.
- Moving from imposed discipline to Self Discipline.
- Focused attention on academics by being good listeners.
- Able to live with relationships rather than opposition with their fellow students and hence being responsive rather than reactive.
- Ragging Free Campus.
- Strong mentorship by senior students.
- Increased involvement in all cultural societies run by students.
- Observed to resolve problems by themselves.
- Less carried away by deviations from external environment.
- All desired to attend 8 days' Level-1 workshops.
- Desired such workshops may be arranged for their family members.



## Impacts of UHV activities: Feedback of Weekly Meetings with FMs

<p>Q1. The tendency to Self-Explore on any issues has gone up.</p>	<p>Q2. The tendency of arguing on the basis of borrowed notions or beliefs has gone down.</p>																								
<p>A 3D pie chart showing the distribution of responses for Q1. The chart is divided into five segments: Strongly Disagree (0%, blue), Disagree (2%, red), Neutral (3%, green), Agree (58%, purple), and Strongly Agree (37%, cyan). A legend to the right identifies the colors for each response category.</p> <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly Disagree</td> <td>0%</td> </tr> <tr> <td>Disagree</td> <td>2%</td> </tr> <tr> <td>Neutral</td> <td>3%</td> </tr> <tr> <td>Agree</td> <td>58%</td> </tr> <tr> <td>Strongly Agree</td> <td>37%</td> </tr> </tbody> </table>	Response	Percentage	Strongly Disagree	0%	Disagree	2%	Neutral	3%	Agree	58%	Strongly Agree	37%	<p>A 3D pie chart showing the distribution of responses for Q2. The chart is divided into five segments: Strongly Disagree (0%, blue), Disagree (3%, red), Neutral (6%, green), Agree (77%, purple), and Strongly Agree (14%, cyan). A legend to the right identifies the colors for each response category.</p> <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly Disagree</td> <td>0%</td> </tr> <tr> <td>Disagree</td> <td>3%</td> </tr> <tr> <td>Neutral</td> <td>6%</td> </tr> <tr> <td>Agree</td> <td>77%</td> </tr> <tr> <td>Strongly Agree</td> <td>14%</td> </tr> </tbody> </table>	Response	Percentage	Strongly Disagree	0%	Disagree	3%	Neutral	6%	Agree	77%	Strongly Agree	14%
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<p>Q3. I am able to place right understanding, relationship and physical facilities in the right order.</p>	<p>Q4. Now I am more clear about happiness and its continuity</p>																								
<p>A 3D pie chart showing the distribution of responses for Q3. The chart is divided into five segments: Strongly Disagree (0%, blue), Disagree (0%, red), Neutral (14%, green), Agree (63%, purple), and Strongly Agree (23%, cyan). A legend to the right identifies the colors for each response category.</p> <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly Disagree</td> <td>0%</td> </tr> <tr> <td>Disagree</td> <td>0%</td> </tr> <tr> <td>Neutral</td> <td>14%</td> </tr> <tr> <td>Agree</td> <td>63%</td> </tr> <tr> <td>Strongly Agree</td> <td>23%</td> </tr> </tbody> </table>	Response	Percentage	Strongly Disagree	0%	Disagree	0%	Neutral	14%	Agree	63%	Strongly Agree	23%	<p>A 3D pie chart showing the distribution of responses for Q4. The chart is divided into five segments: Strongly Disagree (0%, blue), Disagree (0%, red), Neutral (6%, green), Agree (60%, purple), and Strongly Agree (34%, cyan). A legend to the right identifies the colors for each response category.</p> <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly Disagree</td> <td>0%</td> </tr> <tr> <td>Disagree</td> <td>0%</td> </tr> <tr> <td>Neutral</td> <td>6%</td> </tr> <tr> <td>Agree</td> <td>60%</td> </tr> <tr> <td>Strongly Agree</td> <td>34%</td> </tr> </tbody> </table>	Response	Percentage	Strongly Disagree	0%	Disagree	0%	Neutral	6%	Agree	60%	Strongly Agree	34%
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<p>Q5. Tendency to show off more &amp; more has gone down.</p>	<p>Q6. The feeling of doubt, opposition or ignoring others has gone down.</p>																								
<p>A 3D pie chart showing the distribution of responses for Q5. The chart is divided into five segments: Strongly Disagree (0%, blue), Disagree (2%, red), Neutral (20%, green), Agree (53%, purple), and Strongly Agree (25%, cyan). A legend to the right identifies the colors for each response category.</p> <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly Disagree</td> <td>0%</td> </tr> <tr> <td>Disagree</td> <td>2%</td> </tr> <tr> <td>Neutral</td> <td>20%</td> </tr> <tr> <td>Agree</td> <td>53%</td> </tr> <tr> <td>Strongly Agree</td> <td>25%</td> </tr> </tbody> </table>	Response	Percentage	Strongly Disagree	0%	Disagree	2%	Neutral	20%	Agree	53%	Strongly Agree	25%	<p>A 3D pie chart showing the distribution of responses for Q6. The chart is divided into five segments: Strongly Disagree (0%, blue), Disagree (2%, red), Neutral (17%, green), Agree (67%, purple), and Strongly Agree (14%, cyan). A legend to the right identifies the colors for each response category.</p> <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly Disagree</td> <td>0%</td> </tr> <tr> <td>Disagree</td> <td>2%</td> </tr> <tr> <td>Neutral</td> <td>17%</td> </tr> <tr> <td>Agree</td> <td>67%</td> </tr> <tr> <td>Strongly Agree</td> <td>14%</td> </tr> </tbody> </table>	Response	Percentage	Strongly Disagree	0%	Disagree	2%	Neutral	17%	Agree	67%	Strongly Agree	14%
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# Impacts of UHV activities: Feedback of Weekly Meetings with FMs

<p>Q7. The way to deal students in class has improved.</p>	<p>Q8. Now I can counsel students in a better way in their personnel problems.</p>																								
 <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly Disagree</td> <td>0%</td> </tr> <tr> <td>Disagree</td> <td>2%</td> </tr> <tr> <td>Neutral</td> <td>9%</td> </tr> <tr> <td>Agree</td> <td>64%</td> </tr> <tr> <td>Strongly Agree</td> <td>25%</td> </tr> </tbody> </table>	Response	Percentage	Strongly Disagree	0%	Disagree	2%	Neutral	9%	Agree	64%	Strongly Agree	25%	 <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly Disagree</td> <td>0%</td> </tr> <tr> <td>Disagree</td> <td>3%</td> </tr> <tr> <td>Neutral</td> <td>8%</td> </tr> <tr> <td>Agree</td> <td>59%</td> </tr> <tr> <td>Strongly Agree</td> <td>30%</td> </tr> </tbody> </table>	Response	Percentage	Strongly Disagree	0%	Disagree	3%	Neutral	8%	Agree	59%	Strongly Agree	30%
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<p>Q9. The tendency to respond in class room rather than react has gone up which shows up as tolerance in behavior.</p>	<p>Q10. Feeling of prosperity (having more than required physical facilities) has gone up.</p>																								
 <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly Disagree</td> <td>0%</td> </tr> <tr> <td>Disagree</td> <td>0%</td> </tr> <tr> <td>Neutral</td> <td>8%</td> </tr> <tr> <td>Agree</td> <td>69%</td> </tr> <tr> <td>Strongly Agree</td> <td>23%</td> </tr> </tbody> </table>	Response	Percentage	Strongly Disagree	0%	Disagree	0%	Neutral	8%	Agree	69%	Strongly Agree	23%	 <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly Disagree</td> <td>0%</td> </tr> <tr> <td>Disagree</td> <td>2%</td> </tr> <tr> <td>Neutral</td> <td>17%</td> </tr> <tr> <td>Agree</td> <td>59%</td> </tr> <tr> <td>Strongly Agree</td> <td>22%</td> </tr> </tbody> </table>	Response	Percentage	Strongly Disagree	0%	Disagree	2%	Neutral	17%	Agree	59%	Strongly Agree	22%
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<p>Q11. UHVPE sessions help me to resolve my problems up to some extent.</p>	<p>Q12. I feel relax in UHVPE sessions.</p>																								
 <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly Disagree</td> <td>0%</td> </tr> <tr> <td>Disagree</td> <td>2%</td> </tr> <tr> <td>Neutral</td> <td>17%</td> </tr> <tr> <td>Agree</td> <td>59%</td> </tr> <tr> <td>Strongly Agree</td> <td>22%</td> </tr> </tbody> </table>	Response	Percentage	Strongly Disagree	0%	Disagree	2%	Neutral	17%	Agree	59%	Strongly Agree	22%	 <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly Disagree</td> <td>0%</td> </tr> <tr> <td>Disagree</td> <td>2%</td> </tr> <tr> <td>Neutral</td> <td>14%</td> </tr> <tr> <td>Agree</td> <td>36%</td> </tr> <tr> <td>Strongly Agree</td> <td>48%</td> </tr> </tbody> </table>	Response	Percentage	Strongly Disagree	0%	Disagree	2%	Neutral	14%	Agree	36%	Strongly Agree	48%
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<p>Q1. Do you think workshop was useful to you? (39 responses).</p>	<p>Q2. Were you able to see the route cause of your contradictions? (39 responses)</p>																											
<table border="1"> <thead> <tr> <th>Response</th> <th>Count</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>39</td> <td>100%</td> </tr> <tr> <td>No</td> <td>0</td> <td>0%</td> </tr> </tbody> </table>	Response	Count	Percentage	Yes	39	100%	No	0	0%	<table border="1"> <thead> <tr> <th>Response</th> <th>Count</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>37</td> <td>94.9%</td> </tr> <tr> <td>No</td> <td>2</td> <td>5.1%</td> </tr> </tbody> </table>	Response	Count	Percentage	Yes	37	94.9%	No	2	5.1%									
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<p>Q3. Were you able to resolve some of your problems with the help of this workshop? (39 responses)</p>	<p>Q4. Post workshop, Has the awareness of thought process in you increased? (39 responses)</p>																											
<table border="1"> <thead> <tr> <th>Response</th> <th>Count</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>38</td> <td>97.4%</td> </tr> <tr> <td>No</td> <td>1</td> <td>2.6%</td> </tr> </tbody> </table>	Response	Count	Percentage	Yes	38	97.4%	No	1	2.6%	<table border="1"> <thead> <tr> <th>Response</th> <th>Count</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>39</td> <td>100%</td> </tr> <tr> <td>No</td> <td>0</td> <td>0%</td> </tr> </tbody> </table>	Response	Count	Percentage	Yes	39	100%	No	0	0%									
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<p>Q5. Did you find the thoughts/concepts conveyed were practical for implementation in daily life? (39 responses)</p>	<p>Q6. Would you like to recommend to others to attend such type of workshop in future? 39 responses</p>																											
<table border="1"> <thead> <tr> <th>Response</th> <th>Count</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>39</td> <td>100%</td> </tr> <tr> <td>No</td> <td>0</td> <td>0%</td> </tr> </tbody> </table>	Response	Count	Percentage	Yes	39	100%	No	0	0%	<table border="1"> <thead> <tr> <th>Response</th> <th>Count</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>39</td> <td>100%</td> </tr> <tr> <td>No</td> <td>0</td> <td>0%</td> </tr> </tbody> </table>	Response	Count	Percentage	Yes	39	100%	No	0	0%									
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<p>Q7. Would you like to attend a full 8 days workshop in future to understand the concepts in depth? (39 responses)</p>	<p>Q8. How will you rate your satisfaction level, on a scale of 1 to 5, towards the conduct of workshop? (5-Max, 1-Min)</p>																											
<table border="1"> <thead> <tr> <th>Response</th> <th>Count</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>39</td> <td>100%</td> </tr> <tr> <td>No</td> <td>0</td> <td>0%</td> </tr> </tbody> </table>	Response	Count	Percentage	Yes	39	100%	No	0	0%	<table border="1"> <thead> <tr> <th>Rating</th> <th>Count</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>0</td> <td>0%</td> </tr> <tr> <td>2</td> <td>0</td> <td>0%</td> </tr> <tr> <td>3</td> <td>0</td> <td>0%</td> </tr> <tr> <td>4</td> <td>21</td> <td>53.8%</td> </tr> <tr> <td>5</td> <td>18</td> <td>46.2%</td> </tr> </tbody> </table>	Rating	Count	Percentage	1	0	0%	2	0	0%	3	0	0%	4	21	53.8%	5	18	46.2%
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**Outcomes of the evening workshops**

- Most of them were able to see the root cause of their problems.
- They were able to see the relationships with others.
- Post workshop, the awareness of thought process was increased.
- Everyone found the workshop useful for them.
- Almost everyone had wished to attend 8 days' regular workshop of UHVPE.
- Everyone wished this workshops could be arranged for their family members.

# **Social and Civic Responsibilities**





## Social and Civic Responsibilities



Annual Blood Donation Camp (Record 783 Units)



Adarsh Vikas Kendra (Charitable School)

Social and Civic Responsibilities



Adoption of Corporation School



Skill Development Programs for school students

Social and Civic Responsibilities



Pradhan Mantri Kaushal Vikas Yojna



Pradhan Mantri Kaushal Vikas Yojna





**Steps taken to ensure harmony/co-existence in the college:**

- Maintenance free design/construction of buildings using maximum bricks/stones and minimal cement.
- Network of rain harvesting wells to ensure continuous recharging of ground water table.
- Sewage treatment plant to recycle water for use of horticulture, green lawns, hedges and plantations of college.
- Automatic water dispensers in toilet/urinals to avoid continuous running of water and usage when needed.
- Solar water heaters for providing hot water in all six hostels.
- 330 KW solar power plant connected to electric grid for optimum usage of power.
- Waste management by a professional agency that processes bio-degradable waste to make manure as per established norms of Government.





# **Sharing of Few Personal Transformations**

## Personal Transformations

**Dr Parul Verma,**  
Applied Science and Humanities



**F**ortunately, my husband got an opportunity to attend an eight days workshop on Universal Human Values at IIT Kanpur in the year 2012. When he came back from Kanpur, he was very excited as he got the mantra to live life happily. He shared so many experiences with me that he accomplished while attending and it made me realise the importance of UHV. In 2013, when I got an opportunity to undergo the workshop at SIET Lucknow (UP), I could relate all concepts easily shared by my husband. After that I decided to attend higher-level courses on human values. I did a refresher level at MPEC Kanpur (UP), Level-2 at AKGEC Ghaziabad (UP) and Level-3 at ABES Ghaziabad (UP). I also attended a 10 days course on Madhyastha Darshan at IIT Kanpur thereafter.

I was living my life with the precondition that success (good job) is equivalent to happiness. I was always indexing my happiness with my career growth. I was thinking that people will give me respect only if I become successful. The definition of prosperity for me was having more and more physical facilities. Prosperity for me was comparative. Before attending this workshop my all efforts towards career and family were going waste as nobody was acknowledging it, in my opinion. I was not happy and satisfied at all. During this workshop, the proposal which I accepted from the core of my heart was self-exploration and natural acceptance. During the


tenure of eight days, I was able to verify the concept in a very scientific manner. I examined the terms like natural acceptance, self-exploration and harmony in myself again and again to understand this science of life (*JeevanVidya*). After the workshop (shivir) I kept exploring all the topics covered in this workshop. Now I can connect myself with all my learning of UHV which is a rational, logical, verifiable and universal content of living. My definition of happiness has changed now. I can say that happiness is equivalent to harmony within the self, in family, in society and nature. In other words, I can say that I am happy when the source of my all desires becomes natural acceptance. I realised that this is a very gradual process and essentially needed to achieve harmony at all four levels.

As an individual now I have started living on the proposal given, like to verify my natural acceptance whenever I have to buy something whether it's a piece of furniture, new clothes or anything else and it gives me the feeling of prosperity with my limited but sufficient physical facilities.

The Self is central to human existence; the Body is an instrument of the Self. The transaction between Self and Body is only in the form of information. Physical facility is required, in a limited quantity, for nurturing, protection & right utilization of the Body. With this understanding I can regulate my daily routine, for example, I used to wake up late in the morning but







now I wake up early in the morning, I walk daily in the evening. Though my eating habits have not completely changed, certainly health is in the center, while I am selecting food for myself.

My relationship with my daughter grew intensely as earlier I was very particular about her studies, mealtime (even I used to feed her forcibly), sleeping time and outdoor activities. Now, I realise that trust is the fundamental value in every relationship and it must be developed between us. I have to respect her point of view in every aspect of life and when my second child (son) was born I applied this approach practically for him too and can see the difference in an appreciable manner. My relationship with my kids has improved and now I don't need to impose so many rules on them.

My relation with my spouse has also been improved, as earlier, my preconditioning was that other's behavior is responsible for my happiness/grief so I used to say that "you did not do this", "You are not taking care of the family affairs" and got upset but now I am somehow able to see that other may trigger us only if I have a feeling of opposition. He spends lots of time with plants. Earlier I took it as if he was wasting family time but now with the ability to realise the relationship with nature and the role of Nature in existence, I can appreciate his efforts for nature.

As a teacher, one gap has been filled after understanding the concept of intention and competence and that is the capability to evaluate the competence of students. I adapted this concept in my teaching methodology. First, I started trusting the students that they can do better by learning and understanding the process than to merely preach them. Now, I do not see myself only as a teacher who is there just to teach the allotted subject but also a mentor who is capable of guiding their students to different aspects of their life. Students come to me and discuss their problems also. One of my students came to me and said that he always wanted to be a topper in my class and get stressed when he failed to

do so. I made him understand the concept of right understanding and relations. He also realised it and told me that he would not be happy if there is disharmony in his surroundings.

I feel gratitude for my organisation in which there is the scope of working with core concepts of human values. I can observe the change in the level of thoughts. The type of discussion which we were having in the department has completely changed. We now focus more on self-development rather than improving others.

Although it may seem to be a very small change, I would like to mention that in our society some families are now engaging in regular evening sessions of human values rather than gossiping. We have decided to not to take gifts on our children's birthdays and encourage kids to make simple handmade gifts from waste materials for their friends. Few families are focusing on growing some vegetables in space available in their flats. I have taken a small workshop of one hour for 8 days for society kids.

I can observe the transformation in Mr. BN Pandey (CSE), Mr. Akhilesh Verma (CSE), Dr Sandeep Gupta (ASH), Dr Nitya Sharma (ASH), Dr Shiwani Singhal (ASH), Dr Monika Aggarwal (ASH), Ms. Suvarna (ECE). The important observations are the streamlined discussions on achieving harmony, less contradiction in behavior, and the continuous effort for learning concepts of universal human values.

I am very grateful to Director General Dr RK Agarwal sir for giving me the opportunity to attend all the courses on universal human values. I would like to express my deep gratitude to all the mentors Shri G.P Bagaria, Shri Bhanu Pratap Singh, Dr. Kumar Sambhav, Dr. Gopal Babu, Dr. Shyam for supporting me throughout this journey. I would also like to extend my gratitude to my organisation for providing me with the platform to nurture these values.



## Mr. Bihari Nandan Pandey

Computer Science and Engineering



### My journey:

- 8 days Level-1 UHVPE FDP from 29-11-2017 to 07-12-2017 at ABESEC Ghaziabad, Resource Person: Sh. Gopal Babu.
- 8 days Level-1 refresher UHVPE FDP from 28-05-2018 to 04-06-2018 at BBDNITM, Lucknow, Resource Person: Sh. Moti Chand Yadav
- 8 days Level-2 Advance UHVPE FDP from 25-06-2019 to 02-07-2019 at IPEC, Ghaziabad, Resource Person: Sh. Bhanu Pratap Singh.
- 10 days Refresher-2(Preparing Resource Persons) FDP from 30-11-2019 to 09-12-2019 at IIT, Kanpur, Resource Person: Sh. Ganesh Bagaria, Sh. Rajul Asthana, Sh. Shyam, Sh. Moti Chand Yadav
- Participated as Co-facilitator, Observer, Local Program Coordinator in different workshops conducted by AKTU sponsored by TEQIIP-3.
- Participates in technical committee, Certificate management in FDP-SI UHV workshops conducted by AICTE.
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### Personal transformation:


#### (i) At the level of Self

Attending the level-1 workshops was a marvelous experience for me. I got all my questions answered,

which I had in mind for years. I evaluated my life objectives with the help of the workshop's course contents in a self-explorative manner.

In the workshops, I was given the process to verify my objectives of life. The process helped me a lot re-evaluating the objectives. The workshop helped me understand the importance of right understanding and relationships in my life, which was earlier missing. Understanding happiness, prosperity and its continuity really provides me with a direction to live life like a human. The clear difference between happiness and excitement also restricts me naturally to over evaluate my need for the physical facility and makes me confident with all the things I already have. The process of self-exploration helped me to visualise the harmony started from the self to the whole existence. I can evaluate numbers of preconditions, beliefs with the help of the contents of the workshop. Initially, I used to think that anger is a natural part of our life, but with exploration, I can see that it is happening because of my decision. I was very abusive before that but later concluded the excitement generated through abuse and left this behaviour. Earlier, I used to spend a lot of time on unusual discussion, irrelevant gossip, but after the workshop, I talked about the content and tried to make others aware of their thoughts. Weekly UHVPE meetings in my college helped me a lot to explore





myself in depth. After attending level-2 workshops, I could realise my potential to see the whole existence. Now, I am practising awareness of thoughts all the time.

**(ii) At the level of Body**

After attending these workshops, I get to know that the self is taking decisions about all my actions as a human being. Taking care of my body naturally happens as I get aware of my thoughts. I could see that problems in the body are due to the unresolved self. Now, with the awareness of myself, I wake up at 4:30 am in the morning. I do *asana-pranayama* and other exercises for around 1 hour. Now, I feel fresh every time. My body weight got reduced around 15-17 kg after I became aware of the level of the self. I have found changes in myself as a result of increased awareness. Now I feel more energetic, relaxed and do a lot of work than earlier.

**(iii) Transformation at the level of Family**

When I came to know about feelings in the workshop, I was shocked that the feeling of trust was missing from my side in relationships. Most of the time, I am not aware of the intention and competence of the other. After the workshop, I realised that my wife works for me, but I never felt affection and gratitude for her. Earlier, I usually got angry with my family members even on the small mistakes. However, now, my behavioural acceptability in the family is increasing day by day with the resolution in myself. Now, the frequency of response is increasing day by day.

**(iv) Transformation at the level of teaching**

Initially, I dominated in the classroom, assuming this the only way to handle it. Due to domination, I usually reacted in the class. After attending this workshop, now, I can understand that students are preconditioned in many ways, which is making their behaviour unstable. Now I handle class with the feeling of relationships and am able to help them to resolve their preconditioning. For example, once, I was

taking a UHV class in the CSE branch on the smart board and felt some fluctuation on the smart board. I noticed that one student was controlling the smart board using his mobile. I immediately shifted to the blackboard using chalk without making any comment. The same activity happened for around three days continuously, and I kept teaching in the same way. On the fourth day, some of my students came to me and told me the name of the student disturbing the smart board. After knowing the name of the student, I told students that it is a cumulative responsibility to help that student. Somehow students managed to make that student convinced. Now students feel connected with me, and even the most notorious student shares his problem. So, it's easy for me to be comfortable in the class during the interaction with the students. Students feel more connected to me.

**(v) Transformation at the level of department/college.**

My behaviour with my colleagues is now better than earlier. Now, I fulfil all responsibilities given by the department without giving any reaction. My content of discussion with my colleagues and seniors has totally changed after attending the UHV workshop. Before the workshop, I talked problem-centric, but now I talk solution-centric. I have become very conscious about my language and expression during interaction and very careful at least not to hurt anyone. I am also a member of Value education cell of the college and involved in different activities organized by the cell.

**(vi) Transformation at the level of society/Nature**

I am living in a small freehold society. There are 12 families living, and we live like a family. Every one of us was annoyed with one of the members of the society who always used to create a nuisance in the working of the society. After attending the workshop, I understood that the problem was with competence,

not with intention. Then, I could propose a solution without having a feeling of contradiction for that person. I have also conducted a workshop on relationships in Gaur Homes society for five days where twenty members of the society participated. At the level of Nature, I got the clarity of physical facility requirements, and I found I have more than the required cloth, food, and many other things that come from natural resources. For the past 3 years, I have not purchased any new clothes. If any requirement arises in my family, we all discuss the need and, if really required, then only purchase. The exercise of calculating my needs on the basis of the requirements of my body and their abundance in Nature gives me a satisfaction that there is enough in Nature for me. I have also started some initiatives like utilising RO wastewater, carpooling with four friends, using mosquito net in place of mosquito repellent etc.

**Peer's transformation:** Approximately all faculty members have done a level-1 workshop. In my department, I have found few changes in my colleagues like Sh. Akhilesh Verma, Sh. Shashank Sahu, Sh. Dharmendra, Sh. Jaikant Pratap, Sh. Ajay Garg, Sh. Santosh Upadhyay, Sh. Pradeep Gupta and Sh. Sachin Kumar. They all initially used to take food in the canteen other than meals, but this got reduced after the workshop. Sh. Dharmendra and Sh. Jaikant Pratap has a profound change in their behaviour after the workshop. The irritation and inner contradiction are highly reduced after attending the workshop. I have also observed a few qualitative shifts in other faculty members like Dr. Parul Verma (ASH), Dr Nitya Sharma (ASH), Dr. Sandeep Gupta (ASH), Dr. Shiwani Singhal (ASH), Dr. Sonali Patle (ASH), Dr. Saroj Bala (MCA), Mr. Dheeraj Kumar singh (MCA), Mr. Jitendra Chhabra (ECE), Ms. Suvarna Mujumdar (ASH), Dr. Seema Garg (ECE), Mr. Mayank Kumar Tiwari (ME), Mr Prashant Agarwal (CE) etc.





## Mr. Jitendra Chabra

Electronic and Communication Engineering



I have attended a level-1 UHVPE workshop from 26 June, 2019 to 03 July, 2020, organised by AKTU, Lucknow at KEC, Ghaziabad campus. Initially, I was reluctant to attend the workshop due to day-long sessions for eight days and my assumptions regarding the contents of the workshop. Then, I witnessed some remarkable positive transformation in one of my colleagues and then prepared myself for attending the workshop.

### **Personal transformation:**

#### **At the level of Self:**

I would not say that everything has got resolved after attending the workshop, and I do not make any mistakes now, but the realisation of wrongdoings comes quite promptly, due to which the recovery time in reaching back to the normal stage has substantially reduced.

#### **Transformation at the level of Family**

This is one domain of my life where I would say that I have achieved the most in the context of positive changes after the workshop. My communication and understanding with my wife and 4.5 year old son has substantially improved. After attending the workshop, my wife could see the calmness in me when it came to dealing in tricky situations due to which she also got curious about the workshop contents. She prepared her mind to attend the workshop, but due to COVID situation, things didn't work out. As soon as

the lockdown was over, she attended one of the college's online family workshops for the faculty and staff members. This was a thought-provoking workshop for us, and the environment at my home was getting better by exploring the things within ourselves. Our kids also observed the behavioural changes in us, and we started working on our son by giving him an environment that fosters right understanding. Time and again, there are instances where we are angry with him, but he reminds us by saying "ok, I admit whatever I did was wrong, but what you are doing now by losing your cool, is that right?" This gives a prompt realisation of the fact that the things gone wrong are not done intentionally but due to lacking of competence level. Off late I got an opportunity to make my wife attend the level-1 workshop at AKGEC premises and I took leave for the workshop duration to attend my son at home. Since then, there is a sense of positivity at home. A lot of incidents which earlier would have turned into utter chaos are managed now in a very short span of time. I hope I, along with my wife, will attend the next levels of the workshops together whenever the situation permits.

#### **Transformation at the level of teaching with examples**

Since I attended my Level-1 workshop, I have been teaching the subject to third semester ECE students to maintain an association with the contents. So far, I



have taught the subject twice, and the relation with the students of those classes has been very healthy and respectful. I could also motivate some of the students to attend the college's online workshops beyond working hours. There is a sense of calmness while dealing in undisciplined and academically poor students.

### **Transformation at the level of department/college.**

I always felt a gap between the HoD's and my thought process due to which there were some incidences in the past where the communication had gone in wrong direction. But Since I attended the workshop in 2019, relation and communication with my HoD are extremely healthy and productive. I could feel the acceptance of my behaviour on HoD's part. Besides the dealing with higher authorities, day to day interaction with my colleagues and staff members have also improved positively.

### **Transformation at the level of Nature.**

I and my family are now more aware about the indirect consequences of our day to day work on Nature and the environment. We try to manage our routine with a sense of mutual fulfilment with Nature. Specifically, we are able to conserve/ save a minimum of 25 Liters of water every day through household chores.

### **About Peer's transformation**

I have seen remarkable changes in the behavior of few faculty members like Mr. B N Pandey (CSE), Mr. Mayank Tiwari (ME) and Ms. Suvarna Mujumdaar (ECE)





## Dr. Sandeep Gupta ASH



### **My Journey:**

I attended the first workshop on 17-24 June 2016 then on 26 December 2016 - 02 January 2017 (Refresher), then on 30Nov - 07 Dec 2017 (Level-2) then 01-08 may 2018 (Level-3)

### **Personal transformation:**

#### **At the level of Self**

I can check my imagination maximum time in a day but I honestly accept that still many times I slip to see my thoughts and its consequences come in the form of irritation and anger but some time it will be noticed before execution of my action but inner reaction still remains. Now I can see my thoughts frequently and sense other's competence along with mine. Whenever I assure at the intention of the others and rightly evaluate the competence, I feel relaxed, and it makes the other also happy. For example, in a departmental discussion, once a person shouted at me at the top of his voice but at the same time I could see the problem of his competence that relaxed me and within a few minutes the other person also cooled down because of my stable behavior. In Another incident, I went to get convert my postpaid connection to prepaid connection and the scenario was such that people were shouting at the desk representative and when my number came on the counter, she was very much irritated and she started shouting but I could interact

with her noticing the contradiction going on with her thoughts. The harmonious behavior from my side made her also get relaxed and she gave her contact number to let me avail the prepaid connection without visiting the store.

At the level of Body, I can easily differentiate the need of body and the need of self. For example, previously, I used to take food just for the taste but now I can easily see the quantity and the nature of food whether it is healthy or unhealthy. Previously if I could not take food then my hunger would turn in the form of anger, irritation but now just see this, I observe a full day fast where I can check that it is me who decides the availability of food and its quantity.

#### **Transformation at the level of Family**

Previously, I was almost stable at the level of family but inner reaction was the part of my feelings and it was read easily by family members. But as my journey towards understanding myself moved upward, it helped me to understand myself and my relatives. Also, now I am clearer about the nine feelings. E.g., Now I don't comment on the food quality based on the taste. One more example, whenever I teach my daughter, sometimes I have to scold her but I do it with the feeling of relationship. She observed it and said, "Papa you only scold during teaching so that I can improve my Mathematics".

## **Transformation at the level of teaching**

Previously, I entered the classroom with the precondition that I have to create an image that I am very strict. That's why the delivery of the lecture was in the form of dictatorship, which means only one-way communication. But after going through the content of human value now, I can teach the students with a feeling of relationship; hence the communication is in two ways. Students have also started discussing their problem without hesitation. The various exercises to see the thoughts are also useful to improve the concentration of the students.

At this level, I feel incompetent many times; therefore, I have to work more because either inner reaction or reaction comes out it means the preconditioning for some people are so strong that it is not evaluated properly. I have noticed that many times I could not place my side properly or probably due to a lack of

relationship. I think that I have to improve my competence at this level.

## **Transformation at the level of Nature.**

Previously, I frequently used vehicles for short distance work, but after going through the content, I am using a bicycle that reduces the carbon contribution in the atmosphere. Also, I plant trees on the occasion of the birthday of my kids. Now, I have learned to rightly utilize the resources given by Nature. I also try to use resources as per my requirements and try to protect the innateness of Nature.

## **Peer's transformation:**

I could see few transformations in faculty members around me like Mr. Vikas Roshan, Mr. Vipul Singh and Mr. Atul Sood.





**Ms. Suvarna Muzumdar**  
Electronic and Communication Engineering



### **My journey:**

8 days UHVPE Level 1 workshop attended at IPEC, Ghaziabad from 04/07/2019 to 11/09/2019.

### **Personal transformation:**

#### **At the level of Self**

Initially, I cursed God for any unfavourable incident in my life. I used to think that it was a punishment given by God. However, after the workshop and regular meetings held at the college, I started evaluating each event, either favourable/unfavourable, in the right manner. The insights from the contents discussed during the weekly online meetings help me to come out from the trouble of unfavourable situations. Now I feel more stable due to the process of self-exploration. I also participate in a morning session (5:30 – 7:00 AM) conducted by Sh. Ganesh Ji. Saturday's session (6:00 – 8:00 PM) helped me a lot to resolve my personal conflicts.

#### **At the level of Body**

Earlier, I ignored taking care of my body. But, after the workshop, I realised that the body is an important instrument for me, and I started proper nurturing and protection of my body. Now I use stairs rather than a lift. Now, I spare at least one-hour time for an evening walk as well as try to do some physical work as gardening.

#### **Transformation at the level of Family**

I always wanted my near and dear to behave/work as

per my conditions. If they were unable to do that, I would feel unhappy and start doubting their intention. After going through the content of UHVPE, I come to understand that the primary issue is the competence level. Now I communicate with my family members in the form of a proposal rather than ordering. Most importantly, I give time to them to think and respond. Now I take a pause, think, evaluate and then only respond to others. I encouraged my family members to join an online family workshop conducted by VE Cell, AKGEC. All family members attended the workshop enthusiastically and attentively. Now, we share feelings with each other and take the decision collectively. The workshop helped the whole family to live more harmoniously.

In this manner, harmony is increasing day by day in my family.

#### **Transformation at the level of department/college.**

I usually got frustrated if multiple tasks came to me, and I failed to do work within a time limit. Now, after the workshop, I learn to prioritize the assigned tasks and complete them one by one on priority basis.

#### **Transformation at the level of Nature.**

I got good *sanskar* from my family life, saving water, electricity etc. to protect Nature. This workshop helped me strengthen my *sanskar*. Now, I feel proud of my family members, giving me such *sanskar* in the



form of beliefs. This workshop gives me a holistic way of living.

In addition to the above, I can see transformations in a few faculty members like Mr. B. N Pandey (CSE), Mr. Jitendra Chabra (ECE), Mr. Akhilesh Verma (CSE), Dr. Parul Verma (ASH), and Dr. Nitya Sharma (ASH).

I feel gratitude for Shri Ganesh ji, Rajul Asthana ji, Dr. Sharmila Ashtana, Dr. Gopal Babu and Dr. Kumar Sambhav. Finally I feel gratitude for our Director General, Dr. R K Agarwal and HOD Dr. P K Chopra, who have given me various opportunities to attend the FDPs.





**Dr. Shiwani Singhal,**  
ASH



## **My journey:**

I attended the first workshop in 2016 and then refresher course in 2019. After this course, I got the opportunity to take part in this journey during lockdown from July, 2020.

## **Personal transformation:**

### **At the level of Self:**

- After attending level-1, I was only able to understand the theoretical meaning of words, and I was in a misconception that I knew everything. But during the lockdown, I started deeply understanding and feeling the reality of those words during online evening sessions, which Gopal sir used to conduct.
- Before the workshop, I always targeted others for my unhappiness and even happiness also. Now, I can easily differentiate between these two and try to find the source of my unhappiness in myself.
- Initially, I used to see relations with only my family members. But, now it is clear to me that I have relations with entire Nature, and it's my responsibility to ensure harmony at every level.
- I have come from a small town and single earning family with this belief that money is everything and we can take anything with money. At this point, I realise that money is important, but relation and health are also important, so the feeling of prosperity is important for peaceful and healthy lives.
- Initially, I got confused in fulfilling the need of Self and Body. But, now I am clear that the need of the body is to be fulfilled by Physico-chemical things and the self by right understanding.

**At the level of Body:** I usually took spicy and heavy food to get diverted from my unhappiness, which causes an unhealthy body. Now, I can clearly see that the issue of happiness/unhappiness is related to my thoughts only.

**Transformation at the level of Family:** I always used to shout at my husband and kids, "I am doing a job for your better life", and even in the evening, sometimes shouted at them for creating a mess. Now it is clear to me that other family members are contributing in some or other ways for my happiness. Our first priority is to live in harmony.

Everyone used to listen to me earlier, but my decision was a command to them, and if someone didn't listen to me, I used to feel unhappy. Now everyone listens to me, but they are free to give any opinion on my decision. We sit together and freely share our feelings and issues.

### **Transformation at the level of department/college**

At the college and department level, now I am trying to set the priority order of work and then complete the task within a time limit.

### **Transformation at the level of Nature:**

We have lots of plants and celebrate birthdays by donating clothes and food to underprivileged people. Now we are installing solar panels for electricity to save fossil fuel.

I have also seen many changes in my daughter, my sister, and two neighbours due to regular discussion on the content.

**Devansh Bhatnagar**  
EN, IVth year (Student)



## **My journey:**

It was when my first sem in the year 2017 was going to end I got to know about a 5-day workshop on 'Understanding Values and Relationship' resourced by 'Shri Gopal Babu' sir through one of the applied science faculty Ms Sweety Agarwal. It was held in our college. I attended the workshop in the full stretch, and by the last day, I got familiar with some words like natural acceptance, intention-competence. I understood somewhere that I am in good need to know more about values as I was able to grab and explore terms said in the workshop but still somewhere not able to relate such things in my life to a great extent. Then, my journey in the path of understanding the actual goal of human life started under Shri Gopal Babu's guidance. At first, I was really impressed and influenced by Sir's content in the first workshop. Now it was then I attended a series of 5 days workshop every time I used to find interesting learning about self exploration. Before I proceed with my further journey I want to share few words about 8 days workshop that I got the opportunity given to me by Shri Gopal Babu VE CELL Coordinator AKGEC to attend 8 Days workshop held by AKTU at IIT Kanpur taken by 'Shri Bhanu Pratap sir' and 'Shri Ganesh Bagaria sir' on topic 'Understanding Human Values

and Professional Ethics'. During this workshop, I got to explore my thoughts and all contradictions prevalent in my thought process and insights to discuss my thoughts in detail with a resourceful person.

Those eight days were found to be very effective in understanding basic aspirations of human life; human as a co-existence of the self and body; what is difference between their needs and how to fulfil the needs of both; what should be a right approach to our goals; Harmony of four levels of existence. Major of this content was somewhere in everyone's mind, but due to societal pressure, Pre-existing conditions, experiences, false influences distorts our thought process; consequently, our goals resulting in contradicting in our imaginations.

Later on, I attended a Refresher level workshop period of 8 days on 'same topic' taken by Shri Pankaj Sir at IIT Kanpur. From this, I got new dimensions or an aspect to approach in the process of self-exploration that I probably missed in earlier workshops.

As a result, I was interested in working for the activities of Value Education Cell, AKGEC established in the same year 2017. I was always encouraged and welcomed by Shri Gopal Babu sir





and hence, as a student coordinator with all other members, we arranged various activities like survey of food wastage in hostel mess, Nature and Health Club to promote the right way to nurture body and environment. In 2018 we got the opportunity to attend the “International Conference Climate Jamboree” headed by professionals and industrial experts from every sphere of life to analyse degradation of the environment and ways to make it sustainable for future generations. Further, we arranged a village visit in the 2019 to observe conditions prevailing in the village at four levels (individual, family, society and Nature) and what we can contribute in any terms. Later, A drive was organised in our college to plant some medicinal trees and name them on a small board to spread awareness of the benefits of medicinal plants and their importance in daily life to get rid of synthetic medicines and chemicals.

Afterwards, in Covid scenario, we coordinated and arranged several webinars inviting Green Man Of India Shri Vijay Pal Baghel, remarking on the webinar we organised World Tree Day celebrated on 23rd August. I personally participated and planted a 4 feet neem tree in the park situated nearby our colony. We have been getting clearer vision regarding our goals, ethics and values in human existence day by day.

## **Personal transformation:**

### **At the level of Self :**

At the level of self, I find myself as much more awakened and enlightened within i.e related to my thought process and approach to do a task. As I observed, even my family members realized this change in me in four years of my graduation.

For example: Before attending any workshop, I used to be a little short-tempered in every situation and tend to panic. I never realised that getting angry is the

main outcome of contradictions in my thought process in relation to the outcome of a task whose thought has been running in my mind. If the result is favorable to me, then it makes me happy, and if it is unfavorable, it would be depressing for me. So, getting a sudden outburst of emotions on a momentary basis due to either excitement or certain unfavorable outcome was common. Slowly, with investing time on myself I observed how many times I got angry suddenly, later on I figured out the reason behind my sudden outburst and irritating nature. I found that most of the time, I was getting due to actions of related ones as I was of thought of bad intention of others. When I got to know it is competence that makes a difference else the intentions of every human is the same i.e to live happily continuously and mutually with everyone.

**Another example:** Workshop is impactful for my studies as I frequently used to influence fascinating and rich people, resulting in changing my goals every day; consequently, ended up doing nothing effective & growthful in my life till my first year. I also found most of my studies are marks oriented as a result of ending up doing competitions with fellow mates; which has got nothing productive as the race of becoming bigger than someone will never end in the ecosystem; there will always be someone bigger than us.

Hence, I realized and focused on my knowledge and excellence part rather than focusing on an outcome-oriented approach. Furthermore, I observed my ongoing desire, thoughts and expectations through self-observation. I found I was getting distracted or being swayed away by some thoughts while studying because three hours study stretched to 8-9 hours almost.

There was always a lack of focus and consistency with my tasks in daily life too. All this is my observation under guidance of Gopal sir. Henceforth I started



noticing when I am getting carried away and how many times; by observing and doing this exercise on a daily basis, I improved my concentration and focus to great extent now.

I can see my performance easily after my first year and in my household responsibilities too. I can utilize my time effectively and observe my improved efficiency of doing tasks compared to earlier performance. I am able to prioritize tasks on a daily basis to realizing to human goals in the longer run.

### **At the level of Body :**

I used to eat unhealthy oily food from streets and restaurants just to satisfy my cravings. All this we used to do just satisfies our temporary craving for taste pleasures. When I realized sensations are limited, the happiness we are getting after enjoying them is also limited and termed as excitement or temporary happiness, I also realized that this foodstuff is unhealthy and harmful for our taste buds and digestion system in the long run, so I started avoiding junks and all other activities like consuming synthetic medicines due to an uncultured lifestyle in situations of serious ailment. I knew that already but lack of realization and authentication in myself was a major drawback. With growth in myself I can clearly realize right utilization of my body as an instrument for fulfillment of program made for human aspirations and all actions of mine to nurture my body. Seeing difference of fulfilling needs of self and needs of body, coexisting, is my major observation.

### **Transformation at the level of Family :**

At the family level I can see myself as an evolved and responsible human being who keeps maintaining balance between study and relations .

Earlier I used to have occasional rifts with my father or elder brother because I had an assumption that they don't want my welfare, and so they scold me or interrupt me. Even though I was at fault, I used to be shocked doubting their intentions and ended up with

arguments and, hence, most of the times my mind was disturbed because of the kind of relationship I was experiencing with my father and brother.

Later, instead of anger, I preferred to talk with patience and resolve the situation. As a result, we all came to a conclusion too, and our relationship grew better day by day.

This change was observed by my parents during my second year, as a result, I was getting many responsibilities related to household chores.

Once the Trust was established mutually among all my family members, I was allowed to visit and attend various workshops, seminars and conferences; that was even a whole lot of different experience for me .

It was like my parents wanted to attend the family workshop as they were impressed with minor changes in me while studying , eating , and doing various activities . Hence, Shri Gopal Babu sir felt the need to conduct family workshops for parents of students studying in our college and other colleges as well .

We are really grateful and thankful to Gopal Sir for introducing such eye opening content to us.

### **Transformation at the level of society**

At the society level I can see and recognise my relation with every human being existing irrespective of their unfavourable actions due to their competency .

I can see myself helping the fellow students in my college improving their competency and helping them to realize their responsibility towards every level of existence. I encourage my friends to attend the workshop and coordinate various activities for awareness of Value Education Cell AKGEC.

I did mentoring of classes for my fellow mates and students of first, second and third years where I clarified their doubts related to technical subjects which they were not able to ask in regular classes.





I provided required feedback to the department to improve the teaching methods using smart classes, presentations and minor projects which enable them to practically realize theoretical concepts .

### **Transformation at the level of Nature:**

At the level of nature I realized all four orders of nature are interconnected by recognizing and fulfilling cyclic nature except human order, hence worth, I realized this and recognized my responsibility towards environment/ nature as a result of which on weekly basis, I participate in monthly plantation drives volunteered by NGOs in our localities .

I was also involved in solid waste management of waste generated especially during and Post Covid scenario ideas for developing a sustainable approach to segregate and process the waste by reusing plastics, recycling dry paper waste and safe treatment and disposal of medical waste. I also initiated the habit of up cycling dry waste and reducing organic waste by composting.

Also, I am working on a solar grid connected system employing multilevel inverters which can effectively reduce THD at injected grid currents. All this is aiming to a holistic approach using science and technology for sustainable and socio economic growth in rural India .

### **Peer's transformation:**

I can personally observe few significant changes in the behaviour of my fellow mates who also, along with me, got the opportunity to self-explore and evolve as human being realizing human goals, values, character and existence as a whole; To name a few seniors- Arun Maurya, Akash Srivastava, Akshat Srivastava some fellow mates Mudit Shekhar, Himanshu Srivastava, Arpit Tripathi. I really witnessed them moving ahead with significant changes in their way of interaction with their fellow beings and nature as well.

**Vasu Gupta**  
(ME, 4th year), Student



## **My Journey:**

As a technical student, I never focused on this subject (Human Values) until 2nd year of my engineering. But there was conflict in my thoughts and behavior, which I always wanted to resolve, but I could not discover the root of it. In my 2nd year of engineering, I came to know that VE Cell was organizing a 5 days' workshop on "Understanding Science of Relationship through Self-Exploration". And I thought to give it a try as it was just after college and 2 hours daily. After the very first day, I was so enthralled with the content and it made a significant impact on me, and after attending this workshop, I saw a huge change in myself, and it motivated me to attend some more workshops, so I joined the VE Cell team as a volunteer. After that, I attended an eight-day workshop on "Universal Human Values and professional ethics" organized by AKTU at Babu Banarasi Das Engineering College, Lucknow from 8th to 15th July 2019. After coming from Lucknow, nearly all my conflicts were resolved, and I started working on myself. After that, I attended a 5-day refresher workshop on "Practicing Awareness of Thoughts" in college itself from 5th to 9th August 2019. Now, I'm working as a Student Coordinator in VE Cell, AKGEC, and guiding students as a mentor.

## **Personal transformation:**

### **At the level of Self**

Earlier, before attending workshops, I was not aware of myself. I used to think of self and body as a single entity, but after attending various workshops and sessions, I realised that body is just an instrument of self. Self is the only doer, seer, and enjoyer, and needs of self are continuous, whereas body needs are just temporary. After this, I was able to distinguish easily between the self and the body in terms of needs, activities. All the needs of I (self), are respect, trust and can be called as Happiness, while the needs of the body are physical facilities and these two things are qualitatively different.

For example, Earlier I used to be stressed and tense as I could not recognise what is naturally acceptable to me. Others governed my thoughts as if I was living in *Dabav* or *Prabhav* but after knowing this content, my thoughts were governed by Natural acceptance, and that is my *Swabhav*.

### **At the level of Body:**

Earlier I used to select food on the basis of taste, but what our body needs is nutrition and taste should not be a deciding factor, so I started having nutrition-based food rather than taste based. Food is meant



for nurturing and proper functioning of the body but these taste based foods(fast food) weaken our body parts and at the same time do not provide any proper nutrition.

I used to eat a lot of junk and fast food which were too oily and overcooked because at that time food used to be governed by taste but when I realized they are not fulfilling the needs of the body, I stopped taking those food items.

Earlier, I used to drink coke often when I used to be thirsty, but after understanding my body's needs, I stopped drinking cokes and turned for water and fruit juices.

### **Transformation at the level of Family**

After ensuring the right understanding in self, I ensured harmony in my family with all my family members. Earlier I used to treat everyone differently in terms of respect but after attending these sessions I came to know the true definition of respect. From kids to elders, everyone needs respect, and it ultimately leads to happiness.

I never used to listen to my younger brothers because I used to think I was superior to them, and they should follow what I ordered. After gaining the knowledge of this subject I used to listen to them from their point of view.

Earlier I used to get involved in social media too much and was in search of happiness in that, but after grasping these contents I came to know that they are temporary happiness i.e. excitement and they'll end soon, so now I want to spend more time with my family members. Also, when I'm far away from them like in hostels, I call them daily.

### **Transformation at the level of society**

I ensured a feeling of trust and feeling of being related to others in society through these contents. Before attending these workshops and sessions I treat different persons of society differently.

My actions in society were governed based on sects, caste, creed, etc. But after having knowledge of right

understanding and what is naturally acceptable to each one of us, I used to treat everyone with the same feeling, and now my ultimate goal in society is towards the undivided society based on this feeling of trust.

With right understanding, now I feel I am related to everyone in society and with this mindset, I try to maintain harmony with everyone.

### **Transformation at the level of Nature**

At this level, I saw a big change in myself. As an individual, I tried to conserve and utilize natural resources in the right way.

As I understand all the four orders and how they are fulfilling each other, I realized that I'm creating disharmony with every other order.

From that day I try my best to utilize the things properly and use that amount only as per my needs.

Earlier, in summers, I used to fill my water bottles full and carry them to college but after few hours they used to get warm and then I used to throw them and refill that. After this content, I saw that I'm continuously wasting water so from that day onwards I used to fill only half bottle and carry with me. By the time it gets warm I have had completely utilize it.

### **Peer's transformation:**

When I came back from an 8-day workshop from Lucknow, I told my friends about the content of UHVPE and they were so enthusiastic to know about it. I was so happy to share my learnings with my school friends Saurabh Singh Chauhan, Shivam Tripathi, and with my colleagues, Tushar Mittal, Anurag Yadav, Chinmay Verma, etc and they felt that this was also an important and much needed activity and so they also participated in various workshops in college.

It helped me a lot in discovering myself and with this valuable content, I'm able to face the challenges in my life made easier with the right understanding as I'm well aware of my natural acceptance.



## Future Plans

- **Farming at the campus:**

VE Cell, AKGEC will start farming at the campus with the help of faculty members & students. The purpose would be to learn to interact with Nature, do labour to keep our body healthy and to have some organic produce.

- **Establishing small production units**

VE CELL has planned to start small units of production. To start with, the Cell would make soap for students and FMs within the campus. It would be a joint venture of Students and FMs.

- **Eight day's workshop for staff members**

Staff Members have been very keen to have an eight day's full-time workshop.

- **Online workshops for family members of alumni**

VE Cell has planned to conduct workshops for family members of the college alumni. The same would be conducted at an appropriate time slot.

- **Prepare more resource persons**

To augment AICTE's efforts to spread Value Education in a big way, VE Cell would work hard to prepare more resource person from the college.

- **UHV workshops for nearby schools**

VE Cell will conduct UHV workshops for the teachers of nearby schools.

- **Value-based Nukkad Nataks**

In association with GOONJ, the dramatic society of the college, VE Cell has planned to conduct value-based Nukkad Nataks to spread awareness of good social messages in the campus and outside colleges/institutes.





# Appendices

## Appendix-I: Details of FMs attended higher level of FDPs

### A. Details of FMs who attended UHV2 FDP:

S. No.	Name	Dept.
1	Dr. Mohit Kumar Tiwari	ASH
2	Mr. Animesh Rai	CE
3	Mr. Naresh Kumar	EC
4	Prof. V. K. Parashar	EN
5	Dr. Kamal Kumar Mittal	ME
6	Dr. Pallab Biswas	ME
7	Ms. Indu Verma	MCA

### B. Details of FMS who attended UHV3 FDP:

S.No.	Name	Dept
1	Mr. Animesh Rai	CE
2	Dr. Sachin Kumar	CSE
3	Dr. Sonam Gupta	CSE
4	Dr. Seema Garg	EC
5	Mr. Gagandeep Singh	EC
6	Ms. Neha Garg	EC
7	Mr. Ritesh Sharma	EN
8	Mr. Mahendra Dutt Dwivedi	EN
9	Dr. Kamal Kumar Mittal	ME
10	Mr. Amit Kumar Tripathi	ME
11	Dr. Pallab Biswas	ME
12	Mr. Pancham Singh	IT
13	Dr. Vivek Singh Verma	IT
14	Dr. Ruchi Gupta	IT

### C. Details of FMs who attended an FDP on “Human Values in Madhyastha Darshan”:

1. Dr. Parul Verma, ASH
2. Mr. Akhilesh Verma, ASH

### D. Details of FMs who attended an online FDP on “Human Values in Sankhya, Yoga, and Vedanta Darshan”:

1. Dr. Shiwani Singhal, ASH
2. Dr. Nitya Sharma, ASH
3. Dr. Sandeep Gupta, ASH
4. Dr. Parul Verma, ASH
5. Dr. Sonali Patle, ASH
6. Mr. Raghvendra Pratap Singh, ECE
7. Dr. Singhmitra Das, AKGIM

### E. Details of FMs who attended an online FDP on “Human Values in Buddha and Jain Dharshan”

1. Prof. V K Parashar, EN
2. Dr. Parul Verma, ASH
3. Dr. Nitya Sharma, ASH
4. Dr. Pradeep Jain, ME



## Appendix-2: Details of FMs who participated in various FDPs of AKTU

SN	Date	Type	College	Resource Person/	Cofacilitator/observer
1	01-08 Dec 2018	Dean/ HOD/ Senior Faculty	(030) Inderprastha Engineering College, Ghaziabad	Mr. Gopal Babu	Dr. Nitya Sharma
2	13-20 Dec 2018	PSL-1 Staff	(030)Inderprastha Engineering College, Ghaziabad.		Dr. Sweety Agarwal
3	15-22 Dec 2018	PSL-1	(501)RV Institute of Technology, Bijnor		Mr. Dheeraj Kumar Singh
4	17-24 Dec 2018	Refresher L-1	(027) Ajay Kumar Garg Engineering College, Ghaziabad.	Mr. Gopal Babu	
5	06-13 Jan 2019	PSL-1	(132) Greater Noida Institute of Technology, Gautam Buddh Nagar		Mr. Prashant Agarwal
6	07-14 Jan 2019	PSL-1	(032) ABES Engineering College, Ghaziabad	Dr. Parul Verma	Mr. Bihari Nandan Pandey
7	15-22 Jan 2019	Dean/ HOD/ Senior Faculty	(097) Galgotia's College of Engg. & Technology, Gautam Buddh Nagar	Mr. Shashank Sahu	
8	15-22 Jan 2019	PSL-2	(029) KIET Group of Institutions, Ghaziabad.		Mr. Akhilesh Verma
9	01-08 May 2019	PSL-1	(068) Meerut Institute Of Engineering & Tech., Meerut.		Dr. Vikas Goel
10	04-11 May 2019	PSL-1	(064) Hindustan College of Science and Tech, Mathura		Mr. Dheeraj Kumar Singh
11	28 May-04 June 2019	PSL-1	Institute of Engineering & Technology, Alwar, Rajasthan	Mr. Gopal Babu	
12	03-10 June 2019	PSL-1	(029) KIET Group of Institutions, Ghaziabad		Mr. Bihari Nandan Pandey
13	12-19 June 2019	PSL-1	(508) Babu Banarasi Das Engineering, College, Lucknow		Mr. Akhilesh Verma
14	15-22 June 2019	Refresher L-1	(029) KIET Group of Institutions, Ghaziabad	Mr. Gopal Babu	Mr. Sandeep Gupta
15	01-08 July 2019	Staff WL-1	(029) KIET Group of Institutions, Ghaziabad.	Mr. Shashank Sahu	Dr. Saroj Bala
16	04-11 July 2019	PSL-1	(030) Inderprastha Engineering College, Ghaziabad.		Dr. Nitya Sharma
17	08-15 July 2019	PSL-1 Student	(027) Ajay Kumar Garg Engineering College, Ghaziabad.	Dr. Parul Verma	
18	08-15 July 2019	PSL-1 Student	(751) KIPM College of Engg. & Technology, Gorakhpur		Mr. Mayank Kumar Tiwari
19	13-15 Sep 2019	03 Days for FMs	Pratap Institute of Technology & Science, Sikar, Rajasthan	Mr. Gopal Babu	
20	21-23 Oct 2019	PSL-1 FMs	Swami Rama Himalayan University, Dehradun	Mr. Gopal Babu	
21	3-10 Jan 2020	PSL-1 FMs	Bikaner Technical University	Mr. Gopal Babu	
22	12 -19 Jan 2020	Refresher FMs	ABES, Engineering College	Mr. Gopal Babu	
23	20-22 Jan 2020	03 Days for FMs	Shankara institute, Jaipur	Mr. B N Pandey	
24	26 Dec - 02 Jan 20	08 Days for FMs	KIET,Gzb		Mr. B N Pandey





**Arun Kumar Maurya, Student Coordinator, VE Cell  
Silver Medalist, AKTU (2016 – 2020)**



When I attended UHV sessions during SIP in B.Tech first year, I was under peer pressure, struggling with low confidence and used to stammer alot. Being easily hurt, I was getting diverted from my friends.

The UHV modules gave me inner strength and way to come out of the peer pressure. Subsequently, I studied all the courses and participated in nearly all the activities related to UHV in the college. Gradually, I found myself more stable with high determination. Now my stammering has also reduced and I am doing M.Tech maintaining a holistic vision of life.

Thanks to VE Cell and UHV programs.



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