

WORKSHOP FOR TECHNICAL STAFF ON 'UNIVERSAL HUMAN VALUES '

VENUE	FARADAY HALL, MBCET
DATE	11/07/2023
TIME	9.45 A.M TO 4.15 P.M
PARTICIPANTS	37 Technical Staff Members of all Departments
RESOURCE PERSONS	Dr.USHAKUMARI S and Dr.ELIZABETH C. KURUVILLA
CO-ORDINATOR	Dr.VEENA NAIR

REPORT

SESSION1: 9.45 A.M 11 A.M Taken by Dr.Elizabeth C.Kuruvilla

Need of Value Education – Basic Aspiration of Human Beings-Happiness, Prosperity-Right Understanding in the Self- Right Understanding of Relationships- Right Understanding about Physical Facility – Natural Acceptance etc. were the topics discussed

SESSION 2: 11-11.20 Break 11.20 to 12.30 -Taken by Dr.S.Ushakumari

Detailed class was given on Co-Existence of Self and Body. Concept of Right Understanding about Self was emphasized.

SESSION 3 : 1. 45 - 3 p.m after a break of 1 hour. Session was jointly handled by Dr.Elizabeth and Dr.Ushakumari.

Right Understanding about Relationship- Trust, Gratitude etc was described. Dr.Ushakumari gave 'Trust' in detail with examples. Generally, how we should behave,how we can do our duties in various roles that we have been entrusted etc.was also discussed with real life problems.

SESSION 4 :3.15 – 4.15 General Discussion and Sharing

Summary was given with issues that we face currently and with possible solutions. Feedback was taken from the participants. They shared that, a workshop of this kind was a first time experience for them and it was highly fruitful and suggested for more such sessions.

OUTCOME OF THE WORKSHOP:

Participants got much clarity about Happiness, Prosperity, Basic Aspiration etc. Also obtained awareness that, Self Exploration is the approach that can be adopted for keeping Harmony with Self, Family, Society and Nature and Lack of Right Understanding about Self, Relationship and Physical Facility is the Root Cause of all problems.