

Sl. No.	DETAILS OF ACTIVITIES	DATE	RESOURCE PERSONS	PARTICIPANTS
1	Workshop on Universal Human Values	02/02/24 to 03/02/24	Resource Persons- Dr. S. Ushakumari, Dr. Jisha S.V Dr. Veena Nair & Mr. Vipin	25 Staff from the Company Stackmod
2.	Outreach Programme (Books and Stationery Items)	31/05/2024	All UHV cell members were present during the program.	15 children of canteen staff
3.	Theme Centered Interaction (TCI) based UHV workshop	4/07/24 to 5/07/24	Resource Persons-Dr. S. Ushakumari, Coordinators- Dr. Veena Nair, Miss Manju Sreekumar, Ms. Vijitha Robinson	30 faculty members and Staff from the College
4.	Organising partner for the ICHVHE 2024	22/11/2024 to 24/11/2024 online worldwide	Online with multiple resource persons.	Worldwide conference







*Trip to Neyyar Dam-Harmony in Nature*





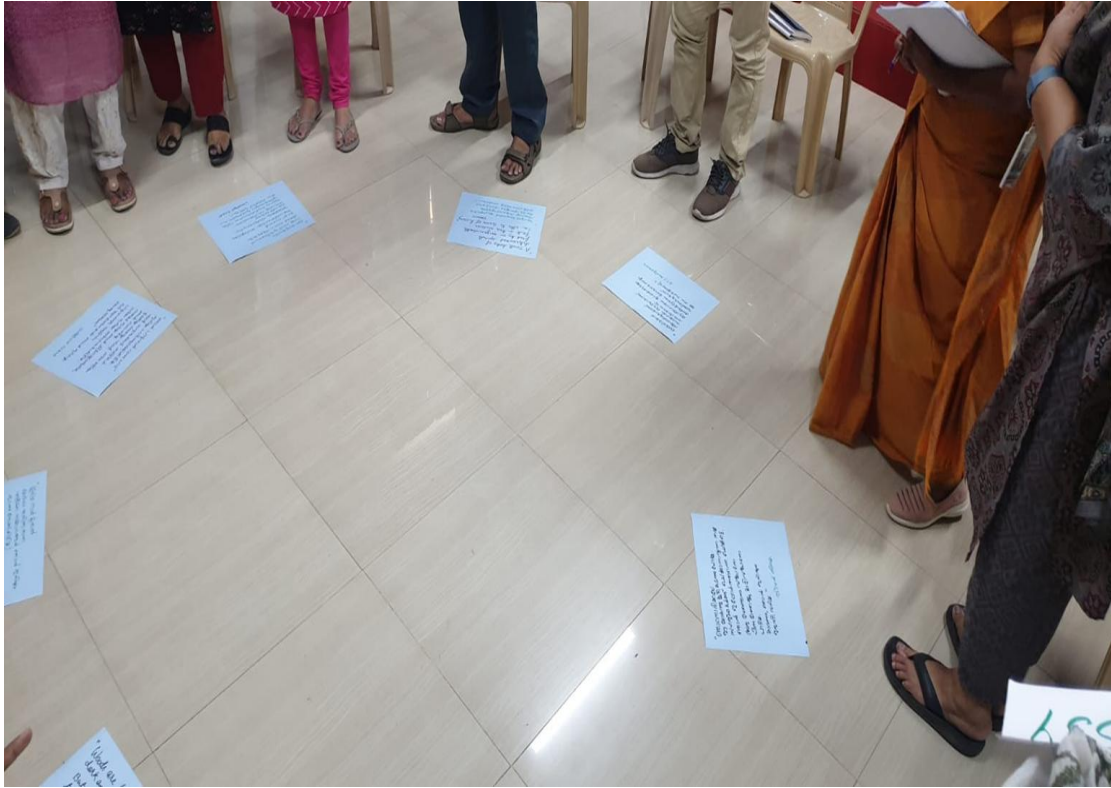


**UHV session for Stackmod company**









*TCI based UHV*



### *Outreach program*

## Impact/Sharing

The Morning Session – Universal Human Values  
Batch-10, Self Evaluation, May-Aug 2024

**Sharing**

1. Your brief introduction
2. One's own understanding emerging out of Exercises-1 & Exercises-2
3. How many steps are you able to ask in yourself clearly?
4. Happiness by your nature (nature/Characteristics) and not the effect from outside
5. How clearly are you able to see the effect from outside?

If you are able to respond to your nature/nature/Characteristics, then what is your program to achieve it?

- How much of this program is for trying to get favorable effect (sensation or feeling) from outside?
- How much of this program is keeping in focus the self and how much of this program is keeping in focus the program/keeping self in focus?
- Is it based on pre-condition/organization or is it based on natural discipline?

**Commitment**

- How much time can you devote to developing right understanding, feeling?
- How much time can you devote to social responsibility emerging out of your natural self-expression (being with your present commitments)?
- At least we can devote 2 hours to each of these.



**Family Sharing**  
Dr. S. Ushakumari  
Professor and Head  
Corporate Relations MICET  
Tiruvananthapuram  
Manilal V J  
Former Project Director  
Cooperative academy of  
professional education Kerala

### Comments

Top Newest

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@videosureshshivaraman • 0 sec ago

This was an inspiring session. It is wonderful to see senior educators spread the practice of Universal Human Values in various organisations and institutions. A practice of optimal Sanskars by the participants of these programs (as explained by both Usha Teacher and Manilal Sir) will help us transform our society into a caring, values based one. Best Wishes for all the endeavours to take this on a wider scale 🌟🌟🌟

Forwarded

Joining the UHV group helped me to think different. From the few classes I attended, I learned I can make changes in my approach to other people. For that I must understand myself first. I am not a very reactive person especially with outside people. I hold my feelings. Now I try to deal with it whenever possible in such a way that I can keep a good relationship.

My husband is very reactive. I am trying and telling him no need to react in each and every instances. He has his own explanations. Which I don't see and I leave it there. Anyway I will continue trying. I think, first the change must come in me and the family.

I am trying to get the right understanding in me.  
Gracy Philip.

*By the last five months, changes occurred to me as a human being.*

*1. I had a desire to write some of the interesting topics of Physics (my subject) digestible to school children, since my retirement. This I have started and is advancing. This activity is a joy for me.*

*2. Feels responsible for the nurture and protection of my body. Doing daily exercise since 4 months. Food intake is controlled. I could make a weight loss of 4 kg. A self-satisfaction is there.*

*Motivation for the above is from the UHV classes. Thanks Dr. Ushakumari.*

*Moreover, whenever I am in doubt for doing something, I used to think what is the naturally accepted thing. I am getting a satisfactory answer. Dr. Mercy V John*

*The most inspiring word is SELF in ur talk. Before that, I thought self means selfish.*

*Now it's clear, it's the center of whole body. Giving proper instructions to brain and body. I was always a negative thinking person, that attitude changed a lot. Totally a pleasant feeling. Thanku mam. Rita Titus*

### Screen time

*One of the major problems being highlighted today is the time spent on devices, whether it is for work, entertainment and so on. We are aware that increased screen time does cause health problems including changes in sleeping behavior. I also was depending on mobile phones, computers, etc for a variety of uses and eventually started spending more than 12 hours a day, sometimes just for entertainment. It was quite difficult to reduce the screen time even if I wanted to.*

*Once I started UHV sessions, I started referring my inner self on what to do. The major problem I found was the scarcity of activity to do once I reduced the screen time. It also meant that I would be in a state of confusion of what to do since I did not have a plan on what to do in the place of this. So I slowly started reducing the screen time down and got it to around 3 hours per day. It took me around six months to bring the screen time down. I was not able to maintain it continuously, especially when I found myself having more time than I had planned for on that day. Now, I am able to control my thoughts of wanting to watch entertainment programs to some extent.*

### Overestimated planning of a day

*Before attending the UHV sessions, I used to create plans for completing pending work or studying. I would reach a sufficiently good plan. But after going over it I would add more work/targets thinking I would be able to do it all. In short, a simple plan would become complex. The problem came during the execution part of the plan. I wouldn't be able to even start with some of the work that I was planning and will eventually affect the work that I could have done in the remaining time by spending it on regretting what hasn't been done.*

*However after attending the sessions, I learnt that decisions can be made by referring to my inner self, without depending on others' opinions. Once I started practicing that, decision making became easier. I became confident about my decisions and I started making plans which were realistic and I found harmony in being able to make and execute my plans well.*

*Since decision making became easier and I was sure of my decisions, I realized that I am not experiencing the anxiety and worry I used to feel earlier while making a choice. Even though I would sometimes rethink my decisions later, I was able to provide proper justifications for such a decision and I was satisfied with it. Attending the UHV sessions has helped me achieve harmony within myself.*

*Harmony in the family.*

*Trust the other person. The other person is similar to me. When there is trust in other person, we will not go to an argument mode, or shouting or to a defensive manner.*

*Doubting the intension of the other in the family is reduced in my case.*

*Harmony in human self*

*I have realised the importance both self and physical body by doing yoga, intermittent fasting and gaining spiritual knowledge through books.*

*Just attending the first class of Universal Human values, I was so excited as well as delighted by the excellent presentation by Usha madam regarding the attainment of true happiness as the ultimate aim of every human beings.*

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*Never thought of the concept of harmony in human beings as the coexistence of self and body till date.*

*Also happy to hear the reaction of other participants and their interactions. Just after the class, I called my friend Dr Mercy V John who introduced me to this class for sharing my feelings. Thanks for her valuable notes of the previous classes as I was attending the 10th class for the first time. After that, I was actively attending all classes.*

*Each class of Universal Human Values (UHV) is an avenue to express thoughts, explore the unknown, and share experiences. I lost my partner late in 2019. The twilight of loneliness can turn into the darkness of despair without support. Usha Ma'am gave me guidance on how to survive loneliness and rebuild my life. The UHV course taught me how to rediscover lost relationships with my friends and family. It gave me courage to take on new challenges. For sure, there are more areas where I can improve, but I will not give up. My shopping spree: Earlier, I spent a lot of time shopping online. I then realised why I was doing it. Stress and anxiety are the underlying causes of excessive shopping. It is a coping mechanism. The endorphins released make me feel less stressed. And now that I am conscious of this tendency, I am trying my best to curb it. The UHV course gave me an opportunity to express myself and think through the priorities of my life. The course has been instrumental in changing my life for the better.*

*About my experience, precisely saying, the content of this class enlightened me a lot. My attitude, views and approach to life have changed. Relationship with others, ie towards my husband, children, relatives, servant and neighbours became better. I could feel it from their attitude. Talking politely in a proposal form and self-exploration give tremendous positive effects! And the result is awesome*

□

*Realising that this material happiness is only temporary and true happiness can be attained only by right understanding and accepting others as such. In fact, felt that I should have attended this type of class much earlier..especially in our youth.*

*My husband is also a listener along with me whenever possible.*

*May I wind up Madam..not prolonging much. By the way, I recommend my cousin sister who is a widow to attend the class and now she's so happy. Besides, I told about UHV to my siblings and children and they are all very happy!*

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### **Future events**

- Mentoring senior students to mentor junior students and school students in the future
- Mentoring students and faculty in our sister institutes (18)
- Mentoring company employees
- Mentoring nearby college faculty and students
- Outreach program in collaboration with individual Engineering and non-Engineering departments in the college culminating in a collective productive use, like building of small houses,