

Overview of Induction Program

Document prepared by UHV Team (uhv.or.in) and adopted by AICTE NCC-IP Subcommittee for Mentor Manual and related Materials for UHV-I

Suggestions for improvement are welcome

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Goals of SIP

- To become familiar with the ethos and culture of the new surroundings
- To develop bonds with peers, seniors, faculty and staff
- To provide an exposure to a holistic vision of life
(based on larger national and human good; or the well-being of all)
Develop awareness, sensitivity and understanding of the
Self---family---Society---Nation---International---Entire Nature
- To develop a healthy lifestyle and ethical professional discipline
- To connect and appreciate the diversity of cultures
- To overcome weaknesses in some essential professional skills to be ready for higher study (only for those who need)

Modules of SIP

Module 1: Universal Human Values I (UHV I)	22 hours
Module 2: Physical Health and Related Activities	51 hours
Module 3: Familiarization of Department/ Branch and Innovation	06 hours
Module 4: Visit to a Local Area	10 hours
Module 5: Lectures by Eminent People	06 hours
Module 6: Proficiency Modules	06 hours
Module 7: Literature / Literary Activities	30 hours
Module 8: Creative Practices	49 hours
Module 9: Extra Curricular Activities	06 hours

In the UHV Module of SIP, the main points we want to highlight are:

1. Every student has the possibility to reach to their full potential as a human being
2. For this, we have to understand
 - Ourselves (our aspirations, concerns...), other people, other things around with which we interact...
 - Our relationships – with oneself, with other people, other things around us...
3. It is possible to understand – because
 - The need to understand is innate in every human being and
 - The potential to understand is intrinsic to human being
 - The essential things to understand are definite
4. We will use a process of self-exploration for this... we simply have to pay attention, and explore into the proposals... Let the time in this institution be a time of intense and joyous exploration!

UHV is an exploration into it, so that the student can discover their full human potential, develop a holistic plan for realising it and take some steps towards it

For this we will try to

1. Discover our aspirations and articulate our concerns
2. We can slowly realise that
 - We all have the same basic aspirations
 - We have to understand to fulfil our aspirations
 - We all have some concerns, some problems, These can be different for different students
 - To resolve any problem or concern also, we need to understand
3. The process to understand is simply to pay attention. We can easily do that. We can understand, realise our aspirations and resolve our concerns
 - E,g, Find out if it is true that “whatever you have paid attention to has revealed itself to you”. E.g. maths seemed so difficult, but now you know it... because you paid attention to it
4. In this UHV module, we will go over this process at four levels
 - Individual, family, society and nature

Aspirations (what you want to achieve)

- Regarding self, as an individual
- About family, friends, other people
- Related to society, societal systems
- In the natural environment



Concerns (what you want to get rid of)

- Regarding self, as an individual
- About family, friends, other people
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Explore
understand

Realise
You

Full Potential

uhv
Universal Human Values

Thus, the objectives of the UHV module (UHV-I) are:

1. To help the student to see the need for developing a holistic perspective of life
2. To sensitise the student about the scope of life – individual, family (inter-personal relationship), society and nature/existence
3. Strengthening self-reflection
4. To develop more confidence and commitment to understand, learn and act accordingly

UHV Modules

Session No.	Topic Title	Aspirations and Issues	Basic Realities (underlying harmony)
1	Welcome and Introductions	Getting to know each other	Self-exploration
2 and 3	Aspirations and Concerns	Individual academic, career... Expectations of family, peers, society, nation... Fixing one's goals	Basic human aspirations Need for a holistic perspective Role of UHV
4 and 5	Self-Management	Self-confidence, peer pressure, time management, anger, stress... Personality development, self-improvement...	Harmony in the human being
6 and 7	Health	Health issues, healthy diet, healthy lifestyle Hostel life	Harmony of the Self and Body Mental and physical health

UHV Modules...

8, 9, 10 and 11	Relationships	Home sickness, gratitude towards parents, teachers and others Ragging and interaction Competition and cooperation Peer pressure	Harmony in relationship Feelings of trust, respect... gratitude, glory, love
12	Society	Participation in society	Harmony in the society
13	Natural Environment	Participation in nature	Harmony in nature/existence
14	Sum Up	Review role of education Need for a holistic perspective	Information about UHV-II course, mentor and buddy
15	Self-evaluation and Closure	Sharing and feedback	

UHV-I

Sessions 1 & 2

Welcome and Introductions

Let's get to know each other!

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Introduction of the Faculty – Facilitator / Mentor

Name:

Place to which I belong (root):

Educational background:

Role in the college / university:

Family background: parents, siblings, spouse, children:

Share an incident from your life or something you have understood which will connect to why you volunteered to facilitate the UHV session as a co-explorer:

I will be your faculty co-explorer for this UHV orientation / I will be your mentor starting now till you leave the college (and maybe beyond that)

Introduction of Students

Please speak to the **person sitting on your left and introduce him/her**

Name:

Place from where s(he) belongs (root):

Department s(he) has joined:

One hobby or interest:

Family background: parents, siblings...

How s(he) relates to family and society:

Aspiration in life:

Expectation from education:

Please be specific (try not to use adjectives)

Home Assignment

Home Assignments

1.1. Get to know as many of your batch mates as you can! You should be able to introduce at least 5 of them in detail.

1.2. Make a list of your aspirations (चाहना), the expectations (अपेक्षा) of your family and friends and the hopes (आशा), you see, the nation has from you.

1.3. Make a list of your achievements in your life

1.4 Make a list of your concerns (चिंता), fears (भय), confusions (भ्रम), questions (जिज्ञासा) etc.

Aspirations (what you really want to be)	Achievements	Concerns

In the next session

We will explore further into our aspirations
and also discuss our concerns

Note to Faculty

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English:

https://www.youtube.com/watch?v=OgdNx0X923I&list=PLYwzG2fd7hze_r-n_sVjmtFnuSs_Mph4Bi

Hindi:

https://www.youtube.com/watch?v=nBdLaFUIO8E&list=PLYwzG2fd7hze_Sdsr3W9-8B6mFlx-FlsgB