

UHV-I Session 15

Self-Evaluation and Closure Session

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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Thanks!

This UHV orientation was a glimpse of the introductory UHV content

It was a joy for us to share it with you

We trust the orientation was useful for you, for looking at life in its entirety, developing a holistic perspective

The full introductory content of UHV is shared in

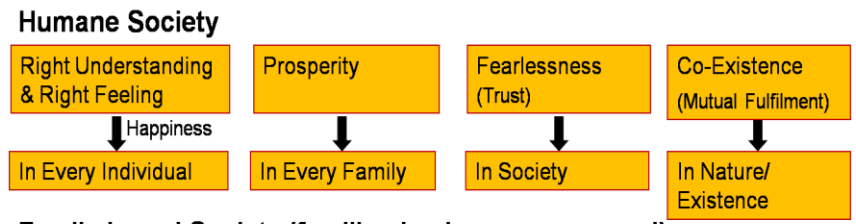
- UHV-II, the mandatory one-semester course

For in-depth study

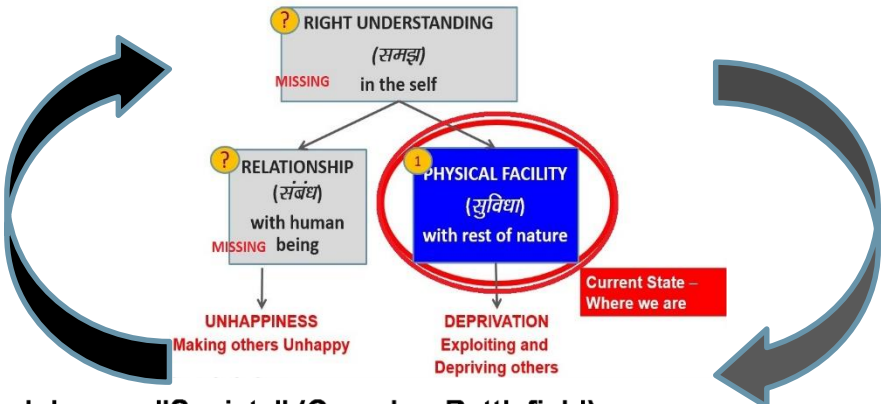
- Open electives are proposed in subsequent years

Purpose of Education: To Enable Transformation

People living with human consciousness give rise to a humane society



Family based Society (families having common goal)



Inhuman "Society" (Crowd or Battlefield)

Assumptions (eg. Money is everything)	Accumulation By Any Means	Domination, Exploitation, Fear	Mastery & Exploitation
In Every Individual	In few Individuals	In Society	Over Nature
Obsession for Consumption for Profit	" for Sensual Pleasure	Terrorism War	Resource Depletion Pollution

Individual based (having different or opposing goals)

Transformation & Progress
la@e.k&fodki

We are making effort for this transformation
We want our institution to be a living example...

Self Evaluation

Self Evaluation (3-5 minutes each)

Please share:

1. Your brief **introduction** (30 sec)
2. Your **key learning** from this UHV orientation (3-4 min)
 - Three key proposals you could verify, experiment (share a relevant incident)
 - Thoughts before & thoughts now (about happiness, prosperity, excellence, competition etc.)
3. Your **commitment** – Specific future plans related to UHV (30 sec)

Please be mindful of the time (3-5 minutes)

Please stick to the 3 points, above