



Day 6

Recap of Day 1 to 5

Lecture 1: Understanding Value Education

Lecture 2: Self-exploration as the Process for Value Education

Lecture 3: Continuous Happiness and Prosperity – the Basic Human Aspirations and their Fulfilment

Lecture 4: Right Understanding, Relationship and Physical Facility

Lecture 5: Happiness and Prosperity – Current Scenario

Lecture 6: Method to Fulfil the Basic Human Aspirations

Lecture 7: Understanding Human being as the Co-existence of the Self and the Body

Lecture 8: Distinguishing between the Needs of the Self and the Body

Lecture 9: The Body as an Instrument of the Self

Lecture 10: Understanding Harmony in the Self

Lecture 11: Harmony of the Self with the Body

Lecture 12: Programme to ensure self-regulation and Health

Lecture 13: Harmony in the Family – the Basic Unit of Human Interaction

Lecture 14: 'Trust' – the Foundational Value in Relationship

Lecture 15: 'Respect' – as the Right Evaluation

Lecture 16: Other Feelings, Justice in Human-to-Human Relationship

Lecture 17: Understanding Harmony in the Society

Lecture 18: Vision for the Universal Human Order

Lecture 19: Understanding Harmony in the Nature

Lecture 20: Interconnectedness, self-regulation and Mutual Fulfilment among the Four Orders of Nature

Lecture 21: Realizing Existence as Co-existence at All Levels

Lecture 22: The Holistic Perception of Harmony in Existence

UHV-I Contents

UHV-I: Universal Human Values – Introduction	Aspirations and Concerns	Basic Realities (underlying harmony)
Welcome and Intros	Getting to know each other	Self-exploration
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)
Self-Management	Self-confidence, peer pressure, time management, anger, stress... Personality development, self-improvement...	Harmony in the human being
Health	Health issues, healthy diet, healthy lifestyle Hostel life	Harmony of the Self and Body Mental and physical health
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
Society	Participation in society	Harmony in the society
Natural Environment	Participation in nature	Harmony in nature/existence
Sum Up	Review role of education Need for a holistic perspective	(information about UHV-II course, mentor and buddy programs)
Self-evaluation, Closure	Sharing and feedback	



Sharing Values मूल्यों पर संवाद

Module 5 – Implications of the Holistic Understanding – a Look at Professional Ethics (6 lectures and 3 tutorials/ practice sessions)

Lecture 23: Natural Acceptance of Human Values

Lecture 24: Definitiveness of (Ethical) Human Conduct

Lecture 25: A Basis for Humanistic Education, Humanistic Constitution and Universal Human Order

To be discussed today:

Lecture 26: Competence in Professional Ethics

Lecture 27: Holistic Technologies, Production Systems and Management Models-Typical Case Studies

Lecture 28: Strategies for Transition towards Value-based Life and Profession