

Experiments in Universal Human Value Education

November 2010 to December 2012



Baba Banda Singh Bahadur Engineering College,

Fatehgarh Sahib,

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*A Report by the Value Education Cell, BBSBEC
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PREFACE

Our affiliating university (Punjab Technical University, Jalandhar) introduced a new subject HVPE-101 “Human Values & Professional Ethics” as an essential credit course in academic year 2011-12.

A ‘Value Education Cell’ (VE Cell) was formed at Baba Banda Singh Bahadur Engineering College (BBSBEC), Fatehgarh Sahib, in November 2010 to understand the purpose of this course, to coordinate the preparation of the faculty teaching this course, of conducting this course, further preparing a conducive learning environment and other affiliated activities.

This is our first report of the efforts, its impact and challenges during this 2-year period (November 2010-November 2012) as well as our future plans. The report has five sections:

1. Principal’s Note
2. Self-evaluation of Family
3. Self-evaluation of Faculty
4. Self-evaluation of the Students and Community people
5. A summary of socially-relevant projects undertaken
6. Our journey presented through pictures

We share this report to enable readers to get an idea about the Value Education activities and their impact at our College.

SECTION – 1

Principal's Note

The course of 'Human Values and Professional Ethics' was introduced by the Punjab Technical University in its various programs from July 2011. In order to enable the faculty of the University-affiliated Colleges to deliver the course effectively, Teacher Orientation Programs (TOP) were planned by the University starting November 2010.

Baba Banda Singh Bahadur Engineering College (BBSBEC), Fatehgarh Sahib, has always been keen to take an initiative for such noble causes.

The College selected & sent two of its faculty members (R S Uppal & Gagan Deep Sharma) for the TOP at IIT Kanpur in November 2010. After that, we have detailed members of our faculty and staff for almost every TOP for which the College received an invitation. By now, 12 faculty members from the College have undergone the eight-day TOP. Besides, more than 20 faculty members have gone through the two-day/three-day workshops.

I have myself attended the seminar held at Jalandhar in 2010, and I am attending the three-day directors' workshop at NITTTR Chandigarh from 1st – 3rd December 2012.



The expectations from the 'HVPE' course delivery at B.Tech level were just as normal. However, the results surprised us pleasantly.

The initial observations revealed that the attendance and the interest of the students in this subject were fairly high. The results over longer period were even more encouraging. One resultant observation deserves particular mention here – The course was delivered to group A students of B.Tech First year in the first semester and to group B in their second semester. In the month of November 2011, when only the A group was attending 'HVPE' classes, the attendance for all the subjects (for both groups) was compiled. It showed that while in group B, on an average (for all subjects) 72% of the students were below 80% attendance, the corresponding number in the group A was 37%. Importantly, when the attendance was compiled in March 2012 for the second semester, the percentage of students having attendance below 80% declined to 43% in group B, while the same in group A remained below 30%. In this way, the course played a lead role in helping the students see & accept their responsibility toward academic activity.

Large number of students, after studying the course, got interested to study the subject in deeper detail. As many as four students (Shivit Bansal, Arshdeep Singh Bhatti, Jagraj Singh and Harmeet Singh) attended the eight-day workshop on 'Human Values and Professional Ethics' in December 2011. This workshop made a great impact on the attendee students (Their feedback finds place elsewhere in this document).

Enthused by all these results, we planned to experiment with the idea of holding two-day in-house workshops on the subject. Surprisingly, two of our faculty members (Raminder Singh Uppal and Gagan Deep Sharma) volunteered to conduct such workshops on the weekends without demanding any

compensatory leave or monetary compensation. The College has organized four such workshops which have been very well received by the participants.

The understanding of the concepts discussed in the subject has generated results for BBSBEC which are worth sharing. For instance, the students having studied the subject or having attended the workshop made some significant contributions/achievements. I am sharing a few:

- (a) These students undertook their research activities with better (more socially relevant) objectives and carried out the same with high level of effectiveness. Each of the 23 MBA students who had gone through these workshops wrote high quality research paper, which got published in international research journals of repute. Later on the College published those papers in the form of a book entitled 'Research in Business and Economics'
- (b) They cleared the placement interviews easily. The MBA batch passing out in 2012, all of which had attended the workshops, was fully placed at attractive packages (this is a better result than any previous year)
- (c) They take much more active part in sports and co-curricular activities. The drama team comprising four students having done two-day 'HVPE' workshops, has won inter-zonal youth festival
- (d) They undertake socially relevant projects. Projects were done on farmers' suicides in Punjab, road safety – challenges and suggestions, agro-electronics, Green IT etc.
- (e) 13 of such students went for a month-long 'Youth Leadership Program' organized by 'Rajiv Gandhi National Institute of Youth Development', Sriperumbudur, Chennai
- (f) These students run evening school for kids of the labour working on campus
- (g) The students, who earlier used to dump waste anywhere and everywhere are now cautious to put the same in the dustbins provided. Some of the students themselves came-up with the suggestions to place more dustbins at the most vulnerable places
- (h) The students realize their responsibility and have become aware of their surroundings. They have shown keen interest in honing their skills and have adopted an attitude, which exhibits their self-discipline
- (i) Looking into the effectiveness of effectively implementing the values in small groups, the college has appointed general meeting (GM) counselors. Each section is divided into three groups of 20 students each. There is no selective method to a member of the group but these are roll number-wise, thus ensuring a mix of both the genders. The counselors appointed in the 2nd year of programme continue to be with the group till their passing out. This further develops the bond between the members of the group and with the counselors. The counselors acts not only as a guide and a motivator but also helps them to solve their personal problems. The communication between the counselors and the members of the group takes place in the classroom as well as in the outdoor activities through group meetings. The students are able to discuss various problems, personal as well as societal and how to improve themselves to be able to remove such problems. This has changed their attitude and outlook

In a nutshell, the experiments with HVPE at BBSBEC are yielding encouraging & productive results at various quarters.

The future plans of the College with regard to HVPE activities include the following:

- (a) To conduct two eight-day workshops and six 2-day/3-day workshops by December 2013
- (b) To ensure that almost 100% of the staff and faculty goes through the 2-day/3-day workshops by the end of academic session 2013-14 and to ensure that around 25% of the faculty and staff undergoes the eight-day workshop by the end of academic session 2013-14
- (c) To make certain that all the NSS volunteers of the College attend 'HVPE' workshops so that they get clear about 'what to do for National Service'
- (d) To ensure that at least 50% of the projects undertaken by the students as part of their curricular requirements, are socially relevant
- (e) Since the College mainly caters to the educational requirements of rural Punjab (the family profession of most of whom is agriculture), the College plans to experiment with natural farming within the campus with the help of volunteering staff and students. This way, we will be able to

experience, understand & share sustainable, eco-friendly & people-friendly socially relevant technology

(f) To share this understanding with the community around us

Recently, BBSBEC has been selected as a test-centre for a World Bank project on seismic activities. One of the coordinators of this project is Dr. Ramancharla Pardeep Kumar of IIIT Hyderabad. On the sidelines of the project meetings, I had some discussions with him about improving the quality and effectiveness of education in the Institutes. He shared with me the ways in which, the academic model of IIIT Hyderabad has been fine-tuned in accordance with Value Education. This is a further motivating factor for BBSBEC to bring Value Education not just as one subject but also into practical application in every area. I can clearly visualize that such application-oriented value-based education will serve two-fold objectives in the society. It will impart the skills to the students on one hand and help them understand & realize their responsibility in the social structure, on the other.

Dr. M. S. Grewal
Principal, BBSBEC, Fatehgarh Sahib
Nov2012

SECTION – 2: Self-evaluation by Families

Prof Raminder Singh Uppal, Head, Department of CSE & IT



Two year ago, myself and Prof Gagan Deep Sharma were assigned the duty by our college Principal to attend an eight-day workshop on “Human Values & Professional Ethics” sponsored by Punjab Technical University, Jalandhar at IIT, Kanpur.

I was visiting Kanpur for the first time and thought that this eight day academic program was good opportunity for me to visit different cities. I planned with my cousin who lives in Delhi to visit Agra, Lucknow, Kanpur and Delhi. Both of us boarded a train to Kanpur with a plan to spend these eight days like holidays.

In the train, we planned that we would attend the workshop only 3 days – one day for registration, second day and then on the last day to collect certificate.

On the first day, we went in formal dress to seminar hall but were surprised to see that why participants had removed their shoes on the entrance of the hall. When I was sitting in the hall I was not listening rather thinking how to skip the coming day of this program and had neither Idea nor interest in the content of the workshop. On that day, I found it difficult to sit for so long on the floor and was tired in the evening but still we decided to attend the second day as we found no one to mark our proxy attendance on the second day.

By the second day evening, questions of the participants and their answers started making some sense to me. I discussed with Gagan to attend the third day and then to skip the remaining days except the last day. On third day, when I was listening to Ganesh ji (Prof Ganesh Bagaria who was the facilitator for the workshop), I developed interest. I found that continuous happiness which Ganesh Ji was discussing is the same ‘Anand’, which I was looking for the last five years. The concept of continuous happiness was simple to understand for me and seemed more relevant to me.

Then it was shocking for me to listen to the proposal of relations in the family. In the workshop when questions of societal problems were asked and answered it was all new for me as at that time I only thought that having less wealth is only goal of humans. When I listened to the discussion with regard to coexistence of nature and beauty of natural farming, I started investigating the modern concept of seed production (hybrid) and the role of modern agricultural research.

After reaching back home, the proposal started spreading in my thoughts day by day. I started thinking about my responsibilities in the family and started enjoying my life. Two things started happening – one, my thinking on different aspects started change but my actions were still based on my old hobbies; and second – the people around me were having same perspective about me as before and their behavior towards me was unchanged. However, I continued to spread the proposal in my thinking. Slowly, I started losing interest in the unproductive works wherein I used to put a lot of my energy before. This happened naturally without any purposeful efforts towards the work. All my attention was on the thinking and understanding. After investigating in my own self for six months, in December 2010 I realized that much of my unproductive works got dropped. I started feeling relived and lighter and at the same time found that there is not much work to do for me.

Then we both visited Ganesh ji at MSSS Kanpur and I got answer that to understand and live in harmony I have to work a lot on my own self . This is the work which I am doing and enjoying my life since that day.

Self: Before the workshop my desire was to have more wealth and good political connections although I was a teacher by profession. My health was also not good due to my bad eating habits. This required me to think

of accumulating huge amount of money and to devote much of my time to this accumulation. I used to do a lot of work to accumulate the money and to consolidate the 'relations' that I thought would contribute in this accumulation. In doing so, I had put a lot of stress on my body. In order to cure that stress, I was adopting other means of enjoyment like drinking, visiting restaurants, lots of newspaper reading and writing news with journalists (as part of my PR duties at the College) and also doing religious practices.

I was also practicing my religion and was devoting good time for the same but I was doing it only for me and not for the family. At that time, I thought that the purpose of religion is to get mukti alone. I was also under impression that religion and life are two different things and after doing some religious practices early morning, I was ethically free to do whatever I needed in order to ensure the accumulation of physical facilities.

After the workshop I started investigating own self in terms of the need for physical facilities (rather than blind accumulation) and I also realized the importance of my health. I understood that to maintain health I have to evaluate the sensations of my body. The new thing which entered my life was to observe one of my newly-discovered activities – DESIRE-THOUGHT-EXPECTATION.

When I analyzed my thoughts, I understood that earlier I was unaware (and unconscious/sub-conscious) for most of the time, but now my awareness had improved. As a result, I started remaining calm and comparatively more stable.



Work: My efficiency of doing my college duties has improved drastically since 2010. My old habit of postponing my official work till deadlines and forgetting my duties has vanished. The issue of remaining occupied (in thoughts as well as actions) with work all the time has got solved now. Now I find lot of time for my own self, health and my family. Trust of my boss is also improving in me in last two years and there is a major improvement in my sharing with my principal and my colleagues.

Family: Earlier I felt that my duty towards family was to provide them more physical facilities, to make arrangements for their outing once in every six months, to provide education to my son by admitting him to good school and providing him playstation, sports kit, taking him to movie frequently. After the workshop, I started to understand the meaning of family and its role in my life. I also started realizing my participation in my family. Now family means human relations to me. I realize that my family requires right thinking and right feelings at my end. Rather than expecting the feeling including trust, respect, etc from the family, I need to ensure the same at my level first.

When I look back at my journey in the family over the last two years, I feel that initially my behavior was based on my own perspective of 'what is right' and 'what is wrong'. However, over the time, I have started to evaluate the situation of the family members before making any program. Most of the time for which I am not at my office, is spent with my family now. I sit with my son Manraj, play with him, talk with him about his school, answer his questions (that are so deep at times) and go out with him. The discussions between me and my wife (Prof Harpreet Kaur Uppal) are now about ourselves rather than about the work, relatives and others. All the three of us enjoy our meals, talks and outings like never before. This shift is proving out to be very helpful in the ongoing process of ensuring harmony at the level of family.

As a result of changes that took place in my behavior and work, my wife, son and father have attended the workshop on human values. I feel this shift in my family life is from painful phase to hormonal phase. Now I am happier in my family life.

Future Plan: The DESIRE-THOUGHT-EXPECTATION that has got accumulated inside myself, need to be investigated within. I am trying to be aware of this investigation most of the time. This endeavor of mine needs to continue in future also. The issues related to trust, respect and other feeling need to be evaluated and understood in my family and other relations. The discussion about the proposal with the students and other community people shall continue on my part.

Students at a recent workshop 14-21 Dec 2012



Prof. Harpreet Kaur Uppal, Chemistry (Wife of Prof R S Uppal)

I came to know about the proposal of Human Values in June 2011 during an eight-day workshop organized by PTU at BBSBEC. I am in the process of understanding this in various aspects of life. My observations so far are as under.



Thinking:

Before: I used to think that people living around me do hatred, jealousy sort of things knowingly. I was not aware of the competence and intention of humans. No sooner than I had a conflict/argument with my relatives or colleagues, I started believing that it is the other party who is the root cause of the problem. I could not see any responsibility of myself in causing this problem. I further used to feel that no one understands me properly. Due to this type of thinking, I used to feel low sometimes and started avoiding relatives and colleagues. I also had belief that my comfort and discomfort is strongly dependent on situation and the behavior of people around me.

After: I am realizing the coexistence of my body and self. My thinking is an activity of my self. My comfort and discomfort is due to *Vichar* going on (my own thoughts). Lots of *Vichar* is always going in my self, which earlier I was not aware of. Now on discrete times in a day I can catch hold of my *Vichar*. This shift of paying attention on my own thinking took place after attending workshops on human values.

Work:

Before: I used to think of pending work while doing the work on hand. For example, while going to the market, I used to think of my kitchen work and also my research work (Laboratory work) that was pending. This type of thought process was always going in me resulting in fatigue. I always felt that I have unending work. I started believing that life had unending work and I started to miss the charm of life

After: I started understanding the real meaning of desires, thoughts and expectations while attending 8-day workshop on Human Values at IIIT, Hyderabad. I further realized that my behavior with other people and my work with rest of the nature is driven by the desires, thoughts and expectations that are continuously going on in my self. This understanding channelized my behavior and work such that I started to live more happily than before. The second issue, which I could sort out as a result of this HVPE proposal was that I could evaluate the work before actually doing the same leading to my priorities being set right. Instead of thinking of future and past tasks, I can now concentrate on my job at hand.

Family:

After attending workshop there is sea change in the *vichar* and living of my husband Prof. R. S. Uppal. This has changed the entire living of all our family members. While on one hand, this increased the productivity of each one of us at our workplace, on the other hand sharing among the family members increased largely. I started discovering new thing called family after 12 year of my marriage. The change in the living of my husband with this education is the best gift from Ganesh ji to me and my son.

Society and my Future Plan:

I feel that I have to work further on my own Desire-Thought-Expectation. I am discussing the proposal and facilitating my students, and relatives to attend workshops and practice Human values. In future, as things in life get placed better, I planned to devote more time for spreading this understanding in Punjab.

Manraj Singh Uppal(S/O Prof R S Uppal, 6th Standard, OPB Modern School)

Education helps in many ways. English is a worldwide language; it helps us to interact with any kind of people. Mathematics helps us in buying something. Social Studies help us to recognize any place. Science helps us in recognizing our body parts etc. But the most important education is to understand who we are? If we will be able to find this then it will be very beneficial for our life.

The 8-day workshop that I attended at Hyderabad along with my parents ignited me to understand about myself.

SECTION – 3: Self-evaluation by Faculty

Dr. Gagan Deep Sharma, Head, Department of Management Studies

My exposure to the Value Education dates back to November 2010 when I, along with Prof Raminder Singh Uppal (Head, Department of Electronics and Communications Engineering, BBSB Engineering College, Fatehgarh Sahib, Punjab) was detailed by my Principal to attend an 8-day Teachers' Orientation Program on 'Human Values and Professional Ethics' at IIT Kanpur.



I was so relieved to get off the College work for 10 days (1 travel day on each side included) that I didn't even look at the topic of the program before leaving for the program. The only other thing (than 10-day off) that impressed me was IIT Kanpur.

In my sub-conscious mind, I started expecting a first-class Air-conditioned classroom, an attached-washroom type guest house room for lodging and some top-class meals coupled with virtually zero-study. This expectation of mine was largely driven by the programs that I had earlier attended. I was not much friendly with Prof Uppal, but on talking to him in the train, I found out that even he had similar expectations from the program. It didn't take a long discussion between us before deciding that we would probably register for the program on the first day and then find out some key person there who could help us skip the mid-six days, and that we would come back for the last day (valedictory) of the program. Our minds took-off to show us the dreams of Agra, Lucknow, Delhi, where we thought to roam around during those six days.

On the way, Prof Uppal asked me about the contents of the program. 'Even I haven't read exactly' was my reply. However, I pulled out the program from my bag and started looking at the contents. The contents of 'Harmony within the self', 'Happiness and Prosperity' activated the ego of being a writer within me. 'Oh! It is my area. Who can even think of teaching me something on this subject', were the thoughts going on in my mind.

On reaching Kanpur Central railway station, we searched for a SUV taxi first. On not being able to find any, we compromised and agreed to hire a Maruti Omni. 'Take us to the best restaurant of the city on the way to IIT,' were my instructions to the driver. We were taken to the 'Kanha Continental' and we enjoyed a mega dinner. On entering IIT Kanpur, we were driven to an elite guest house (I am even unable to recall the name). It was a hotel type place and we were delighted by the same. 'Sir, the "Human Values" workshop people are not supposed to stay here. They're rather planned to lodge in "Hall-8" (the students' hostel)', came the directions from the reception-guy. We were then taken to the Hall-8. The guest house had sparked further the devil-expectations within us, which all died down as we got to see our rooms in the Hall-8. 'I think we'll have to fight with the organizers. May you please decide if we should do it right away or postpone it till tomorrow morning', I asked Prof Uppal. 'Let's see to it in the morning', said a more patient Prof Uppal, and I had to bite that 'bitter' pill for the night.

Dressed-up in the formal woolen suits and neckties, filled with the anger over the hall-8 stay and eager to find out a key-helping hand to ensure skipping out for the six days, we reached the workshop hall. Ground sitting surprised me a lot but it wasn't a shock for me since I have preferred ground-sitting at home also. The attire of Ganesh ji (the facilitator for the program), coupled with the feedback of some previous attendees, plan of the workshop, and the conduct of the first session changed my perception towards the workshop in the first session itself and I decided to attend the workshop in its entirety.

It is worth mentioning here that before the workshop also, I had a strong inclination towards literature since I come from Village Rampur (Distt Ludhiana, Punjab), which is known as the *Mecca* of Punjabi literature. My strong desire to champion all the activities that I was engaged in, coupled with the sincere efforts to attain my goals (set as a result of this set of assumptions) led me to make the following achievements at a young age of under-30 –

- (i) I carried out some significant researches in the field of Business Management. These included as many as 5 textbooks (on Production and Operations Management) for various Universities/Colleges of India, 8 research papers published in reputed journals, 7 articles published in various newspapers and the Best Paper Award from my research paper presented in International Conference in Orlando, USA;
- (ii) I wrote a book of Punjabi poetry entitled 'Kavita di Ibaarat'. The book went on to win the Punjabi Sahit Academy Award as the young poet;
- (iii) I established myself as a teacher with a large amount of positive feedbacks from my students, peers and employers; and
- (iv) I had a huge network of educationists, researchers and writers connected with me.

However, this workshop gave a twist to the journey of my life. It helped me understand the real goal of my life. The most important shifts that took place in my understanding after the workshop were –

- (i) The goal of life is not to compete with everyone and emerge the so-called 'Best'. Rather, it is to ensure continuous happiness and prosperity for myself;
- (ii) My happiness and prosperity is not at the cost of others. Rather, it is complementary to others' happiness and prosperity;
- (iii) I don't have to run here and there in the misconceived pursuit of doing social welfare. Till I can myself be able to understand and evaluate rights/wrongs on my part, I cannot be of any help to the society either. Thus, most of the work that I have to do is on myself;
- (iv) My role as a teacher is hardly of any significance if I am just facilitating the technical education without even myself realizing the placement of those technical concepts in the entire nature. Hence, priority for me is to understand the role of the technical concepts (of my field of education) in the total existence; then only teach these skill-based courses/subjects;
- (v) Literature until and unless practiced in life is of no use;
- (vi) The Society being a peaceful, harmonious and prosperous society is not just a dream. It is a situation, which is very much possible with the right understanding prevailing all over for which these workshops can play a vital role.

With this understanding beginning to sit down firmly inside me, I recognized the following roles for myself–

- (i) to start the process of self-exploration within myself and trying to be aware every moment;
- (ii) to give enough time to the family (which was earlier being taken 'for granted' by me) and ensure that all family members understand and live in harmony with each other;
- (iii) to work-out a way in which Indian economy may get revived and direct all my research efforts in that regard. Moreover, in carrying out those researches, to use the teachers of my Department (I happen to Head the Department of Management Studies at BBSB Engineering College, Fatehgarh Sahib, Punjab) and the students as complementary forces; and
- (iv) to use my literary interest in authoring the prose and fiction to decode the co-existence and bring out clearly the roles for all categories of people (categorized on the basis of profession and interest).

Now it is clear to me that we all have a common goal and we are complimentary. In the last 24 months, I have worked hard to understand and to experiment with this understanding - on myself as well as my colleagues, students, family and society. I began the process of self-exploration within myself and started to indulge more into the 'Human Value' activities. I attended more than six 8-day workshops (PSL-1) on 'Universal Human Values'. Further, I attended two 8-day workshops (PSL-2) on 'Universal Human Values'. I also started to take the classes on 'Human Values and Professional Ethics', which was prescribed as part of the syllabus for the first-year students. Along with my colleagues on a similar path, I started to conduct 2-day workshops on 'Universal Human Values' for the students for whom this subject was not a part of the curriculum. I was thinking, while on one hand, it will carry further the self-exploration within me; on the other hand, it will pass on the understanding to the students as well.

The early results are very satisfying as I started evaluating every activity on the basis of its contribution to bringing about harmony at the four levels as stated above. Besides, it also started inculcating a sense of responsibility among the students and their behavior, attitude, academic performance, sports performance and co-curricular performance improved by leaps and bounds.

Their contribution in bringing about harmony at all four levels started to become the sole basis for evaluation of all my activities. As a result, a lot of unnecessary activities dropped naturally. For example, immense amount of time, which I used to give to research (without even bothering about whether that research has any practical implications) got reduced only to application-oriented research. Similarly, a lot of time that used to go in gossiping/cursing the system for all the wrongdoings taking place around us, got free now. The time, hence saved, started to be devoted to the family in sharing more about the present and future.



More interestingly, the topics of our discussions shifted from gossiping to focusing on harmony, happiness and prosperity. In this way, the harmony at the level of family started becoming visible as all of us started sharing more and more time within family. Our run for various extra facilities and networking started getting reduced leading to availability of far more time to be spent within the family and more harmonious relations. Now that my father and brother have also attended the workshop on 'Human Values', their attention has started getting focused on the 'self', purpose of the life and the plan to achieve that purpose has started getting underway. The heated debates between family members have died down drastically and even if there is a

difference of opinion, differentiation between intention and competence remains on focus. Largely, we are able to maintain the trust atmosphere within the family.

The thinking about India helped me realize that the education focusing merely on finding the jobs for students is not going to serve any purpose. Since India is basically an Agriculture-based country, the blanket plan for the Nation has to revolve around the Agriculture sector itself. Therefore, education has to look at preparing the (i) Biotechnology engineers who are able to utilize their skills in developing better seeds for the crops having potential market; (ii) Electronics and Computer engineers to build technology for agri-electronics; (iii) Management professionals to recognize the demand-supply gap, and to build a liaison with the farmers on one hand and corporate retailers on the other; and (iv) Rural Development/ Humanities professionals to facilitate the agricultural extension. With this objective, I relooked at my research areas of interest and worked out certain projects, which were planned to be carried out in association with my peers and students.

Bearing all this in mind, a thorough revamping of my departmental research was done. This resulted in the students getting the research topics, which were far more interesting for them. An increased interest from their end was clearly visible leading to high-quality research papers getting authored by them and getting published in international journals at the 'Social Science Research Network' (SSRN). A collection of these papers were published by the College in the form of a book titled 'Research in Business and Economics'. Sending this book to the industry, not only brought two consulting projects (from the industry) to the Department (before that no consulting project was assigned to the College) but also helped place all the students of MBA (the sole program under my Department). What's more heartening is the fact that the College didn't have to spend much on the placement activities (for MBA students) since wherever they went for placement interviews, they cleared the same. The understanding of co-existence (that was passed on to the students by regular workshops) helped largely in achieving this. This case study reinforced the trust that

the understanding of existence as co-existence leads one to recognize one's role in the co-existence and all the materialistic and other achievements come as by-products.

I have also started to carry out my literary activities with a focus on co-existence. I have authored some articles, poems, and a short story with this perspective; and all of those have been received very well by the audience. Further, reading this branch of literature, many writers have started exploring within themselves. Some of them have already shown interest to explore this understanding.

Since the University affiliating my College offers PhD in 'Human Values' and I am one of the faculty supervising the same, I have started to supervise some PhDs on the issues with broader perspective. These include the researches on –

- (i) Wealth-maximization or wealth-distribution as a long-term goal of business;
- (ii) Management by opposition or Management by relationship as a HR policy;
- (iii) Relationship between happiness and profession.

With all this working philosophy guiding my activities, I look forward to contribute in an even more focused manner to facilitate harmony at the level of (a) self, (b) family, (c) society and (d) nature. I can see that education is the best means to help people understand harmony and guide them toward harmony at all these levels. I am certain that with such an education, more families can live in harmony, then more communities and steadily, the entire society. I have understood my real role as a teacher – I stand committed to contribute towards an education that leads to human conduct.

Prof Sanjeet Singh

I attended my first workshop in the form of FDP on Human Values and Professional Ethics in June 2010 at Baba Banda Singh Bahadur Engineering College, Fatehgarh Sahib. This workshop was one among many technical workshops that were organized at the College. Vice-chancellor of the Punjab Technical University Dr. Rajneesh Arora had given the introductory speech in that workshop. He asked the participants to evaluate the usefulness of the subject for themselves as well as for PTU students. He also distributed some copies of a book on HVPE written by Dr R R Gaur, Dr R R Sangal and Prof G P Bagaria.



I read the book and found it somewhat interesting since it spoke about the purpose of life and the concept of harmony in life, which appeared to be one of the most important questions for me. Later in the month of November 2010, two of my colleagues and close friends Prof Gagan Deep Sharma and Prof R S Uppal went to attend an eight-day workshop on HVPE at IIT Kanpur. On coming back, they shared the new ideas that emerged from the workshop about understanding harmony at the level of self, family, society and nature. They also shared their evaluation about the workshop, which was very positive. I found a difference in their behavior after attending the workshop. They were more relaxed, more patient, more receptive than ever. On asking them about the crux of the workshop they told me that it is a process to understand our 'self'. After talking to them, I decided to attend an eight day workshop and try to understand the concept more deeply.

I attended the eight-day workshop at BBSB Engineering College from 22nd June – 29th June 2011, in which Sh Shriram Narsimhan explained the concept very deeply. I asked a lot of questions during the workshop and got the answers. After that workshop an evaluation process started within me to check that, am I on the right path of living the life?

PTU introduced the course 'HVPE' in its B.Tech class and I got 2 sections of B tech to teach. That teaching helped me a lot to explore the topic of Human Values in detail. The questions asked by the students helped me in learning more about the subject. The students who learned the subject scored far better than the other students as well as their attendance also got increased by a noticeable amount.

After two semesters, I felt the need to attend one more workshop. In this process, we (Value Education Cell, BBSBEC) decided to organize one-day/two-day/three-day workshops at the College, which continues to yield wonderful results as described elsewhere in this report by the Principal and other faculty members.

After understanding the relevance of the subject I have decided to change my PhD topic. On speaking to Dr. Gagan Deep Sharma (my PhD supervisor) regarding this, he suggested me to undertake the doctoral research on the topic – 'Wealth Maximization or Wealth Distribution: What is the aim of Business'. I felt the topic to be fairly interesting and worthwhile but I was not very clear about the way in which this research would be carried out. In a discussion with Prof R S Uppal and Dr Gagan Deep Sharma, they advised me to go to Kanpur to attend another workshop and also discuss this issue with Sh Ganesh Bagaria in detail.

Recently, I left the BBSBEC Fatehgarh Sahib and have joined Chandigarh Business School (CBS), Landran. After joining CBS, I took leave and attended an 8-day workshop at Manaviya Shiksha Sanskar Sansthan, Kanpur. Besides other things that took place, I got a chance to converse with Ganesh Bagaria ji about my PhD topic during the workshop. This workshop really helped me in solving most of my doubts with regard to my doctoral research in particular. During that discussion, I got to know that nothing is complex in this life but we make it complex. Bagaria ji explained me about the topic in quite simple way and when I left the place I was totally convinced that I can do this very easily. My thought was totally different when I started the topic.

The biggest thing which I learned from the HVPE is this that we have to work on our self only, the rest will be set right naturally. In my case when I tried to work on my self, I got to know that I still don't know exactly what I want. I was happy with the achievements of my life i.e., Academic Degrees, Research, Social Network.

I learned that one has to understand happiness and make effort to live with continuous happiness – this cannot be achieved just with power or force. Now I am working on my self and I hope that with this beautiful proposal of 'HVPE', I will be able to understand my 'self' and to live with continuous happiness and prosperity.

Prof Amardeep Kaur Sandhu

I attended eight-day workshop in 2011 and it was a compulsion from my employer side to attend this. I was least interested in attending this workshop because I thought that there was nothing new in this workshop to learn. Everybody knows the values, ethics etc. Even my first two days of workshop were so boring and it was like a punishment for me to sit on the ground for the whole day. I tried my best to find out the ways to go out from the workshop but later I talked to my teacher and he said try to listen and this will help a lot in your life and then my interest in the workshop kept growing and growing. This workshop has brought new light in my life. It helped me to live not only for ourselves but for others also. The subject helped me to understand –



If there is righteousness in the heart
There will be beauty in character
If there is beauty in character
There will be harmony in home
Where there is harmony in home
There will be order in nation
When there is order in nation
There will be peace in the world

Now that I am teaching this subject, I feel lucky having got an opportunity to be the part of Value-Education Cell at Baba Banda Singh Bahadur Engineering College, Fatehgarh Sahib and enlighten various students' life. In the initial stage of the course, I found the students to least interested in the subject, but I didn't lose heart since my own initial response was fresh in my mind. With due course, the students started paying attention to the subject. I felt that they were starting to analyze everything that was happening within and around. Before taking some important decisions in their life, they were starting to explore themselves. They started becoming more responsible towards their studies and life. Now they don't cater to their selfish needs alone, but rather pay heed to their family and surroundings also.

Prof Amit Singla

I used to think that I am already having good relations in family. I thought that we have relations only with our family members and relatives but after verifying through the proposal, I realized that relation is only one i.e. one self to the other self. The feeling of anger and irritation is very minute but by going through this content I feel that there is a lot of gap in our relation.

The ability of fulfilling relation is better known to me but I was struck in physical facilities and used to equate it with relationship.

I and my friends are running a club for financial help to needy people. I will be highly obliged to explore this content with them also.

I have planted ample number of trees but never bothered about their care but now I have realized that growing more trees is important but to care for them is even more important part of it.

I plan to undergo self-exploration process by undergoing more such workshops in future.

Prof Balpreet Kaur

I am working as lecturer in BBSBEC, Fatehgarh Sahib for the last 6 years. I have attended one 3-day workshop and one 8-day workshop on Human Values. I am very lucky to have great parents who taught me a lot of values. One important value learnt from of them is the behavior with students. I never get rude with the students and always treat them politely. So I always have great time with my students and enjoy my job; never take it as a burden.

I always have a thought in my mind that even I am blessed with so many things, but still true happiness is missing. I always had so many questions, but couldn't get the answers from anyone. So I started doing religious practices. After attending the first 3 days workshop, I realized that I already have lot of material things (physical facilities) with me like clothes, food etc. Before this I frequently went to the market to buy things that were not even required. But now even when my parents ask me to go for shopping, I refuse, because I have realized that I already have enough material things with me & I am able to see the need of material things is limited.

I never used to interact with people out of my friend circle. I maintained only professional relationship with them. I always ignored people who neglect their duties and speak ill of others. But now I share thoughts and feel comfortable even with those persons because I have realized that **NO ONE IS WRONG, IT IS ONLY THE SUM TOTAL OF THOUGHTS WHICH REFLECT THEIR BEHAVIOUR.**

I have also observed a very important issue i.e. wastage of water. I always pointed fingers at others for wasting water. But when I observed myself, I found that I was also one of them. I used to waste a lot of water in kitchen.

When I interacted with weak students during lab hours, they came forward with their problems regarding study and I started finding solutions to their problems. I started observing myself rather than observing others. I started feeling more calm and light.

I appreciate that the process of right understanding is a very long process. The things have, however, started changing slowly as I am exploring the key points on my own right.

Prof Rupinder Kaur Saini

I attended my first 8-day workshop in December 2012 at Baba Banda Singh Bahadur Engineering College, Fatehgarh Sahib. Before this, I never bothered about the things around me. During this workshop, I started observing things which were earlier being ignored by me.

As example, I quote an incident about my daughter with you. She is 3 years old. Now I am shocked to realize that the level of her self is equal to level of my self. Me and my husband are both working. So we have a maid for my daughter. I never felt any relationship with the maid, so I never noticed her. But my daughter feels attached with the maid because she loves her and spends time with her. Consequently my daughter has the same feelings for her mother, her father and her aunty (maid). One day my maid wore a new suit. My daughter came to me and said mom see aunty is wearing a new suit today. I got surprised because I never noticed her for anything.

I am reactive in nature and used to give prompt reactions. As I am attending this workshop; people started testing me. One day I made food but the food was not tasty. My husband started complaining, but I did not react. My husband was surprised; he laughed and said now you are learning human values. I feel there must be a workshop for the complete family. I started feeling responsible as a mother, a wife and also as a teacher.

Earlier I never bothered about the back benchers and weak students of my class. I never cared whether they are studying or not. I used to interact only with the intelligent students. In our college, we have a lecture of GM (Group Meeting) once in a week. In GM we are assigned a group of 20 students for 4 years to interact with them and ask for their problems. Earlier I never showed any interest to take this lecture because I thought that I already have so many problems in my life and how can I solve the problems of students. But I was wrong. Now I have started taking the GM lecture to interact with the students, ask their problems and also try to solve those problems.

I realize that I have to work a lot on my thoughts and behavior. This workshop has shown me a way I can do that.

SECTION – 4: Self-evaluation by Students and Members of the Community

Harmanjeet Singh (*Mechanical Engineering. Passed-out in 1999 and joined VE Cell, BBSBEC in 2012*)



I am a resident of Village Mahadiyan, which is located near Baba Banda Singh Bahadur Engineering College, Fatehgarh Sahib, from where I have done my Bachelors of Technology (CSE). Further, I have done LLB from Punjabi University Patiala. Presently, I am running the business of manufacturing auto-parts and machine parts in two units.

I had a passion to learn spirituality for which I learnt Reiki Healing, Theta Healing (up to DNA-3 level) and Hypnosis. Besides, I had also studied a lot of literature on positive thinking. But after doing all this, I still had the urge to know about myself even though I witnessed so many miraculous healings with the help of Reiki and Theta. Many times

people used to visit me and suggest me to adopt this healing as profession. My reply always was that before healing anybody I want clarity within myself about my self, my body, the goal of my life and my relationship with my surroundings.

I attended my first Parichay Shivir Level – 1 (PSL-1) in May 2012 at IIT Kanpur. I attended another PSL-1 in July 2012 followed by a PSL-2 Shivir in October 2012. From these Shivirs, I realized that (i) my focus was only on accumulation of physical facilities, (ii) I was not aware of the meaning and value of relationships in family at all, (iii) The only responsibility that I understood towards relatives and family was to provide physical facilities, (iv) There was much of ego in my behavior, and competition in my mind. Moreover, I had over-evaluated myself and on small incidences where I could control my anger, I started boasting of the perception that I had forgiven. As a result, I was filled with ego from inside. I brought it into my behavior but the grudge feeling never vanished from inside due to which I used to take a decision that 10 years later, when I would have some power then I would take the revenge. Overall I realized that 90% of the time, I was irresponsible towards my own self, family, society and nature.

From these shivirs, I got clarity about some long pending questions of mine. These included (i) I am the self and I use my body as a tool for my self; (ii) my goal in life is to be happy and to remain so continuously; (iii) my idea of blind accumulation of physical facilities is to be replaced by understanding the need for physical facilities and ensuring more than that for becoming prosperous; (iv) my relationship with the other human beings including my family members is ‘self-self’ relation rather than ‘body-body’; (v) by developing the right understanding as mentioned above, it will be possible for me to live happily at all the levels of self, family, society and nature. Further, on exploring my ‘self’, I realized that the feelings are to be found from inside me, while I was trying to find them from outside. As soon as I start to feel angry over something now, I try to explore within and find the real cause of that feeling. For most of the times, I am able to find the problem within myself rather than in the other person.

At the level of Self, (i) I started nurturing my body instead of just fulfilling the sensations of the body; (ii) I started using the technique of ‘self-exploration’, through which I started to verify the goal of my self as proposed in PS Level 1; (iii) I got back my childhood habit of helping and respecting others and shun my ‘ego’; and (iv) I understood that ‘self’ and ‘body’ are different and so are their needs.

At the level of Family, I started investing more time in family. For example, I take my son to cycling in the morning; boil milk along with nutritious food for him; whenever my wife and children need time, I reshuffle

my business engagements; I share more things than ever with my family. Earlier, I used to suppress the wishes that came to my mind. Now, I am able to share my mind and views with my family.

In work, my behavior with my workers and business partners has changed a lot after understanding the distinction between intention and competence. Now I am also able to control my anger and irritations in the course of business. This thing has positively changed the work environment of my factory and my business as the workers have become far more productive than before.

At the level of Nature and Society, now I've started realizing my role. When I shared the crux of the proposal with my family; my wife, mother and son attended a three-day workshop at BBSBEC. My father, who happens to be the sarpanch of the Village, took initiative and explored a Government policy to plant forest on Panchayat's land. He submitted the proposal and finally succeeded in planting forest in seven-acre land in the Village. He along with other members of Panchayat, is planning to increase this forest cover further to twenty acres.

My future plan at the level of self is to understand Jeevan Vidya at all levels. Then, I want to implement it in my family and village so that people of my village start living in harmony with each other. I also have a desire to make our village prosperous and nature-friendly so as to develop it as a model-village.

Dr. Charandeep Singh (*Professor of Punjabi at Desh Bhagat College, Bardwal*)

I belong to the field of literature. My study has ranged across many fields like psychology, physiology, science etc., and I had always been wondering why these subjects are unable to connect man to reality. i.e. inspite of having so much information about these various subjects, as many good things are not taking place with the same intensity.

I attended the workshop on Human Values because my friend Gagan Deep Sharma (BBSBEC) informed me that they are organizing such a workshop at Fatehgarh Sahib. I wanted to know what kind of good work they are doing, at which level and why they are doing so. I had some reservations about such workshops because in India this kind of work is done only for name, fame and/or money.

This workshop helped me to explore myself to the last level of existence covering all the four levels i.e. self, family, society and existence. For example:

1. In life sciences, we are only concentrating on increasing the human comfort, and even by exploiting nature.
2. In social sciences, we are studying all aspects of life but somehow it lacks in integrating those aspects in totality.
3. Psychology concentrates upon knowing only the human nature. Through the abnormal psychology, one starts considering himself/herself to be abnormal but the concept of competence and intention explained in this workshop shows the path to become normal.

According to me, most of the teachers consider themselves as scholars every theory of whose is correct and needs not to be verified. But in this workshop, I liked the way teachers devoted hours exploring each and every concept without forcing to accept without verifying.

One more thing that I really liked a lot is that this workshop has proved very efficient in connecting all the people here within the workshop.

Future plans:

1. Explore myself and try to live the concepts of this workshop.
2. I will devote at least half an hour on explaining these concepts to my MA students of my college if they will wish for the same.

Parampal Singh Rubal (*Farmer*)

I am a farmer. The concept of natural farming which was discussed here was not clear to me before this workshop, because recently I thought that there will be less income but here I learnt that even if there is less income at the cost of keeping our nature and society fit and fine, it is not a bad choice.

The balance of nature and society is disturbed due to the use of chemicals and we are the only one suffering from and that too because of the farmers.

One more thing I want to share with you all is that 10 years ago I planted 10 Mango trees in my village and never cared about them after planting, as a result of which only 2-3 trees are healthy. Last season when I was in my village my mother gave some mangoes to eat which were very delicious. When I asked my mother, she replied that it was from the same tree which grew with natural process without any chemicals.

Chemicals are destroying the taste and all the other qualities of vegetables and fruits which every farmer must understand.

Universities and other institutions are teaching us not to use these chemicals and fertilizers but not better than this workshop which showed that adopting an unnatural practice cannot lead to happiness at any level. During this workshop, I picked-up copy and pencil after 25 years, and I feel that this workshop will prove out to be a great milestone in my journey of life. I will try to slowly expand my territory in natural farming.

Nainkamal Kaur (Professor at Continental Group of Institutions)

I am Nainkamal Kaur from Sirhind. I am working as a lecturer in Continental Group of Institutions. My achievements from the workshop are:

1. My family which seemed as if it is only for nurturing is really way more than that. We usually think that doing some work for family to nurture them and to fulfill their physical facility is the only thing that needs to be done but in reality if there is no harmony in relation, physical facilities are of not much use. Keeping this in mind I will try to look after my family with upgraded responsibilities, i.e. to ensure the right feelings of trust, respect, affection etc. from my side.
2. I used to say many wrong things about the society which I am a part of. I now realize that I need to show sense of responsibility for the society and try to be the first one to improve it by participating actively, even if the activity is very small, like cleaning my classroom.
3. We not only take a lot of things but also exploit it very much. At this moment caring and respect is needed for nature and I will definitely do that. I will try to make my immediate environment more green.

My future plan is to explore my-self and become a person from whom many students can take inspiration. Students don't need to be taught subjective things as they usually do it by themselves. The only thing that needs to be done is to help them understand by demonstrating (being a worthy role model – as a real teacher, not just an instructor).

Jagraj Singh (*B.Tech Second Year, studied Human Values in his B.Tech first year, attended three 2-day workshops on Human Values conducted at BBSBEC, attended one 8-day workshop at IET Bhaddal*)

This subject of Human Values has made many changes in my life, though I started studying this subject in first year of my engineering and initially I took this subject like any other course subject and also as a boring

one but after interacting with my HV Professor (Dr. Gagan Deep Sharma) and knowing more about this subject it seemed not merely a subject but a way of living a prosperous and happy life.

Before attending HVPE workshops, I thought that becoming a successful engineer or getting good job should be the only goal of life but now I have understood that the only goal of life is continuous happiness and happiness is not an achievement but an internal feeling to live in harmony with required physical facilities. For example: for happiness of my parents or any other person in my relation, happiness of myself is important.

Now, I am aware of the difference between value and cost. I got to know that the amount which is perceived to be spent for acquiring something is its cost, while the inherent benefits that it holds within, is its value.

These workshops have not only improved my personality from inside but have also enhanced my confidence and have shaken out the fear of stage in me.

This subject has a unique quality that all its teachings are proposals which can be verified on the basis of natural acceptance without any help of materialistic things. For example: the changes which are involved in these proposals are not brought forcibly but are automatically attained on living them as these lead to ultimate happiness of the self. The teachings of HV have led me to the right understanding in any relation which has improved my attitude towards others and thus enhanced my relation with many people and now I know the real meaning of love whose feeling was formerly mixed with feeling of attraction or infatuation.

In the end, I feel very lucky to have this opportunity to be part of this beautiful world, which aims to spread the understanding of harmony, happiness and prosperity. Now I am aware of my role that I have to play for self, family, society and nature.

Harmanpreet Singh (*B.Tech Second Year, attended one 8-day workshop*)

I belong to the Fazilka town in the border belt of Punjab. After completing my 10+2 from Fazilka, I joined Baba Banda Singh Bahadur Engineering College, Fatehgarh Sahib for my B.Tech. During my first year of B.Tech, I fell into the wrong habits like drinking to the extreme, roaming around here & there, bunking most of the classes, etc. The problem of drinking was my biggest problem and I did make friends with the guys of similar habits. Over a period of eight months of my joining the B.Tech, I got fully addicted to alcohol as also to some other drugs.

My alcohol and drug addiction became the reason of a broader range of problems taking me over. These included –

- (a) Many times, I held a liquor bottle in my hand and climbed-up the top of the water tank (more than 200 feet high) of the College, standing on the edge of it and challenging loudly ‘Come on God, kill me’;
- (b) Hitting the mirrors and glasses of my hostel room with bare hands and breaking the glasses as well as damaging my body;
- (c) Ending into a fight with everyone who used to stop me from indulging in acts like (a) and (b);
- (d) Marking one cross with glass or blade at some part of my body for every individual with whom I had a fight as in (c) above. I used to do this since this cross would keep reminding me not to talk to that individual ever again;
- (e) Due to all such points, I faced the threat of getting suspended from the College. In order to save myself from suspension, I used to make fake dad(s), uncle(s), etc;
- (f) Getting to sleep very late in the night and getting-up very late in the morning. At times though, I used to recall the days of my schooling, when I had a alarm tone of my own recording, ‘Harman, get-up. Your father has already gone out for work. Can’t you get-up! Throw away your quilt’. I always used to wake-up on this alarm but ever since I started drinking, all these things went out of my life;

- (g) I got suspended from the College and the Hostel for all my faults. My parents came to the College and had to request the Principal. Though my suspension from the College got revoked, my suspension from the hostel didn't. As a result, I had to hire a Paying-guest accommodation outside of the College campus;
- (h) Principal Sir told my parents that if I created even a single more problem like these in future, I would be rusticated from the College. My parents were planning not to allow me to carry on with my studies and take me back home very soon.

I was faced with all these problems when my friends – Maninder, Jagraj, Shivit, Arsh, Gural and others – told me about the workshop on Human Values and Professional Ethics. They suggested me to meet our teachers R S Uppal Sir and Gagan Deep Sharma Sir. Though I was much reluctant to meet the teachers due to my fear emerging from all my wrongdoings, one day my friends took me to both these Sirs, who were sitting in the College lawns. They talked to me for around half an hour. During that period, they listened to me patiently. Surprisingly for me, they didn't even have any concern about my suspension from the College. They talked to me about my intention in life and my competence to fulfill my intention. They invited me to attend the upcoming 8-day workshop (14-21 December 2012) at the College. I told them about my family who would never permit me to attend anything now because of their distrust in me. Gagan Sir asked me to get my father speak to him instantly. It was a five minute telephonic conversation of Sir with my father, and my father allowed me to attend the workshop.

The 8-day workshop changed my perspective towards life. My attention moved to so many crucial issues. Among others, these included that –

- (a) body and self are two different yet co-existing things;
- (b) my behavior (which is carried out through my body) cannot be seen in isolation. The activities of desire, thought, expectation going on in my self, determine my behavior;
- (c) my natural acceptance is continuous happiness and prosperity. If I am not able to realize and fulfill these intentions of mine, it is the problem of my competence, which I can improve;
- (d) my anger on others was also due to the fact that I always evaluated myself on the basis of my intention but others on their competence;
- (e) there are nine feelings in relations, ranging from trust through love, which I had realized never before;
- (f) the other is like me.

As a result of all the above mentioned activities taking place in my 'self', now, I –

- (a) am able to evaluate and decide about every activity of mine on merit;
- (b) do not drink nor go for any drugs at all;
- (c) have been able to concentrate on my studies;
- (d) have rediscovered the sportsman in me and take active part in the sports;
- (e) have realized that my earlier 'friends' lack the competence, and I plan to bring them into HVPE workshop soon;
- (f) have been able to be friends with the boys and girls who are walking on the road of harmony;
- (g) am getting back the trust of my family leading to my parents becoming happier;
- (h) think that I would be able to do something good and meaningful in life.

While looking back at what my childhood was, what I became within one year of joining the College and what a transformation I am undergoing now; my eyes flow heavily with tears. However, I have no doubt at all, that these tears are just the indication of the fact that I am realizing that I have to reach the top, while being in harmony with myself, family, society and nature. I plan to attend more workshops on HVPE to get further insights into my 'self'.

Arshdeep Singh Bhatti (*B.Tech Second Year, studied HVPE as a subject in first semester, attended – one 8-day workshop, one directors' workshop partially, and two 2-days workshops at the College*)

Human Values and Professional Ethics in my personal opinion is a subject that brings hidden facts of life to light. The first time I attended the HVPE lecture in the First Semester, I was so happy about it. I was happy

because even before this subject was introduced to me, I thought of life in a different way; close to what HVPE suggests. It was like giving a man a lift walking alone on the road, going for a long journey.

My interest in this subject just kept growing day by day as I studied it in the first semester. In those HVPE lectures, we would have long sessions of group discussions about various topics. The most important thing I learned during those first semester lectures was "Test it and then Believe it". But still there were a lot of issues that went unattended, maybe because of lack of time.

Just when we were done with the First Semester Final Exams, my HVPE teacher Mr. Sanjit Singh told us about an 8-day workshop being held at IET Bhaddal from 28th December to 4th January. Even before going to that workshop, me and my friends, we would sit together for hours; discussing various issues, thinking of solutions. The day when we went to IET Bhaddal for the 8-day workshop, me and my friends made a plan. We thought we would attend the first four days of the workshop and then go to Chandigarh, to a club to celebrate New Year's Eve. The first day went by, we thought of the session to be a little boring but at the same time, the seating plan was really comfortable. From the second day, we started having group discussions. Personally, I found these to be the best thing in the whole 8-day Programme. My interest in the workshop just kept growing and growing, second by second. The day came when we had to leave for Chandigarh. But we didn't, I don't why we didn't leave. In those days, all day and night, me and my friends, we would just talk about the topics that were brought up in the sessions.

That workshop was one of THE best times I've had in my life. I also attended two or three sessions at the two day workshop organised at Gian Jyoti Institute, Chandigarh.

Anger Management has been the biggest thing HVPE has contributed to for me. But I think there's still a lot that I have to figure out about myself. I am looking forward to volunteering for the 8 day workshop to be held at BBSBEC, Fatehgarh Sahib in December 2012. I would love to work on socio-technical projects started by the Value Education Cell. Also, I am and always will spread the word about this subject.

Gurwinder Singh Swaich (*Not studied at BBSBEC. But attended a two-day workshop here*)

I had passed my B.Com from Doraha (Ludhiana) and MBA from Jalandhar. Though my family was practicing agriculture in my native village but my parents wanted me to become successful by building a career. I could not stay happy in life since I didn't even know what to do. However, I started working for an audit firm in Ludhiana.

About a year back, I had the opportunity of meeting my old teacher (Gagan Deep Sharma) and his friend Prof R S Uppal. They asked me about my happiness level in recent days. I could not understand what to reply. Reading my face, both of them discussed at length about the proposal of 'what we are', 'why we are' and 'what to do'? I got deeply interested in their talks and followed this meeting with many more. These meetings got me to understand and decide that no career other than agriculture is the right one and complete one for me.

When I told to the two teachers about my decision of shift to agriculture, they handed me over the book about natural farming authored by Sh Subhash Palekar and told me about the need to practice natural farming. I did read the book many times and tried to understand the fundamentals of natural farming. Since I had the basic skills of practicing agriculture, the understanding about the harmony in nature and natural farming led me to decide to sow the first crop of cauliflower in my farms. However, my father denied this. His denial was largely based upon his pre-conditioning that it is not possible at all, to grow crops without insecticides and pesticides. I initially reacted to this. On sharing this with my teachers, they told me not to do anything at the cost of relations. They also made me aware about responsibility to make them understand the concept and the need to respond, not react.

Then I went back to the discussions with my father and shared the concerns about our own health from chemical farming. Finally, he agreed to let me experiment the natural farming on a 1-acre holding. I resigned from my job and decided to practice natural farming full time. I grew cauliflower. Due to the beginning of

understanding in me and the thorough reading of Palekar ji's book, natural farming seemed smooth to me. The first crop has not yet been harvested. However, the crop seems to be growing fairly well without using any chemicals.

Even my father is happy due to two reasons – (i) Since I am full-time in the agriculture, I can share his work as well as spend more time in the family; (ii) This new way of cropping looks certain to give fruits in future. I haven't even felt leaving the job.

I am busier than ever before, happier than ever before, and I am more physically fit than ever before. Looking at my happiness, many of my agriculturist friends and relatives are approaching me to suggest them the remedy that I have adopted.

I could not attend the full workshop on 'Human Values' yet, even though I have read the handbook on HVPE and the books on farming provided by the teachers.

In future, I plan to attend workshops on 'Human Values' and 'Natural Farming'; and try to get more and more farmers into this beautiful way of understanding harmony as I have also realized the beauty of working and living in relations instead of competing.

Vikramjeet Singh (*Passed B.Tech in 2012 from BBSBEC, Attended three 2-day and one 8-day workshops at BBSBEC*)

I come from the town Samana in Distt Patiala. I joined BBSBEC for pursuing my B.Tech (Mechanical Engineering) in 2008. The environment of the College gave me much more independence than my School. I felt as if I have been released from a jail. As a result, I started enjoying this 'freedom' and roaming around here and there by skipping my classes. At the School also, I was a very mischievous guy but such traits got amplified manifold in the College. I was not at all serious in the studies. So much so, that by the time my sixth semester result got declared, I had accumulated 're-appear' in 21 subjects already.

Since I was to return back home after completing the last year of my B.Tech and I had this many 're-appear' accumulated, I started feeling the burden of these fear-filled thoughts. The thoughts of returning home after four years, and that too without having the B.Tech degree in my hands, scared me like anything. I was so ashamed by these thoughts that I had only two options coming to my mind – (i) to commit suicide; or (ii) to run away from my College and my home.

I used to perform Sewa at the Dera Jyoti Saroop Sahib near Fatehgarh Sahib. Prof R S Uppal from my College also used to visit the dera quite frequently. Though I used to speak to Prof Uppal earlier also, it was towards the end of my sixth semester that he started discussing the 'goal of my life' with me. It was something, which I hadn't thought about really. However, it did shake my mind and I started thinking about the goal of my life. Few days later when I asked him to throw more light about this issue, he asked me to come to his office in free time. I visited his office and found Prof Gagan Deep Sharma also sitting there. Both of them talked to me about the goal of continuous happiness. I was amazed that how can the life be so simple and how can these two people be so relaxed while talking about their life and my life. This proved out to be a beginning and was followed by a number of informal meetings and discussions.

Inspired by this, I attended an eight-day workshop on 'Human Values and Professional Ethics' at BBSBEC from 22nd to 29th June 2011. The workshop carried further the issues, which Prof Uppal and Prof Gagan used to discuss with me. I got clarity about the purpose of education, which is to facilitate people to understand their goal of life as human beings. I also understood that the simple issues of life have been made complex by human beings themselves.

The ideas of the workshop started sitting fairly in me. I started making sense of my education and my responsibilities to my 'self', 'family', 'society' and 'nature'. A huge amount of nuisance started getting

away. I started being more focused and the mischievous activities started being shun without any particular efforts from my side. All this was so very 'sehaj' (Natural).

In December 2011, I appeared in 19 (out of total 21) exams in which I had 're-appear' in addition to my regular exams of seventh semester. I was myself very surprised at the ease with which I was able to prepare for the exams. I didn't have any tension of the exams, rather I was trying to make sense of the concepts covered in the subjects. I was more focused on the placements of these concepts in the entire existence. The results of these exams were so very encouraging. I was myself surprised at the results in which I cleared 17 're-appear' exams besides clearing all my regular exams. This gave me a huge amount of confidence since I felt that the right understanding is the only light, which can show a path in darkness as well. I got rid of my fearful thoughts of committing suicide and running away from home and college. I have now accepted the responsibility to complete my life by working on the development of right understanding within my 'self'.

I passed out of the College in June 2012. After completing my B.Tech, I have turned entrepreneur and started my own business in agro-processing. In this business, I have decided to work with a goal to make more and more farmers understand prosperity, and help them walk the path of prosperity without disturbing the harmony in nature and existence.

Bhuvnesh Sharma (*Assistant Branch Manager, HDFC Bank, attended 8-day Workshop on Human Values at MSSS, Kanpur*)

Quite often, I found my elder brother (Dr. Gagan Deep Sharma), my friend Sanjeet Singh and my brother's friend Prof R S Uppal discussing about the Human values. I started making a perception that the workshop on human values is like a magic stick that will revolve around and bring necessary changes within you as a human being.

I was on a Job-changing holiday in Sept-Oct 2012, when my brother suggested that I attend an 8-day workshop at Kanpur with Sanjeet Singh. He cautioned both of us that if we decide to go to the workshop, we shall have to stay at the Manaviya Shiksha Sanskaar Sansthan where only basic living facilities would be available to us. I always get thrilled by getting to live only with the basic facilities and I was also very excited to know what do they teach in these workshops, therefore I accepted his proposal instantly. Even Sanjeet has not much craze for the facilities, thus he also agreed to attend the workshop.

During the workshop, I came to know that it's not a magic stick rather a long thinking process. I got so many ideas to see the life and its impacts on myself, family, surrounding people and nature from different angles. For example, I got to understand the meaning of 'smridhi', which starts from knowing how many facilities are required by us. I realized that if one doesn't know how much physical facilities are required by him, he will start an unlimited accumulation of those, which will have a drastic impact on his 'self', family, and others.

The best thing I learnt from the workshop is that everything is a proposal unless and until you analyze it your way and verify it at your own level. Only after the verification at my own, I will be able to implement the proposal in my life. As our BHANU BHAIYYA says "yahaan par har baat ek prastaav hai, isse pehle jaanch le aur phir agar aapko theek lagta hai to mane"

After attending the workshop, I felt a change that now I have started thinking the pros and cons before doing anything, earlier it was reverse.

As I said earlier this is a long process and for me the process has just started and I would have to cross many more milestones on the way. I am already in the process of verifying the proposal and implementing it in my life.

Jitesh Kumar (*B.Tech Third Year, Attended three 2-day workshop conducted at BBSBEC*)

Before the Workshop:

- 1) No time management.
- 2) Heavy aggression.
- 3) Craze for wearing and showing off costly branded clothes.
- 4) No prosperity at all.
- 5) Preaching others.
- 6) What 'I' am was not clear.
- 7) Tension for everything.

After the Workshop:

- 1) Time management can be done easily.
- 2) Aggression getting improved.
- 3) Don't know where that craze has gone.
- 4) Journey towards prosperity has started.
- 5) No preaching only proposals.
- 6) Getting cleared what 'I' is and started working on 'I'(self).
- 7) Tensions getting decreased.

There is much more to write but "Words can speak can't explain"...

Future plans- Participation in 8-day workshop and connection with more right understanding selfs...

Lastly, I want to thank the selfs without whom this change in my 'self' was not possible.

Shivit Bansal (*B.Tech Second Year, studied Human Values in his B.Tech first year, attended two 2-day workshops on Human Values conducted at BBSBEC, attended one 8-day workshop at IET Bhaddal*)

I was introduced to Human Values in my first semester. Initially I took this program just as a subject but as I attended further classes and workshops I learned that it is not just a subject rather a path to live life happily and prosperously. I had also attended 8 days workshop organised at IET Bhaddal and seriously those 8 days were life changing days for me.

HV brought some significant changes in my life. First of all it proved to be the best anger management class to me. Earlier I used to get angry on even very small things but now when I am learning the concept of intention and competence, I have learned to stay calm and not to react but respond on any situation and that has helped me a lot. I now hold much better relations with my family, friends and society.

One best thing I like about this program is that everything here is told as a proposal and nobody is forced to accept the things. This program teaches us the importance and need of self exploration. HV has made me more responsible towards society also. Now before doing any activity I think about the whole society rather than being selfish. I don't throw garbage on road as used to do earlier. I throw the garbage in proper dustbin. Now I know my needs much better than ever before. Before doing anything now, I think on it that whether it will be in harmony with all four levels or not.

To summarize, I would like to say that H.V. has given me a positive approach towards life. I feel lucky to be a part of this program and I am looking forward to learn more and more from it in future.

Pardeep Kaur (*B. Tech Third Year, attended two 2-day workshops and one 8-day workshop*)

Before attending the workshop, I was the girl of conservative nature. Even when I used to talk, I was hesitant to think or talk about myself. After attending the workshop, I realized that I am the most important part, which I have to understand. Earlier I used to think that no one would understand my feelings, now I realize that everyone wants to understand and therefore I to share my views and ideas and also my feelings, which I was scared to share before. Earlier I tried to do the things that I thought others can't do. The workshop made me understand that this approach of mine was governed by excitement, not happiness. Now I do the things that I want to do. The best change I noticed is that I am hoping for a change in my behaviour as a result of the understanding sitting finely within me, while earlier I disliked the change.

Mehakmeet Singh (*B.Tech First Year, studying Human Values in his B.Tech, attended two 2-day workshop being conducted at BBSBEC*)

"Don't find what you can't get,
Just find yourself you man,
You shall grab, a grain of sand,
But of eternal end you plan."
- *The Winter Way*

Since a long time, since when I started questioning myself about what I am, what I can do and what is my purpose of being, on this earth; I ran towards philosophies and writings both rational and irrational, preaching love and hatred, and ended up in a mental turmoil. I had thoughts of my own, my own visions and ideas, but could not decide what and which ones to share. I even went through an early form of depression, where I started to underestimate myself, but somehow I revived off my failures and tried to tread towards new horizons.

But the same old problem arose again. I knew where to go, but how and why to go, I didn't come to know. That is why; I ended up in many, so called 'Failures' of my life. But, after joining the Human Values classes, I am witnessing a new change in myself. I still question myself but now I know how to get the answer. I no longer get angry on every subject, but feel pity about it and find myself happier than I ever was. Now, I take the academic ongoings and exams as interesting events, and no longer feel tense towards them.

I know that I have a long way to go and try to live in harmony at all the four levels, but I am not depressed anymore and feel myself free to share my ideas and views and even to give practical shape to them. I still have lot of preconditions, buried deep inside me, but I know, I will one day, throw them out of me and will live in a better way than I ever had and I am still on my way. Moreover, my mentors are now with me to guide me through strange tides and I will do and become as I have ever thought of myself.

‘Then again I rose,
As a Phoenix from Ashes,
Wearing Coats of Pains,
And medals of Lashes.....’

Shivam Sood (*B.Tech Second Year, studying Human Values in his B.Tech, attended two 2-day workshop being conducted at BBSBEC*)

As said by my mentor "You have to learn to live with darkness."

Before attending HVPE classes and workshops, I did not know the role of my existence in the society. I had tried to find it and asked so many questions to myself. But I did not get any answer and did not get the way to answer the question arisen by myself. The only thing that I knew was that I have to do something for myself and for the mankind. But I didn't know what to do and from where I should start? I used to blame the system and my teachers for dullness in my imagination and descend in my academics. I thought that some of my problems are only mine but when I attended the workshops, I realized that I am not the only person facing these kinds of situations. Before workshop I always oppose the assumption of others and finally it used to lead to the game of insult but when I attended the workshop I learnt that other are not intentionally wrong. It is only due to the understanding put forth by the HVPE classes that I am able to understand my thoughts and somehow about others' feelings also.

Our HVPE teachers have given us the purpose or the capacity to understand the role of our existence which was missing earlier. It was painful to remove assumptions or dumping that we have inside. Initially it seemed that this light will me fall but, I am able to stand again to move forward to understand MY SELF in a better way. Our mentors have given us the mindset to think about and understand ethics also.

The workshop has given the optimist power of thinking. Now I have started to live happily. Earlier, I always found myself in dilemma, now I can choose solutions for myself without getting confused in choosing right and wrong or good and bad of any situation.

Harvinder Kaur (*B.Tech Second Year, studying Human Values in his B.Tech, attended two 2-day workshop being conducted at BBSBEC*)

Before workshop I used to get angry with myself and others but I never tried checking out the reason and finding the solution. After attending the workshop, I started looking within myself to find out the reason. I realized that I always judge the others by their competence and at times, I used to judge myself also as per my competence. From knowing the competence, I used to doubt the intention of the others. Before the workshop, I had only thing in my mind that luxurious life is important for me but after workshop I realized that physical facilities are not everything, rather continuous happiness is more important. In these recent holidays, I tried to spend more and more time with my family, which I usually didn't do before.

Gurpal Singh Pally (*B.Tech Second Year, studied Human Values in his B.Tech first year, and attended two 2-day workshops on Human Values conducted at BBSBEC*)

This workshop has led me to analyze the true sense in which one should live his/her life. Before this workshop, my relations with many people were getting worse but the knowledge and enlightenment which I have experienced during this workshop has brought a vast difference in my attitude towards everyone and is also strengthening my relation with those people. Now, after attending this workshop I feel that this education of human values should reach everyone so that they can also take steps for their better living and happiness in their life. This workshop of human values has made me aware about the true meaning of self, happiness, love, respect and many other feelings that could have misguided me if I had not attended this workshop. Now, I am well aware about things on which I should pay more attention for a happy life. I am feeling very privileged having attended this workshop. In the end I would finish by saying that this workshop has left me with a feeling that I am transforming from animal consciousness to human consciousness.

Abhay Kumar Mishra (*B.Tech Second Year, studied Human Values in his B.Tech first year, attended two 2-day workshops on Human Values conducted at BBSBEC*)

Analysing many things (my past, my life, this world etc.) I came to a conclusion " **YES VALUE EDUCATION IS VERY IMPORTANT**".

I feel value education can not only make our self delighted but others happy too. The happiness that one gets after knowing himself is unbelievable; I have experienced this through this course and I know its importance. When I am happy within myself it affects everyone related to me and that too gives me happiness; so the continuity of my happiness becomes stronger and stronger and it is very hard to break.

This world is moving very fast and no one gets time to look within himself/herself as a result of which we are becoming blind unable to see the real world, so we need to know who we are and for this, value education is very important.

For me this course was a gift because from beginning onwards there were many questions that provoked my mind, but those all were left unanswered. As time passed, the intensity of those questions kept on decreasing and now, they are very rare. As I attended this course of Human Values, once again those questions got a start in thirst of answers that looked so complicated previously.

And I am very glad that through your magical mirror I was able to look within myself and was able to answer many of those questions; though many of them are still unanswered but I am quite sure that the path that you have shown will take me to the answer at the right moment.

Simarpreet Kaur (*B.Tech Second Year, studying Human Values in his B.Tech, attended two 2-day workshop and one 8-day workshop conducted at BBSBEC*)

In order to move in the right direction, one needs sign boards. In the same way, these workshops have helped me to show and move on the right track of life. The best thing I felt is that these workshops gave me proposals and focused on solutions rather than talking too much on the problems.

The first workshop was an eye-opener for me. I did not grasp every concept in my first workshop, but I started contemplating within me. However, the 8-day workshop was a turning point for me.

Being born in a good earning family, I used to equate happiness with materialistic things. Earlier I used to think of completing the degree and earning some good package. But this workshop prompted me to relook at the goal of my life and set the real goal proactively.

This workshop showed that every individual inwardly desires for continuous happiness. So I realized that the goal of my life is also to attain the same, which can't be acquired through materialistic things rather by fulfilling our relationship at all the four levels.

The best question as an example regarding this is-"What is the need of a watch worth Rs. 5000/- when you can see the same time by a watch of Rs.500/-.

This workshop has given me the direction to discover the real self through the process of self-exploration. Earlier I used to doubt on other's intentions, which made me highly aggressive. Through the intention and competence topic discussed in the workshops, I got a grip over my aggressive nature.

Moreover, I hated to indulge with people. I felt it difficult to bind-up with people and tried to remain solitary. But this workshop has shown me the way to revamp this problem.

I learnt that the relations between human beings already exist but it wholly depends upon the fulfillment of the existing relation. Earlier, I used to think that my relation is only with my parents and the ones whom I come across. Through this workshop, I understood that my relation is with the entire existence and what matters is how I fulfill it.

The workshop helped me in encompassing and understanding the co-existence and aligning the innate order in the existence. As workshop covers the widest possible canvas, it guided me in sorting out day-to-day problems and distinguishing between essence and form.

Through this workshop, I have learnt the way to rightly evaluate myself along with other people. It has helped me by showing the way to connect with my "self" and attain continuous happiness and harmony at all the levels.

Mandeep Kaur (*B. Tech Third Year, attended two 2-day workshops conducted at BBSBEC*)

I want to live life with satisfaction and continuous happiness. I want that all should be happy from me.

Views before and after attending the workshop:

- i. My sister got Fortuner Car on her marriage and there was setup in my mind that I should also get Fortuner Car but if this demand doesn't get fulfilled then I will definitely get upset but now I realised that these things are not much important in life. All these things give us the temporary happiness and now I am not expecting anything less than continuous happiness.
- ii. Whenever there was fight with anyone I always thought that why they hurt me but never think that it might be my mistake. But now **I have started working on my self rather than others.**
- iii. I was mad about suits whenever I go to market I always buy suits for me but recently when I go to market I bought a suit for my friend on her birthday but didn't buy anything for myself.
- iv. Now I do not compare myself with others but now thinking about myself and doing the things that give happiness to me and also make others happy.

Parvinder Kaur (*B.Tech Third Year, Attended three 2-day workshops conducted at BBSBEC*)

CHANGES AFTER ATTENDING THE WORKSHOP

- I watch TV too much but now I don't even go to TV room.
- I stopped preaching younger ones just give them a choice to select the option which they like.
- I don't take tension of MST and even then my performance has improved.
- Now I feel that every person has the right intention, they only differ in their competence.
- Comparisons with others have decreased and I've started thinking about self.
- I have participated in GIDDHA first time even I have never danced in family functions.
- I have organised and done compeering in the hostel night.
- I have started enjoying life and all my depression and my Blood Pressure problem has disappeared.

Navneet Batish (*B.Tech Second Year, studied Human Values in his B.Tech first year, attended two 2-day workshops and one 8-days workshop on Human Values conducted at BBSBEC*)

My name is Navneet Batish. I am student of ECE branch in first year from Baba Banda Singh Bahadur Engineering College, Fatehgarh Sahib. I have been studying this subject from last 8 months and I have found great interest in this subject. To gain more knowledge, I attended this 8 days workshop.

Before workshop:

I was very selfish. I never cared about the nature around me. I felt that happiness comes by achieving success in terms of facilities. My relations with my brother and some of my friends were not so good and somehow this was one of the reasons of my unhappiness.

After Workshop:

I feel that my way of interaction with others has changed a lot because I think there is self to self relationship between two humans and not body to body relationship. This workshop helped me a lot in improving relations with my SELF and with my FAMILY too. The best thing I liked about this workshop is that, it showed me the right path of self evaluation and its exploration and also it made me realize that this is the right way to achieve continuous happiness – the priority and balance between right understanding, feelings in relationship and physical facility.

SECTION – 5: A summary of socially-relevant projects undertaken

The application of Value-education in the research activities at the College served a simple purpose – it raised a question mark on the very topics that were chosen as topics of research projects. As a result, we started to reconsider the topics of the projects undertaken by the students as part of their curricular activities. This led to some socially-relevant projects getting undertaken by the students and the faculty that were carried out. These included –

- ‘Corporate Social Responsibility or Business Strategy’ – *Published in IO: Firm Structure, Purpose, Organization & Contracting eJournal, Vol 3, Issue 76*. The research shows that the Corporate Social Responsibility was started to get the organizations do some work for the welfare of the society since the society is bearing the cost of business in one way or the other. But most of the organizations are using it as a business strategy and for the expansion of the business, as well as for advertisement. CSR increases the brand value of the organization. It gives a positive effect on the sale of the organization as well, by creating an emotional impact on the mind of the consumer. The paper concludes that the CSR creates a positive picture of the organization in the society but most of the companies using it as a business strategy.
- ‘Effect of employee involvement in business organization’ – *Published in Labor: Personnel Economics eJournal, Vol 3, Issue 78*. The paper shows a positive effect of the employee involvement in the decision-making. The employees feel part of the organization by participating in the decision-making process. The production of the organization also increases as an outcome of this, since in this scenario they work as if they are also stakeholders of the organization, not just employees. The paper concludes that the employee involvement leaves a positive effect on the organization productivity as well as on the morale of the employees.
- ‘Does training and development really impact the bottom line workers?’ – *Published in Labor Human Capital eJournal, Vol 3, Issue 81*. The research observes that the training programs act as good motivating factor for the employees by extending them an opportunity to identify their inner potential to do their best. Evaluation of the training programs is also very important to check the utility of the program. Good investment in training programs increases the productivity of employees as well as the utility of the program. Once the investment is made, it pays back over long-term in the form of increased production and profits. The practical training programs are very useful for the employees. The paper further finds the new and advanced methods to be more effective in increasing the performance than other methods of training. The key to the success of a program lies in its proper implementation.
- ‘Effect of the advertisement laws on the organizations and on the product’ – *Published in Consumer Law eJournal, Vol 5, Issue 47*. The paper observes that there is visible evidence of a huge effect of the advertisement laws on the organization. The organizations have to adjust the advertisement according to the laws. The organizations manipulate the advertisement to a large extent. For example, in case of the mutual funds they advertise that these give higher percentage of return but they go through the declaration part (in which they have to say that it is subject to market risk) very quickly. Similarly, in the advertisement of tobacco they write in very small letters that chewing of tobacco is injurious for health, which is a requirement according to the law. Further, on the lower side of a number of advertisements they write ‘conditions apply’, because this is a requirement of the law. The paper concludes that there is a visible effect of the advertisement laws on the organizations but the advertisements are being manipulated to ensure conformity to the laws while also confusing the consumers.
- A case study on the agriculture in Punjab – *Published in Agricultural & Natural Resource Economics eJournal, Vol 3, Issue 99*. The study shows that there is a continuous increase in the suicide of farmers and decrease in the production of agriculture. Also the yield has not improved much after eighties. The farmers are leaving farming and shifting towards the other businesses and

the jobs. A number of farmers have already sold their lands and migrated to the western countries for a better future. The survey shows that farmers are suffering from the loss in agriculture. The spending is more than the earning in the agriculture. The study further outlines suggestive approaches for improving the state of agriculture sector of Punjab.

On similar lines, the College plans to identify the socially-relevant projects and carry those out in future also.

SECTION – 6: Our journey presented through pictures



Students having studied the subject made some significant contributions/achievements. I am sharing a few:

- (a) Taking significantly more academic responsibility
- (b) Research activities with more socially relevant objectives carried out the same with high level of effectiveness
- (c) Cleared the placement interviews easily
- (d) Much more active part in sports and co-curricular activities
- (e) Run evening school for kids of the labour working on campus
- (f) The students, who earlier used to dump waste anywhere and everywhere are now cautious to put the same in the dustbins provided. Some of the students themselves came-up with the suggestions to place more dustbins at the most vulnerable places

In a nutshell, the experiments with HVPE at BBSBEC are yielding encouraging & productive results at various quarters

Dr. M. S. Grewal, Principal

Now I do my assignments myself & I pay full attention in class. The result is I am able to understand. I am not tense during exams & do all right... **Rajneet Kaur** (*B.Tech Second Year*)

Now, I am aware of the difference between value and cost. I got to know that the amount which is perceived to be spent for acquiring something is its cost, while the inherent benefits that it holds within, is its value.

Jagraj Singh (*B.Tech Second Year*)

Before the workshop, I had only thing in my mind that luxurious life is important for me but after workshop I realized that physical facilities are not everything, rather continuous happiness is more important. In these recent holidays, I tried to spend more and more time with my family, which I usually didn't do before.

Harvinder Kaur (*B.Tech Second Year*)

During my first year of B.Tech, I fell into the wrong habits like drinking to the extreme, roaming around here & there, bunking most of the classes, etc.... The 8-day workshop changed my perspective towards life. My attention moved to so many crucial issues. As a result I do not drink nor go for any drugs at all; have been able to concentrate on my studies; have rediscovered the sportsman in me and take active part in the sports; have realized that my earlier 'friends' lack the competence, and I plan to bring them into HVPE workshop soon... **Harmanpreet Singh** (*B.Tech Second Year*)

Technology has to be directional – as engineers it is upto us to make the fastest car or the cheapest car.

Arshdeep Singh Bhatti (*B.Tech Second Year*)

This resulted in the students getting the research topics, which were far more interesting for them. An increased interest from their end was clearly visible leading to high-quality research papers getting authored by them and getting published in international journals at the 'Social Science Research Network' (SSRN). A collection of these papers were published by the College in the form of a book titled 'Research in Business and Economics'. Sending this book to the industry, not only brought two consulting projects (from the industry) to the Department (before that no consulting project was assigned to the College) but also helped place all the students of MBA (the sole program under my Department). What's more heartening is the fact that the College didn't have to spend much on the placement activities (for MBA students) since wherever they went for placement interviews, they cleared the same.

Dr. Gagan Deep Sharma, Head, Department of Management Studies

Earlier I felt that my duty towards family was to provide them more physical facilities, to make arrangements for their outing once in every six months, to provide education to my son by admitting him to good school and providing him playstation, sports kit, taking him to movie frequently. After the workshop, I started to understand the meaning of family and its role in my life. I also started realizing my participation in my family. Now family means human relations to me. I realise that my family requires right thinking and right feelings at my end. Rather than expecting the feeling including trust, respect, etc from the family, I need to ensure the same at my level first.

Prof. Raminder Singh Uppal, Head, Department of CSE & IT

After attending workshop there is sea change in the *vichar* and living of my husband Prof. R. S. Uppal. This has changed the entire living of all our family members. While on one hand, this increased the productivity of each one of us at our workplace, on the other hand sharing among the family members increased largely. I started discovering new thing called family after 12 year of my marriage!

Prof. Harpreet Kaur Uppal, Chemistry

But the most important education is to understand who we are. If we will be able to find this then it will be very beneficial for our life.

Manraj Singh (*6th Standard student, son of Prof. Raminder Singh Uppal & Prof. Harpreet Kaur Uppal*)

