

# Typical FDP-SI Schedules

## Typical 3-day FDP-SI Schedule

### Day 1

#### **09:00 – 11:00 AM Session 1**

Welcome Address – Head of Host Institution  
About AICTE Initiatives for QIP – AICTE RO / Other Rep  
About SIP – Chairman NCC-IP  
About UHV-I SIP and UHV-II – Resource Person (minimum 60 mins)

[11:00 – 11:20 Break]

#### **11:30 – 1:00 PM Session 2**

Holistic Development & Role of Education  
Understanding Happiness

[1:00 – 2:00 PM Lunch Break]

#### **2:00 – 3:30 PM Session 3**

Understanding the Human Being - Self & Body

[3:30 – 3:50 Break]

#### **4:00 – 6:00 PM Session 4**

Understanding the Human Being - Activities of Self

**Assignment for the Day** – List of Desires

### Day 2

#### **9:00 – 11:00 AM Session 5**

Review of Assignment, Recap of day 1, Q&A  
Prosperity and Health

[11:00 – 11:20 Break]

#### **11:30 – 1:00 PM Session 6**

Understanding Relationship – Trust

[1:00 – 2:00 PM Lunch Break]

#### **1:30 – 2:00 PM Planning Session**

Meeting of RP with UC, LPC, participants representing various institutions  
for planning future workshops at their institutions

#### **2:00 – 3:30 PM Session 7**

Understanding Relationship – Respect

[3:30 – 3:50 Break]

#### **4:00 – 6:00 PM Session 8**

Understanding Relationship – Other Feelings  
Documentary on Relationship (e.g. Right Here Right Now)

[6:00 – 6:10 Break]

**Assignment for the Day** – Relationship

# Typical FDP-SI Schedules

## Day 3

### **9:00 – 11:00 Session 9**

Review of Assignment, Recap of day 1 & 2, Q&A  
Understanding Society

[11:00 – 11:20 Break]

### **11:30 – 1:00 PM Session 10**

Understanding Nature/Existence  
Documentary on Society (e.g. Story of Stuff)  
Sum Up & Program

[1:00 – 2:00 PM Lunch Break]

### **2:00 – 3:30 PM Session 11**

Time for other organisations, if any  
Alternately Self-evaluation & Commitments

[3:30 – 3:50 Break]

### **4:00 – 6:00 PM Session 12: Valedictory Program**

Self-evaluation & Commitments (cont.)  
Commitments of participating institutions  
Commitment of host institution – Head of host institution / LPC  
Address of RO / Guests

# Typical FDP-SI Schedules

## Typical 8-day FDP-SI Schedule

### Day 1

- 9:30 – 11:30 S1: Inaugural Session**  
Welcome Address – Head of Host Institution  
About AICTE Initiatives for QIP – AICTE RO / Other Rep  
About SIP – Chairman NCC-IP  
About UHV-I SIP and UHV-II – Resource Person (minimum 60 mins)
- 11:30 – 11:50 Break
- 12:00 – 1:30 S2: Basic Human Aspiration and Role of Education**
- 1:30 – 2:30 Lunch
- 2:30 – 3:30 S3: Basic Human Aspiration and Role of Education (cont.)**
- 3:30 – 3:45 Break
- 3:45 – 5:45 S4: Understanding Happiness**  
Sum up of the day
- 6:15 – 7:30 Sharing / Group Discussion / Points for Self-reflection  
(need to know and potential to understand)**
- 7:45 – 8:30 Dinner

# Typical FDP-SI Schedules

## Day 2

- 9:00 – 11:00 S5: Understanding Happiness**  
Participants self-reflection from day 1 (20m)  
Sum up of day 1 and Q&A  
**Understanding Happiness (cont.)**
- 11:00 – 11:20 Break
- 11:30 – 1:00 S6: Understanding Harmony in the Human Being  
– Co-existence of Self and Body**
- 1:00 – 2:00 Lunch
- 2:00 – 3:30 S7: Video on Present Society and Discussion** (e.g. Story of Stuff,  
Modern Times)
- 3:30 – 3:45 Break
- 3:45 – 5:45 S8: Tutorial – List of Desires Part 1**  
Sum up of the day
- 6:30 – 7:30 Sharing / Group Discussion / Points for Self-reflection  
(self-observation, self-verification)**
- 7:45 – 8:30 Dinner

## Day 3

- 9:00 – 11:00 S9: Understanding Harmony in the Human Being**  
Participants self-reflection from day 2 (20m)  
Sum up of day 1-2 and Q&A  
**Understanding Harmony in the Human Being – Self**
- 11:00 – 11:20 Break
- 11:30 – 1:00 S10: Understanding Harmony of the Self with the Body – Prosperity**
- 1:00 – 2:00 Lunch
- 2:00 – 3:30 S11: Tutorial – List of Desires Part 2**
- 3:30 – 3:45 Break
- 3:45 – 5:45 S12: Understanding Harmony of the Self with the Body – Health**  
Sum up of the day
- 6:15 – 7:30 Sharing / Group Discussion / Points for Self-reflection  
(happiness is to be in harmony)**
- 7:45 – 8:30 Dinner

# Typical FDP-SI Schedules

## Day 4

- 9:00 – 11:00 S13: Understanding Harmony in the Family**  
Participants self-reflection from day 3 (20m)  
Sum up of day 1-3 and Q&A  
**Understanding Harmony in the Family**
- 11:00 – 11:20 Break
- 11:30 – 1:00 S14: Understanding Harmony in the Family – Trust**
- 1:00 – 2:00 Lunch
- 2:00 – 3:30 S15: Video on Relationship and Discussion** (e.g. Right Here Right Now)
- 3:30 – 3:45 Break
- 3:45 – 5:45 S16: Understanding Harmony in the Family – Respect**  
Sum up of the day
- 6:15 – 7:30 Sharing / Group Discussion / Points for Self-reflection (trust)**
- 7:45 – 8:30 Dinner

## Day 5

- 9:00 – 11:00 S17: Understanding Harmony in the Family**  
Participants self-reflection from day 4 (20m)  
Sum up of day 1-4 and Q&A  
**Understanding Harmony in the Family – Respect (cont.)**
- 11:00 – 11:20 Break
- 11:30 – 1:00 S18: Understanding Harmony in the Family – Other Feelings**
- 1:00 – 2:00 Lunch
- 2:00 – 3:30 S19: Tutorial – Trust, Respect...**
- 3:30 – 3:45 Break
- 3:45 – 5:45 S20: Understanding Harmony in the Family – Justice**  
Sum up of the day
- 6:15 – 7:30 Sharing / Group Discussion / Points for Self-reflection (self-observation)**
- 7:45 – 8:30 Dinner

# Typical FDP-SI Schedules

## Day 6

- 9:00 – 11:00 S21: Understanding Harmony in the Family**  
Participants self-reflection from day 5 (20m)  
Sum up of day 1-5 and Q&A  
**Understanding Harmony in the Family – Justice (cont.)**
- 11:00 – 11:20 Break
- 11:30 – 1:00 S22: Understanding Harmony in the Society**
- 1:00 – 2:00 Lunch
- 2:00 – 3:30 S23: Video on Society and Discussion** (e.g. Hiware Bazar, Elango, Economics of Happiness)
- 3:30 – 3:45 Break
- 3:45 – 5:45 S24: Understanding Harmony in the Society (cont.)**  
Sum up of the day
- 6:15 – 7:30 Sharing / Group Discussion / Points for Self-reflection (family, institution, society, nature/existence)**
- 7:45 – 8:30 Dinner

## Day 7

- 9:00 – 11:00 S25: Understanding Harmony in Nature/Existence**  
Participants self-reflection from day 6 (20m)  
Sum up of day 1-6 and Q&A  
**Understanding Harmony in Nature/Existence**
- 11:00 – 11:20 Break
- 11:30 – 1:00 S26: Understanding Harmony in Nature/Existence**
- 1:00 – 2:00 Lunch
- 1:30 – 2:00 PM Planning Session**  
Meeting of RP with UC, LPC, participants representing various institutions for planning future workshops at their institutions
- 2:00 – 3:30 S27: Video on Environment and Discussion** (e.g. An Inconvenient Truth, Home)
- 3:30 – 3:45 Break
- 3:45 – 5:45 S28: Sum Up and Program**
- 6:15 – 7:30 Writing the Self-evaluation and Feedback**
- 7:45 – 8:30 Dinner

# Typical FDP-SI Schedules

## Day 8

**9:00 – 11:00 S29: Participant Self-evaluation and Commitments**

11:00 – 11:20 Break

**11:30 – 1:00 S30: Participant Self-evaluation and Commitments  
Summary and Conclusion**

1:00 – 2:00 Lunch

**2:00 – 3:30 S31: About UHV-I SIP**

3:30 – 3:45 Break

**3:45 – 5:45 S32: Valedictory Session**  
Self-evaluation & Commitments (cont.)  
Commitments of participating institutions  
Commitment of host institution – Head of host institution / LPC  
Address by RO / Guests

5:45 Farewell Tea